**Food in our life**

Ход урока

1. Организационный момент.

Teacher 1: Good morning, dear children and guests. We are glad to see you at our lesson dedicated to food.

Teacher 2: It's a well-known fact that food plays an important role in our lives. People can’t live without food because it makes us strong, it gives us the energy we need for physical activity and it helps us to grow.

Teacher 1: Do you know what food is healthy and unhealthy for you? What food should we eat to be healthy?

Divide the words into two groups: healthy/ unhealthy (junk) food.

Healthy food: fruit, milk, fish, fresh juice, vegetables, nuts, honey

Junk food: pizza, ice cream, cola, cake, chocolate, chips, hot dog, burger

( Student 1 : Fruit. It’s healthy food. Student 2: Pizza. It’s junk food.)

Teacher2: Good job, pupils!

Unfortunately we often choose junk food. Many people all over the world prefer fast food and think that it is tasty. There are thousands of McDonald’s restaurants in the world. We usually have a meal there. We have burgers, French fries and cola .But it’s dangerous.

Teacher 1: Experts say that fast food makes people overweight and even obese |oʊˈbiːs| and elevates the risk of diabetes |dʌɪəˈbiːtiːz| and cancer.

But not only fast food but also overeating makes us gain weight.

Look at Robin. Do you want to be like him?

Robin - Bobin

Robin-Bobin, what a man!

He eats as much as no one can.

He eats a lot of fish, he eats a lot of meat.

He eats a lot of ice - cream and a sweet.

He eats a lot of porridge and ten eggs

And all the cookies Mother has.

He drinks a lot of juice, he eats a cake

Then says: “I have a stomach-ache.”

Teacher 2: I hope, my friends, you will try to be healthy eaters and buy only good food. By the way, let’s go to the supermarket. But first of all, let’s remember containers for food. Match containers and food.

**Containers:** a bag of, a bar of, a bottle of , a box of, a can of, a jar of, a kilo of, a loaf of, a piece of, a tin of

**Food:** bread, cheese, green peas, cola, honey, chocolate, cereal, rice, potatoes, water

Teacher 1: Well done, my dear. When we use nouns about food it’s important to know if they countable or uncountable. I would like to test your knowledge. Raise your red card if the noun is uncountable and green card if the noun is countable.

(apple,milk,oil,banana,ham,orange,lemon,salt,juice,egg,tea,cheese,butter,tomato,jam,sugar,rice,onion |ˈʌnjən|)

Teacher 2 : You are the best pupils in the world. I am proud of you!

And now we are ready to go to the shop.

1. - Can I have a bar of chocolate, please?

- Yes, of course.

- How much is it?

- That's one pound and twenty pence.

- Here you are.

-Thank you.

-Goodbye.

-Goodbye.

2. - Can I have a carton of milk, please?

- Yes, of course.

- How much is it?

- That's one pound and ten pence.

- Here you are.

-Thank you.

-Goodbye.

-Goodbye.

3. - Can I have a jar of honey, please?

- Yes, of course.

- How much is it?

- That's eighty- nine pence, please.

- Here you are.

-Thank you.

-Goodbye.

-Goodbye.

4. - Can I have a tin of green peas, please?

- Yes, of course.

- How much is it?

-That's sixty-seven pence, please.

- Here you are.

-Thank you.

-Goodbye.

-Goodbye.

Teacher 1: Let’s have a break. Let’s play a game” My favourite food”

My favourite food is ice cream!

I love ice cream, I do!

I think ice cream is yummy,

What about you?

Teacher 2 : My favourite food is vegetables. I like them a lot. I often make salads with tomatoes, cucumbers, pepper and olive oil. What about you?

Teacher 1: As for me, I love fruit! They are delicious!!! Everybody knows fruit are very useful for our health. For this reason they should be in our meals every day. Look I have a basket full of fruits and our pupils know riddles about them.

