**6.05 – 2 пара**

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

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

***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-ingк глаголам ниже. 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

**Контрольные вопросы**

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

**7.05 – 2 пара**

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

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

***Задание 1.*** 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.
6. We (am, is, are) going for a walk.
7. She (am, is, are) making a pie.
8. Listen! The dog (am, is, are) barking at the door.
9. We (am, is, are) watching TV.
10. I (am, is, are) play the piano now.

**Задание 2.** Переделайте предложения так, чтобы глаголы стояли в Present Continuous.

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.

***Задание 3****.* Сделайте данные предложения отрицательными.

1. We are listening to the teacher. 2. I am writing on the paper. 3. You are learning English Grammar. 4. It is raining hard (сильно). 5. He is going to the cinema. 6. The horses are running very fast. 7. Mary is helping her mother to cook. 8. I am working very hard (много). 9. Tom’s brother is coming to the party. 10. You are singing well.

***Задание 4****.* Ответьте на вопросы.

1. Is your friend watching TV now?\_\_\_\_\_\_\_\_\_\_  
2. Are they sleeping now?\_\_\_\_\_\_\_\_\_\_\_\_  
3. Is she going to the cinema now?\_\_\_\_\_\_\_\_\_  
4. Are we standing at the bus stop?\_\_\_\_\_\_\_\_\_  
5. Am I reading a book now?\_\_\_\_\_\_\_\_\_\_\_\_\_  
6. Is he going by car now?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
7. Is your granny washing plates now?\_\_\_\_\_\_\_\_  
8. Are the girls making noise?\_\_\_\_\_\_\_\_  
9. Is your grandfather looking at the birds now?\_\_\_\_\_\_\_  
10. Is the dog barking now?\_\_\_\_\_\_\_\_

**Контрольные вопросы**

1. Дайте определение Present Continuous.
2. Как образуется Present Continuous?