


Формирование здорового образа жизни на уроках английского языка

*Презентация учителя английского языка ГБОУ СОШ №212
Емельянова Анна Александровна*

Часть первая “Правильное питание”

Lead-in

- 1 a) The title of the text comes from a well-known fairy tale. Can you complete it?

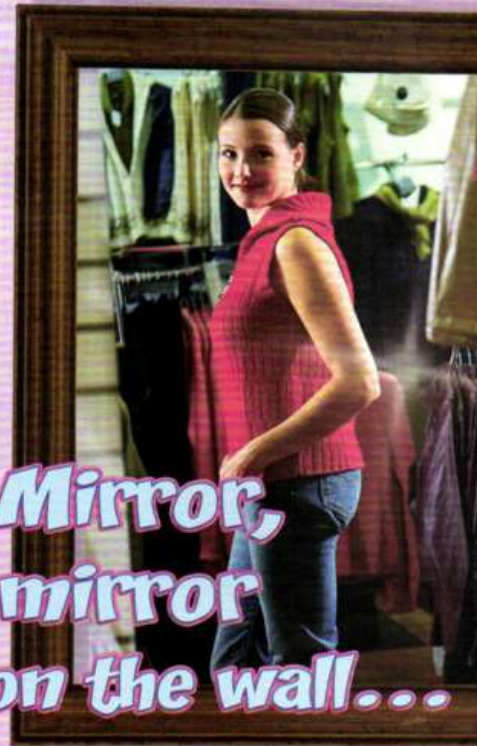
- b)  These groups of words appear in the text. Say what you think the text is about. Listen, read and check.

* lively teenager * her behaviour started to change
 * hardly ate anything * burst into tears * skinny and pale * enraged by the slightest thing
 * distorted body image * lack of self-esteem
 * urgent medical attention * weight back to normal * colour returned to her cheeks

Reading

- 2 **RNE** Read the article about a health problem. For statements 1-7, choose A, B, C or D to complete each sentence correctly. Compare answers with a partner. Then translate lines 43-56 from the text into Russian.

Mirror, mirror on the wall...



1 In the beginning, I put it down to a simple case of exam nerves. My daughter Sarah had just turned sixteen and was studying hard for her GCSEs*. I knew she'd do well, as she was top of the class in all her subjects at school and had always been a high achiever. But as the time for the exams drew nearer, her behaviour started to change – drastically.

Sarah became **sullen** and **withdrawn**. She wasn't the lively teenager I knew. But the most worrying thing of all was that she was hardly eating anything. She refused to eat with the rest of the family and was having only light snacks in her room. At the time I didn't want to make a big deal of it, as I thought I'd just make her more anxious about her exams. I was **convinced** that once she'd taken the exams, she would soon settle down and everything would get back to normal.

But it didn't. In fact, it got worse. By the middle of the summer, Sarah had become very skinny and pale. She also had wild mood swings, bursting into tears or becoming **enraged** by the slightest thing. I should say at this point that my **initial** reactions to this situation weren't very helpful. We had huge fights about her being too thin and I tried to persuade her to eat more, but she just turned her nose up at everything I offered her. When nothing I said or did seemed to make any difference, I really felt at a complete loss about what else I could do or who I could turn to. I was desperate. After a lot of thought I realised that I would have to try other **tactics**. Screaming and **tearing my hair out** were definitely not improving the situation.

I started by looking up eating disorders on various websites, to get as much information as I could, and what I found out almost scared me to death. Anorexia nervosa is a condition that typically affects teenage girls. There are a

variety of reasons as to why it can develop, but it is usually said to be because of a **distorted** body image and lack of self-esteem. Some young women think they are too fat, even when they are not, and feel that they are unattractive or worthless. The media have been accused of playing a role in the rise of eating disorders in recent years, because of the way they portray women. Using underweight models in adverts in glossy magazines and on television may be a factor in encouraging young women to equate thinness with beauty, **glamour** and success.

I was shocked to discover that this disease can seriously damage the heart and make bones brittle and easy to break. However, the most frightening aspect of the condition is that in 10% of cases it leads to the death of the sufferer. The information was terrifying, but it helped me to come to terms with the fact that someone with a **severe** eating disorder needs love and support and urgent medical attention.

It took a lot of calm and gentle persuasion to get my **tearful** daughter to agree to go with me to a doctor who specialises in eating disorders. That was two years ago and the road to recovery has been long and hard. Sarah spent two months in hospital to get her weight back to normal and since then she has been seeing a psychiatrist to help her deal with the **underlying** causes of the problem.

