

***Lesson N8 Unit 7 What's on the menu?  
Healthy eating habits  
Урок № 8 Привычки здорового питания  
6 класс А (базовый)  
Лицей медицинского профиля № 623  
Учебник: Click on 1  
V.Evans , N. O'Sullivan***

Goals:

- to revise vocabulary on the topic Food and Healthy food
- to revise grammar -comparative and superlative adjs.
- to help Sts to gain healthy eating habits and be able to discuss healthy and unhealthy food –can be useful everywhere

Objectives :

- to develop listening skills (listening an interview )
- to develop speaking abilities
- to teach Sts work together and discuss in group
- to develop ability to present something to others

## 00.0 1 Greeting

Date, weather, day

T. Today we are going to talk about healthy eating habits. What proverb do you know?

Sts. An apple a day keep the doctor away.

## 00.02 2 Revising (words and phrases on the topic healthy food, grammar superlative adjs.)

-revising vocabulary using pictures

T. Look at the *blackboard* :

### Healthy eating habits

Biscuits	is (un)healthy
Brown bread	is healthier than
Whole meal bread	is the healthiest
White rice	
Brown rice with vegetables	-is low fat
Brown rice with meat	- is rich in vitamins we need for a healthy body
Bacon sandwiches with butter	-has fiber, it cleans our body
Turkey sandwiches with lettuce	-provides protein, it gives energy for our body
Hamburgers	-rich in calcium
Hot dog	-provides vitamin C
Roast chicken	- is fattening
Grilled chicken	-has many additives, dangerous to our body
Fish and chips with tomatoes	-has a lot of sugar
Fish and chips with mayonnaise	-has a lot of calories
Fish and vegetables with garlic	-is the lowest in nutrients
Apple juice	
Freshly squeezed carrot juice	
Fanta	
Fruit salad with cream	
Vegetable salad with mayonnaise	
Vegetable salad with oil	

**T.** What is tasty?

**St1.** .....is tasty.

**T.** What is tastier than.....?

**St2.**.....is tastier, than.....

**T.** What is the tastiest for you?

**St3.**.....

**T.** Look at the your likes picture, what is the tastiest?

**Sts.**.....

**T.** But is tasty food good for our body? Sometimes yes, sometimes not.

What is unhealthy on the blackboard? Why?

**St1.** Fanta is unhealthy , because it has many additives , dangerous to our body.

**St2.** Fanta is unhealthy, because it has a lot of sugar.....

**T.** Now tell me what is healthy, why?

**Sts.**.....

**T.** Let's compare some food. The food on the bl. Is grouped by 3.

one of them is healthy or unhealthy, one of them is the healthiest. Who can tell us which one ?

**St1.** Biscuits are healthy. Brown bread is healthier ,than biscuits. Whole meal bread is the healthiest.

### **00.07 (3 Writing Practicing grammar)**

**T.** Open your notebooks and write down 3 sent. about each group.

You can write 6 or 9 sent.

-Check ( T. puts + for correct sent. As sts. Are divided into 3 groups – red ,green, blue)

### **00.11 4 A quiz game**

**T.** I have got some questions to check if you know what is healthy or not. I give 4 questions to each group .You read your questions but you can get + for the answer. You can answer any question you know.

- Sts read and answer

### **Cards:**

What is the healthiest rice?

What fruit is the richest in vit.C?

What is the best oil for our body?

What is the healthiest bread?

What is rich in calcium ? est.

### 00.15 *5 Listening- Famous people and their eating habits*

T. Do you always like and eat healthy food? Not always. So do the stars. Some stars eat healthy food ,but some don't. We are going to listen about some stars and food they like. Let's read their names first.

#### *Handouts:*

Demi Moore	bacon sandwiches with mayonnaise
Helen Hunt	Kentucky fried chicken
Eddie Murphy	watermelon
Woopi Goldberg	turkey sand. on whole meal bread
Bill Murray	Freshly squeezed carrot juice
Mickey Rourke	brown rice with vegetables

T. Now listen and draw lines (match) –listening from Enterprise 2Unit 6  
--check

### 00.20 *6 A matching game- break*

T. asks some Sts come to the bl. And gives them cards;  
A LOAF, a cup, a slice, a glass, a packet, a bottle, a bowl, a carton  
They must stand still and just answer Yes or No

Then ,T. asks others to come and gives them cards :  
Of rice, of milk, of cheese, of crisps, of juice, of water

They must find their matches asking; Have you got a bottle?....  
Finding the pair they come to the teacher. When everyone finds the  
match they read their phrases and check.

### 00.25 *7 Creating a menu--- group discussing and presentations.*

T. What makes your eating habits? You see chips and Coke on TV and we buy them. We see posters with Fanta in the shop and we buy it. But is it healthy? Can we see much healthy food?

So let's create a healthy menu for a café. You are in 3 groups so each group has a big paper and a marker (3 colours ) . Everybody can suggest A dish for your menu and write its name in the menu and then we'll listen each group and decide which menu is the best. Try to use healthy dishes. I give you 5 minutes .

Each group comes to he bl. And Sts. Describe the dishes they have on the menu. T. puts + .

T. Which group is good? Better? The best?

### 00. *43 8 Homework*

Write your own healthy menu in the notebook.

# *Lesson plan*

*1 Greeting*

*2 Revising (words and phrases on the topic healthy food, grammar superlative adjs.)*

*3 Writing ( Practicing grammar)*

*4 A quiz game*

*5 Listening- Famous people and their eating habits*

*6 A matching game- break*

*7 Creating a menu--- group discussion and presentations.*

*8 Homework*

Equipment

Pictures, cards with questions, cards with words, 3 markers, 3 big sheets of paper, a cassette , posters, handouts, a blackboard