And now guess the riddles :

**What Am I ?**

I’m round but I’m not a ball  
I’m a fruit but I’m not a grapefruit  
I can be purple but I’m not a plum (grapes)

**What Am I ?**

I’m usually green but I’m not grass  
I grow on a tree but I’m not a leaf  
I’m a fruit but I’m not an apple. (pear |peə|)

**What Am I ?**

I grow on trees but I’m not a leaf  
I’m round but I’m not a soccer ball  
I provide juice but I’m not an apple.(orange)

**What Am I ?**

I am yellow but not a banana

I am sour but I’m not yoghurt

You like to drink tea with me.(lemon)

**What Am I ?**

I am long but not a cucumber

I am sweet but I’ m not honey

Monkeys like to eat me. (banana)

**What Am I ?**

I am round but not an orange

I am white inside but I’m not milk

I grow on trees but I’ m not a pear (apple)

Teacher 2: Excellent! You are very smart!!!

Teacher1: Food is a big part of people’s lives. That’s why in many languages, including English, there are a lot of sayings and idioms related to it. How many of the following idioms do you know?

Mother: You’re lazy boy! Help your mom!

Son: Leave me alone. I am busy!

Mother: Busy? You are watching TV all day and doing nothing! You are a real couch potato!

Do you like to swim?

Do you like to ski?

I'm a couch potato.

I like TV.

Does he like to swim?

Does he like to ski?

He's a couch potato.

He likes TV.

He doesn't like to swim.

He doesn't like to ski.

He's a couch potato.

He likes TV.

Teacher 2: What's the meaning of this idiom” **couch potato**”?

Student 1: **Couch potato** means a lazy person who is not active and who spends a lot of time sitting or lying on the sofa, often watching television and eating snacks.( Russian equivalent- лежебока, сидень; домосед ( о человеке, ведущем пассивный и бездеятельный образ жизни ).

Teacher 1 :It’s very interesting! Do you know any other English food idioms? What do they mean? How can we translate them into Russian?

Student 2:**As cool as a cucumber** means to be very calm and relaxed and confident.(Russian equivalent-спокойный как удав , уравновешенный , хладнокровный.)

Student 3:**Bad apple** means a bad person in a group. The full form of this proverb is 'one bad apple spoils the barrel', Its meaning is a bad person can ruin everything around it.( Russian equivalent-паршивая овца)

Student 4:**Big cheese** means an important person in a company or an organization with a lot of influence. (Russian equivalent- большая шишка, важная персона.)

Student 5:**Full of beans** means to have loads of energy. To be energetic and optimistic.( Russian equivalent -быть на подъеме, быть полным энтузиазма, пребывать в бодром приподнятом настроении)

Идиома **“to be full of beans”** появилась в мире священного для британцев развлечения – лошадиных скачек. Бобы были самым дорогим и труднодоступным кормом для лошадей, который при этом давал большое количество энергии, поэтому лошадь на таком рационе имела больше шансов выиграть заезд.

Student 6:**Smart cookie**- is an expression that is used to call someone smart and clever, a very intelligent person. ( Russian equivalent- очень умный человек; способный человек, легко справляющийся с трудностями)

Teacher 2: Thank you for your pictures and explanations. And now fill in the missing idioms in the sentences.

1. My younger sister can watch TV 24 hours a day. She’s a real\_\_\_\_\_\_\_\_\_\_\_\_.
2. Kelly’s brilliant results in the competition made her parents\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. I thought I was going to interview the secretary, but they let me talk to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. One\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can spoil the whole bunch.
5. I’m sure Jack will do the right choice, he is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. The woman was \_\_\_\_\_\_\_\_\_\_\_\_\_\_when her canoe |kəˈnuː| turned over in the river.

Teacher 1: Great! You’ve done it correctly!!!

Teacher 2: Our lesson is coming to an end and I want to say that you are brilliant, your projects were wonderful. You’ve worked hard. Thank you for your excellent preparation for this lesson.

Teacher 1: You are getting good and excellent marks. Your homework is

Ex.1, 2 and 3 p.53 in your workbooks.

The lesson is over. You are free. Goodbye!!!