It was tough for me, too. I felt very guilty about her illness – that somehow it was my fault, and I was a bad mother who had caused her daughter so much anxiety she had started to starve herself. But we've managed to get through it together. Now Sarah is looking forward to starting university, the colour has returned to her cheeks and she is back to being the **vibrant** young woman she was before the whole dreadful nightmare started.

*GCSE - General Certificate of Secondary Education

Lead-in

- 1 What can you see in the pictures? Which are: **vegetables**, **fruit**, **seafood**, **beverages**, **dairy products**, **meat** or **poultry**? Add two more items to each category.

e.g. Peppers and celery are vegetables.

Reading

- 2 What does the title of the text mean? How might it be related to the food/drink in the pictures? Which of these do you think are healthy/unhealthy? Read through to find out.

Study Skills

Text completion

When you complete the task, always check that the extra part of a sentence you have not used does not fit anywhere. This helps ensure that you have completed the task correctly.

- 3 **RNE** Read the magazine article about food and old age. Choose the correct parts of the sentences (A-G) to complete gaps 1-6. There is one extra part of a sentence you do not need to use. Compare answers with your partner. Then translate the first two paragraphs of the text into Russian.

- 4 Use the words in bold in the text to replace the words in bold in the sentences.

- 1 By making simple lifestyle changes you can increase your **lifespan**.
- 2 There was a large **swarm** of bees in the village, so people decided to move to another area.
- 3 To have a healthy diet you need to keep **servings** under control.



- 4 One of the **advantages** of living on an island is that you get fresh fish.
- 5 Eat your food slowly to **enjoy** it properly.
- 6 The best way to **get rid of** fat is to exercise as much as you can.

Часть вторая
“Активный образ жизни”

Lead-in

- 1 Look at pictures A-D. What can you do or see when visiting places like these? e.g. *visit museums, go shopping, go sightseeing, learn about culture/history.*
- 2 If you were to visit any of these places, which one would you choose and why? Discuss in groups.

Reading

- 3 How would you find out more about the place you were visiting on holiday: *hire a tour guide? buy a guidebook?* etc. Tell your partner.

- 4 a) **RNE** Match the headings (A-H) to extracts 1-7. Use each heading only once. There is one extra heading you do not need to use.

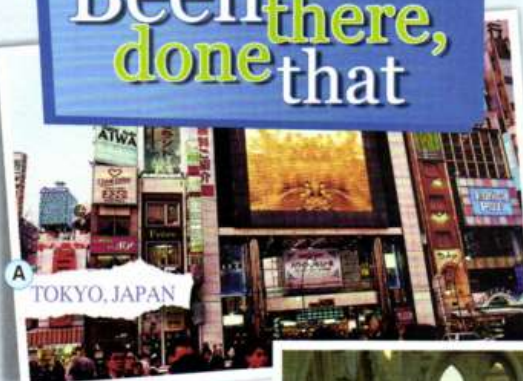
- A Imperial beginnings
- B A perilous journey
- C A nature lover's delight
- D A great monument of civilisation
- E A fictional heaven
- F Wildlife in danger
- G A service in high demand
- H Exploring the past

- b) Which extract does each picture match?

- 5 Match the words/phrases in bold to their meanings.

- rises high • important, interesting
- time of highest demand • greatly
- calm and peaceful • in large quantity
- cut down for timber • wander
- has a magical effect • variety
- witness, evidence • productive
- continuous description

Been there, done that



- 6 Fill in: **vast, mountain, conditions, bliss, running, sea, official, tour, magnificent, inspiration.**

- 1 utter
- 2 drew
- 3 travel
- 4 level
- 5 site

- 6 walking
- 7 commentary
- 8 ranges
- 9 residence
- 10 complex

1 Shangri-La is an imaginary location described in the novel *Lost Horizon* by British author James Hilton. It is a **tranquil** haven in the Tibetan mountains, a place which **casts a spell** on all who live there. Today, the word Shangri-La is synonymous with a place of complete and utter bliss, delight and peace – an earthly utopia. Robert Kuok, founder of Asia's leading luxury hotel group, the Shangri-La group of hotels and resorts, drew inspiration for his company's name from *Lost Horizon*.

3 The magnificent Paradise Forests of South-east Asia – comprising rainforests, swamp forests, coastal and mangrove forests – are home to an extraordinary **diversity** of species and hundreds of indigenous cultures. Tragically, these forests are being **logged** at a rate unequalled anywhere else on Earth. The Sumatran tiger and the world's largest flower, the one metre wide rafflesia, are threatened. Similarly, more than 1,000 languages spoken by the people who call these forests home could vanish.

5 York is a beautiful medieval city and for the last thirteen years Brian Larkin has been taking visitors on a unique walking tour around it. His tour is different because, he says, he wants to give people an understanding of how ordinary people really lived in the past. As he takes them down some of York's darkest side streets and alleyways, Brian gives visitors a **running commentary** on what life was like without the benefits of electricity or modern plumbing.


