**28.04 – 4 пара**

**Тема урока«Здоровый образ жизни. Present Continuous».**

***Цель –*** отработка знаний по теме «Present Continuous», отработка лексических навыков по теме «Здоровый образ жизни».

***Порядок выполнения***

***Задание 1.*** Перепишите лексику к уроку.

1. healthy way of life — здоровый образ жизни
2. **un**healthy way of life — нездоровый образ жизни
3. bad/ unhealthy habit — вредная привычка
4. take care of your health — заботиться о своем здоровье
5. get into a habit of — завести привычку
6. get rid of a bad habit — избавиться от вредной привычки
7. make it a rule — поставить за правило
8. prefer organic food — предпочитать натуральную еду
9. junk food/ fast food — фастфуд
10. food rich in calories — калорийная пища
11. influence our health — влиять на здоровье
12. improve health — улучшить здоровье
13. ruin health — навредить здоровью
14. do harm — причинять вред
15. skip breakfast — пропускать завтрак
16. be overweight — иметь избыточный вес
17. lose weight — похудеть
18. put on weight  — поправиться
19. be on diet — быть на диете
20. have little physical activity — мало двигаться
21. take regular exercises — регулярно заниматься упражнениями
22. live a regular life — вести правильный образ жизни
23. a late riser — тот, кто поздно встает
24. an early riser — тот, кто рано встает
25. be as fit as a fiddle — быть в добром здравии и прекрасном настроении

***Задание 2****.* Прочтите и переведите текст письменно.

**Food we eat also influences our health**.

Nowadays people are very busy and they often eat in fast food restaurants as they don’t have time to cook. Fast food is unhealthy. It is very **rich in calories.** This food gives a lot of energy. But if you don’t work it out, it becomes fat in your body. The same is with chocolates, cakes and sweets. They have much fat and sugar.

People should **get rid of a habit of**eating fast food and *get into a habit of* eating *organic food* such as fruit, vegetables and fish.

There are other **bad habits**, which can *ruin our health*. It is smoking, drinking alcohol and using drugs.

Our health depends on many things: our physical activity, the food we eat and our good and bad habits. Although a lot of people are interested in staying healthy, not many people do very much about it. Modern way of life when people have little physical activity, use cars instead of walking, watch television and work on computers for many hours is quite dangerous for their health.

Exercises that involve repeated movements such as are walking, jogging or swimming are the best. The cheapest and most popular sport is jogging.  If you don’t have time for it, make small changes like using stairs instead of the lift or walking or cycling instead of taking the bus and it can help you to improve your health and make you a more active person.

***Задание 3.*** Добавьте окончание**-ing**к глаголам ниже и, таким образом, превратите их в причастия. Переведите причастия на русский язык.

ПРИМЕР. sing – петь; singing – поющий

#### read, write, take, sit, play, look, swim, jump, run, go, do, buy, help, eat, clean, make, speak, sleep, listen, talk, fly, lie, die

***Задание 4****.* Выберите правильную форму глагола BE.

1. My friend (am, is, are) playing in the yard now.
2. I (am, is, are) writing an exercise at the moment.
3. They (am, is, are) doing homework at present.
4. Look! He (am, is, are) smiling at us.
5. Listen! The birds (am, is, are) singing in the garden.

**Задание 5.** Переделайте предложения так, чтобы глаголы стояли в PresentContinuous.

1. I open the door. 2. The cat sleeps on the mat. 3. The bоуs write letters. 4. We sing songs. 5. Mother makes a cake. 6. The bell rings. 7. It (rain) all day. 8. I (play) the piano now. 9. Mary (come) to see us. 10. The boy (climb) the tree.

**Контрольные вопросы**

1. Дайте определение Present Continuous.
2. Как образуется Present Continuous?
3. Назовите маркеры времени Present Continuous.

**29.04 – 1 пара**

**Тема урока«Спорт. Pаst Continuous».**

***Цель –*** введение новых знаний по теме «Pаst Continuous», усвоение лексических навыков по теме «Спорт».

Действие во времени Pаst Continuous происходило в определённый момент в прошедшем времени.

