**Английский язык 9 класс**

**04.06.**

**Тема урока: “Healthy and unhealthy habits”**

- познакомиться со словами по теме «Здоровый образ жизни»,

- учиться употреблять их в контексте в разных упражнениях

1. посмотрите видео <https://resh.edu.ru/subject/lesson/2792/main/> (3 мин.), познакомьтесь с новыми словами в словаре учебника урок 7 d,
2. Распределите следующие выражения: *watching TV too much, staying up late, cutting down on fatty products, fizzy drinks and crisps, doing morning exercises, going to bed early, having snacks, eating desserts, eating healthy food, stressing out, doing sports:*

|  |  |
| --- | --- |
| **Healthy habits** | **Unhealthy habits** |
|  |  |

1. **Match the words and their meanings:**

|  |  |
| --- | --- |
| 1. Rich in vitamins
2. Physical activity
3. Balanced diet
4. Nutritious food
5. Bad habits
 | 1. калорийная пища
2. плохие привычки
3. сбалансированная диета
4. богатый витаминами
5. физическая деятельность
 |

1. **Match the words to make up phrases.**

|  |  |
| --- | --- |
| 1. To get down on
 | 1. an activity
 |
| 1. To go
 | 1. weight
 |
| 1. To put on/lose
 | 1. out
 |
| 1. To join
 | 1. on a diet
 |
| 1. To stress
 | 1. junk food
 |
| 1. To take up
 | 1. a gym
 |

1. Учебник с. 112 упр. 3, 5
2. **Insert the right word:** *• slice • concentrate • thirsty • keep up • tasty • take up*
3. The soup is very \_\_\_\_\_\_\_\_\_\_.
4. Can I have a glass of water? I’m quite \_\_\_\_\_\_\_\_\_\_\_.
5. Would you like a \_\_\_\_\_\_\_\_\_\_\_\_\_ of chocolate cake?
6. I’d like to \_\_\_\_\_\_\_\_\_\_ a new activity to stay healthy.
7. It’s rather difficult to \_\_\_\_\_\_\_\_\_\_\_ a diet.
8. Eating cereal with milk and orange juice help me to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ at school.
9. Complete the dialogue with the corresponding words: *keep up, stay up late, coach potato, a bit tired, bad habit*

Ann: Hello, Brian! You look 1) \_\_\_\_\_\_\_\_\_\_. Do you 2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_?

Brian: You know, I`m a 3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. When there is a good film, nothing can tear me off.

Ann: But your 4) \_\_\_\_\_\_\_\_\_\_\_\_ is a recipe for disaster. Make some changes!

Brian: I’ll try to. But you look really well.

Ann: Thanks, I 5) \_\_\_\_\_\_\_\_\_\_\_\_\_ a diet and do sports daily.

Brian: It’s very clever of you.