7 The Hermitage Museum in St Petersburg, Russia, is the largest art gallery in the world, with over three million works ranging from Michelangelo to Matisse. The collections are displayed in a vast complex of six buildings, including the Winter Palace, the official residence of the Russian Tsars. The Hermitage collection began as the private collection of the Empress Catherine the Great and was **substantially** expanded by succeeding Tsars, as well as the Soviet State, into the superb collection it is today.

2 In the world's largest cities, the cheapest, fastest and most **efficient** way to move around is often by underground. This is certainly true in Tokyo, a city of some 13 million people and home to the busiest underground system in the world. Every year, around three billion passenger journeys are taken on the Tokyo subway. Unsurprisingly, given such numbers, travel conditions during **peak hours** can be extremely uncomfortable. Some subway cars are filled to 160% of capacity during rush hour.

4 The Acropolis of Athens is the most famous acropolis in the world. A flat-topped rock in the middle of the city, rising 150 metres above sea level, the Acropolis has been a place of importance for thousands of years. It has several famous buildings on top of its summit, the most **notable** being the Parthenon, a temple erected in the 6th century BC to honour the Greek goddess Athena. The Acropolis is a magnificent site, a true **testament** to the glory that was Ancient Greece.

6 Spectacular mountain ranges, breathtaking scenery and **abundant** wildlife make Nepal one of the most popular travel destinations for those who love the outdoors. Home to the highest mountain in the world, Mount Everest, Nepal's topography **soars** from 70 metres to 8,848 metres above sea level. Wildlife like tigers, rhinos, monkeys, bears and leopards **roam** Nepal's forests, grasslands and deserts. 10% of the world's bird species can be found flying in the skies of this beautiful country.

Listening & Speaking

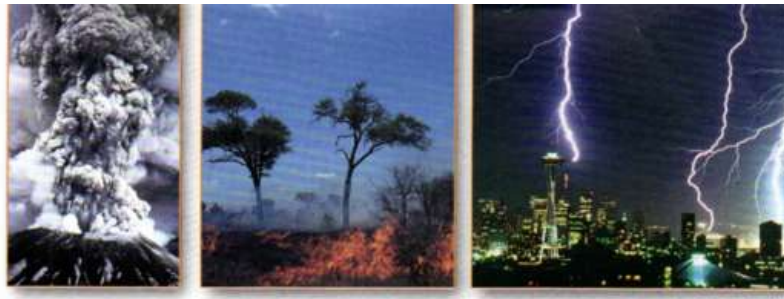
- 7  Listen to the extracts. Say two things you remember from each text about the places. Then translate texts 4 and 7 into Russian.

- 8 **Think!** Which of the following points would you include in a description of a place? Discuss in pairs, giving reasons.

- why it is of interest • where it is situated • who lives there
- how old it is • why you like it • the cost of getting there
- what purpose it serves • how popular it is
- what threats it faces

Writing

- 9 Write a short description of a place of interest in your country. Spend three to five minutes writing about it and then read your description to your partner.



Lead-in

- 1 Which of the following can you see in the pictures? Which of them are common in your country?

• tornado • tsunami • avalanche • flood • volcanic eruption • sandstorm • cyclone
• lightning strike • earthquake • blizzard • drought • hailstorm • hurricane • thunderstorm
• forest fire • heatwave

Reading

- 2 Look at the title of the text and the picture of the man. What is this man's job? Discuss it in pairs. Listen as you read and check.
- 3 **RNE** Read the article about a storm chaser again. For statements 1-7, choose A, B, C or D to complete each statement correctly.

Into the **eye** of the Storm

There's a change in the sky, the clouds are gathering and there's a rumble and howl in the distance. It first appears on the horizon – a funnel of violent air that **rips** through everything in its path. It's a tornado, one of nature's most **destructive** forces. It can pick up cars, rip trees out of the ground and **demolish** houses. Most of us would panic at this point, hide in the house, lock the door and crawl under the kitchen table. But Warren Faidley **grabs** his camera, jumps in his car and heads right for the storm. Warren Faidley is a storm chaser and makes his living by getting as close to tornadoes as possible to **capture** them in photographs or on video.

Warren's photographs of the wild beauty and terrifying effects of extreme weather conditions have been used on posters and promotional material by celebrities like Sheryl Crow and Paul McCartney. Some sell for up to \$20,000. Also, the video footage he takes has been shown on television around the world and he's even worked as a consultant in Hollywood on the feature film that best **depicts** his way of life, *Twister*.