**Маркеры времени**:

At 6 o’clock yesterday– в 6 часов вчера

Аt that moment – в тот момент

**Образование Pаst Continuous**

Глагол-связка to be имеет следующие формы:

|  |  |
| --- | --- |
| местоимение | форма глагола |
| I/ he/she/it | **was** |
| we/you/they | **were** |

Образование утвердительных предложений:

|  |  |  |  |
| --- | --- | --- | --- |
| существительное | глагол-связка to be (was, were) | смысловой глагол +  **ing** | обстоятельство времени |
| Children | were | read**ing** | at that moment |

Вопросы в прошедшем длительном времени начинаются со вспомогательного глагола to be.

|  |  |  |  |
| --- | --- | --- | --- |
| глагол-связка to be (am, is, are) | существительное | смысловой глагол +  **ing** | обстоятельство времени |
| **Were** | сhildren | read**ing** | at that moment? |

В кратких ответах на вопрос в прошедшем длительном времени основной глагол опускается, задействованы только местоимение и форма to be:

Were you working at that moment? **Yes, I was.** Ты работал в тот момент? Да.

Was Jeremy sleeping? No, he was not. Джереми спал? Нет.

Образование отрицательных предложений происходит с помощью вспомогательных глаголов (was, were). После вспомогательного глагола ставится частица not.

|  |  |  |  |
| --- | --- | --- | --- |
| существительное | глагол-связка to be (was, were) + not | смысловой глагол +  **ing** | обстоятельство времени |
| Children | were **not** | read**ing** | at that moment |

Примеры: She **was not** working at that moment. – Она не работали в тот момент.

We **were not** reading at that moment. – Мы не читали в тот момент.

***Порядок выполнения***

**Задание 1.** Используйте глаголы в Past Continuous.

1.  When someone broke the window Dad  \_\_\_(sleep).

2.  When Mum heard the crash she \_\_\_(watch TV).

3.  The cousins didn’t hear the noise because they  \_\_\_(play).

4.  The dogs\_\_\_\_\_(sleep)   when the noise woke them up.

5.  At 7.30 Nick   \_\_\_\_(dance).

**Задание 2.** Дайте краткие и полные ответы на вопросы в Past Continuous.

Were you going to the cinema at 7 o’clock?

—Yes, I was. I was going to the cinema.

— No, I wasn’t. I wasn’t going to the cinema.

1. Were you having dinner at 2 o’clock?
2. Was your friend sitting in the yard when you saw him?
3. Was your mother cooking when you came home?
4. Was your sister reading when you called her?
5. Were the children sitting at their desks when you entered the classroom?

**Задание 3.** Вставьте подходящие по смыслу глаголы в форме Past Continuous.

play   swim    feed    sleep    laugh

Yesterday we went to the zoo and saw there a lot of animals. First we went to see the white bears. They \_\_\_\_. Then we went to the cage with monkeys. There were a lot of children in front of the cage. They \_\_\_\_\_ because a monkey in the the cage \_\_\_\_\_. After that we went to see the elephant. There was a man there. He \_\_\_\_\_the elephant. But we \_\_\_\_\_see much of the lions. They \_\_\_\_.

**Задание 4.** Напишите перевод.

Health is very important for every person. Everybody wants to be healthy and active. But in spite of that a lot of people nowadays have different illnesses and other health problems. I take care of my health because I like to feel well. But sometimes it seems that everyone all around me is ill, so it’s very easy to get sick. Sometimes I’m tired or stressed and I have a headache. So I have to use an aspirin or some other pain killer.

I don’t like to go to the doctor, but sometimes I have to. I go to the dentist once a year, because it’s important to look after your teeth. I hate toothache and can’t understand people who are ready to tolerate it because they are scared to go to the dentist.

In my opinion people should try to keep fit, eat healthy food and do some sports. But even if you do all that, it doesn’t guarantee that you won’t have some serious disease like asthma or cancer. The reason of it is a high level of pollution of the environment.

**Контрольные вопросы**

1. Дайте определение Past Continuous.
2. Как образуется Past Continuous?
3. Назовите маркеры времени Past Continuous.