**12.05 - 1 пара**

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

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

Действие во времени Future Continuous будет происходить в определённый момент в будущем времени.

**Маркеры времени**:

At 6 o’clock tomorrow– в 6 часов завтра Аt that moment tomorrow – в тот момент завтра

**Образование Future Continuous**

Глагол-связка to be имеет следующие формы:

|  |  |
| --- | --- |
| местоимение | форма глагола |
| I/ he/she/it/ we/you/they  | **will be**  |

**Образование утвердительных предложений:**

|  |  |  |  |
| --- | --- | --- | --- |
| существительное | глагол-связка to be (**will be**) | смысловой глагол + **ing** | обстоятельство времени |
| Children | **will be**  | read**ing** | at that moment tomorrow. |

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

|  |  |  |  |
| --- | --- | --- | --- |
| глагол-связка to be (**will be**) | существительное | смысловой глагол + **ing** | обстоятельство времени |
| **Will be**  | сhildren | read**ing** | at that moment tomorrow? |

 **Образование отрицательных предложений** происходит с помощью вспомогательных глаголов (**will be**). После вспомогательного глагола ставится частица not.

|  |  |  |  |
| --- | --- | --- | --- |
| существительное | глагол to be (**will be**) + not | смысловой глагол + **ing** | обстоятельство времени |
| Children | **will be** **not** | read**ing** | at that moment tomorrow. |

***Задание 1.*** Переведите текст письменно.

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.

***Задание 2.*** Ответьте на вопросы.

1.What is very important for every person?

2. Does anyone wants to be healthy and active?

3. What do people have nowadays?

4.What can you use when you are tired or stressed?

5. Why is it important to go to the dentist once a year?

6. Why should people try to do to be healthy?

***Задание 3.*** Вставьте Future Continuous.

1. This time next Monday, I \_\_\_\_\_\_\_ in a huge office in New York. (work)
2. This time on Tuesday, Mary \_\_\_\_\_\_on a beach in Italy. (sunbathe)
3. Don’t make noise after midnight – I \_\_\_\_\_\_soundly, I hope. (sleep)
4. Jackeline \_\_\_\_\_to Kenya tomorrow at this time. (fly)
5. Students \_\_\_\_\_\_copies while he \_\_\_\_\_\_the report. (make/ finish)

## *Задание 4.* Составьте предложения, используя Future Continuous.

1. Sue/to do/homework/at 5 o’clock/tomorrow.
2. We/to sunbathe/from 9 to 12 o’clock/tomorrow morning.
3. Nick and Jack/to drive/to Berlin/at this time/next Monday.
4. You/to have/a conference/from 3 to 5 o’clock/tomorrow.
5. My cousin/ to practise/in the gym/at 7 o’clock/tomorrow evening.

**13.05 - 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"-