**20.05 - 1 пара**

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

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

## *Задание 1.* Поставьте глаголы в скобках в Future Continuous.

1. At this time tomorrow we … (to watch) a new play in the theatre.
2. I… (to have) lunch with our business partners from 3 to 5 o’clock tomorrow.
3. Mike … (to interview) a famous showman at 6 o’clock next Thursday.
4. We … (to discuss) this project at our morning meeting next Wednesday.
5. My lawyer … (to wait) for us in his office at 11 o’clock tomorrow morning.

***Задание 2.*** Сделайте предложения отрицательными и вопросительными.

1. She will be doing aerobics at 7 o’clock tomorrow evening.
2. We will be cycling tomorrow morning.
3. Henry will be walking his dog at 2 o’clock tomorrow.
4. Molly will be making a cake for our party at 3 o’clock tomorrow.
5. The girls will be preparing the costumes for the performance since 3 o’clock tomorrow.
6. Brian will be writing an article at this time next Friday.
7. We will be exercising in the gym from 2 p.m. till 5 p.m. tomorrow.
8. Mr Peters will be visiting our country from Monday till Friday.
9. It will be raining all day tomorrow.
10. You will be seeing your dentist at 5 o’clock next Thursday.

***Задание 3.*** Прочитайте текст.

Our health depends on our eating. Food provides us with the energy that we spend with physical exertion. Update and development of the organism at the cellular level directly depends on the products that we use. The body needs to receive a sufficient number of nutrients every day: proteins, carbohydrates, fats, vitamins, minerals, trace elements.

Proper nutrition is a mandatory point of a healthy lifestyle and a guarantee of stable functioning of the body as a whole.

Everyday diet should be diverse and full. Freshness of products is very important. It is necessary to monitor the volume of food intake. Each person's portion varies, depending on age, health status, gender, and equipment. Cereals, fruits and vegetables, fish, meat, eggs, dairy products, nuts, salt, sugar, fat, should be present in the diet. A balanced diet should become a way of life. You should refuse to give up snacks and fast food. Thoroughly chew food, do not swallow large chunks. It is strictly forbidden to drink food with water. You can eat everything, but in moderation. Overeating and incompatibility of products leads to a disruption of metabolism, diabetes and obesity. It is very appropriate to say Socrates: "We do not live in order to eat, but eat in order to live."

***Задание 4.*** Найдите выражения в тексте.

зависит наше здоровье- обеспечивает нас энергией-

тратим при физических нагрузках- обновление и развитие организма-

напрямую зависит от продуктов- организму необходимо получать-

достаточное количество питательных веществ- белки, углеводы, жиры, витамины-

правильное питание- обязательный пункт здорового образа жизни-

каждодневный рацион- должен отличаться разнообразием-

свежесть продуктов- следует следить за-

объём порций- зависит от возраста-

состояние здоровья- образ жизни-

следует отказаться фаст-фуда- тщательно пережевывать пищу-

запрещено запивать еду водой- переедание и несовместимость продуктов-

приводит к нарушению обмена веществ, сахарному диабета и ожирению-

высказывание Сократа: "Мы живем не для того, чтобы есть, а едим для того, чтобы жить"-

**20.05 - 4 пара**

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

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

***Задание 1.*** Раскройте скобки, употребляя глаголы вPresent Continuous.

1. The boys (run) in the garden.

2 I (not/do) my homework.

3. John and his friends (go) to the library.

4. The dog (play) with a ball.

5. Why …. (you/cry)?

6.Look! The children \_\_\_\_ jumping.

7.The cat \_\_\_\_ sleeping now.

8.My friend and I \_\_\_\_ not dancing now.

9.Dave \_\_\_ reading now.

10Look! I \_\_\_ swimming.

## *Задание 2.* Составьте предложения в Past Continuous.

1.I/to go home/at 4 o’clock yesterday.

2.We/to play basketball/at 6 o’clock last Sunday.

3.She/to talk with her friend/for forty minutes yesterday.

4.You/to wash the window/in the afternoon yesterday.

5. Nick/to ride his bike/all the evening.

6.Sheila and Dora/to wait for a bus/for half an hour.

7.They/to prepare for the party/all day yesterday.

8. I/to learn the poem/for an hour.

9.Dick/to paint the walls in his room/from 2 to 6 o’clock last Wednesday.

10.Eve and Tony/to skate/all day last Saturday.

***Задание 3.*** Поставьте глаголы в скобках в Future Continuous.

1. At this time tomorrow we … (to watch) a new play in the theatre.
2. I… (to have) lunch with our business partners from 3 to 5 o’clock tomorrow.
3. Mike … (to interview) a famous showman at 6 o’clock next Thursday.
4. We … (to discuss) this project at our morning meeting next Wednesday.
5. My lawyer … (to wait) for us in his office at 11 o’clock tomorrow morning.
6. The workers … (to repair) the road in the city centre for two days next week.
7. The students … (to write) a test from 9 a.m. till 1 p.m. next Tuesday.
8. My friends … (toplay) cricket from 5 till 7 o’clock next evening.
9. I … (to fly) to Cairo at this time next Sunday.
10. Alice … (to walk) in the park with her daughter at 7 o’clock tomorrow evening.

***Задание 4.*** Переведите текст письменно.

Scientists say that in the future people will live longer. With healthier lifestyles and better medical care the average person will live to 90 or 100 instead of 70 and 75 like today.

But that's tomorrow. And today, we continue to stuff ourselves with fast food — chips and pizzas, hamburgers and hot dogs. We are always in a hurry. We want to eat now and we want to eat fast. What is tasty is not always healthy. Doctors say that chips and pizzas are fattening, cola spoils our teeth and coffee shortens our lives.
If we eat too much, we'll become obese, and obesity leads to heart disease, diabetes and other serious illnesses. But the world today is getting fatter and fatter. America is the world's leader in obesity, but Europe is quickly catching up.
Lack of exercise is another serious problem. We spend hours in front of our computers and TV-sets. Few of us do morning exercises. We walk less, because we prefer to use cars or public transport. Research shows, however, that young people who don't take enough exercise often suffer from heart attacks.
It's common knowledge that smoking and drinking can shorten our lives dramatically. Cigarette-smoking, for example, kills about 3 million people every year. Many of them die from lung cancer. Yet many young people smoke and drink. Why? One answer is that tobacco and drinks companies invest enormous sums of money in advertising their products. For them cigarettes and alcoholic drinks mean money. For us they mean disease and even death.
We all know that the healthier we are, the better we feel. The better we feel, the longer we live. So why not take care of ourselves?