Faidley's first chase nearly killed him and taught him something that has stayed with him to this day. "When I was twelve I was swept away by a flash flood in Tucson, Arizona. I was conducting my first 'chase' along the banks of a **swiftly flowing** river. Suddenly, the bank **gave way** and I fell into the floodwaters. I was carried under water and held my breath. Then my foot found a rock, allowing me to stick my head above the water. That single event had a profound effect on my life – I knew I had to live life to the fullest."

He soon moved on to more profitable pursuits. "About a year after my near-death experience, I decided to ride my bike into the centre of a large dust devil, a much smaller type of tornado. After that, I formed a gang of local kids and we'd chase after these mini-tornadoes. It was experiences such as these

that gave me the confidence that eventually led to my first job, collecting deadly scorpions. The heavy rain storms drove them out of their hiding places and I **dodged** the lightning bolts, collected the scorpions and sold them to an old man who put them into plastic paperweights to sell by the side of the road. Eventually, some of the parents found out about my near drowning, scorpion trade and dust devil adventures. The majority of the local kids were banned from hanging out with me."

He goes on to say: "Chasing is extremely dangerous – especially when I started and there was no on-board radar to show us where and when the tornado would hit, and no pre-existing chase instructions. One recent scary event occurred when I was **fleeing** a terrible storm in Texas. The winds became so intense the chase truck could hardly move; rocks were being lifted and smashed into the windshield*. I was **literally** being **sucked** into the tornado!" Of course, he survived to tell the tale.

Some motion picture companies have made inquiries into making a film based on his adventures, but Faidley says: "I'm not **committed to** anything yet. I've **devoted** my life to chasing, sold my soul to those pursuits and turned them into a million-dollar career. I'm going to be very careful about giving it away."

Faidley's photography has been greatly admired. He explains, "As an artist, I'm always looking for that perfect shot. Someone once said: 'Artists **seek perfection** in their work to **make up for imperfections** in their lives.' That fits me. I've given up on any kind of serious personal life or family and dedicated my life to my work. Chasing involves so many things I enjoy in life: adventure, danger, travel, science, friendships and, of course, the excitement."

* windscreen



Save the whales

At the time of Payne and McVay's discovery, commercial whaling was still in full force. Tens of thousands of whales were being hunted and killed every year by nations across the world **4**.

Payne decided to release a recording of the long and **haunting** humpback whale songs, **5**. This **unique** recording was an instant hit with the public. The joyful sounds of whales singing to each other as they played in the ocean placed the **plight** of these **enormous** but gentle creatures firmly at the forefront of the public's mind. It helped lay the **foundation** for the launch of the 'Save the Whales' movement, which was instrumental in bringing about an end to commercial whaling. In 1986, the International Whaling Commission (IWC)

passed a **moratorium** on whaling. The humpback whale stocks have partially recovered since then, but they are still an endangered species.

Today, Payne is still turning to this magnificent creature to show mankind his folly. He has recently collected many tiny skin and **blubber** samples from sperm whales **6**. Preliminary studies have shown terrifying levels of man-made poisons are present in the samples. Payne hopes that when the results are made public it will turn the whale into a symbol of how mankind is poisoning the oceans. For a second time, Payne looks set to make the whale an icon of the plight of our times.

- 5** Complete the phrases with the words in the list. Choose five phrases and make sentences using them.

• poisons • creature • concern • threat • instant
• fellow • full • locate • meeting • whaling

- | | |
|--------------------|----------------------|
| 1 their prey | 6 commercial |
| 2 hit | 7 man-made |
| 3 under | 8 force |
| 4 chance | 9 increasing |
| 5 researcher | 10 magnificent |

Speaking

- 6** In pairs, ask and answer questions based on the text. Then take the roles of Roger Payne and an interviewer. Use the information in the text to interview Mr Payne.

Writing

- 7** **Think!** In five minutes write four things you remember from the text.

Project!

ICT What did you learn about humpback whales from the text? What else would you like to know about them? Work in groups. Collect information, then prepare a presentation on humpback whales. You can visit this website:
<http://www.acsonline.org/factpack/humpback.htm>.

Часть четвёртая
“Утилизация мусорных отходов”





Виды мусора	Сроки разложения
Пищевые отходы	От 10 дней до 1 месяца
Газетная бумага	От 1 месяца до 1 года
Картонные коробки	До 1 года
Бумага	2 года
Доски деревянные	До 10 лет
Железная арматура	До 10 лет
Железные банки	До 10 лет
Старая обувь	До 10 лет
Обломки кирпича, бетона	До 100 лет
Автоаккумуляторы	До 100 лет
Фольга	До 100 лет
Жестяная банка	До 90 лет
Электрические батарейки	До 100 лет
Резиновые покрышки	Более 100 лет
Пластиковые бутылки	Более 100 лет
Полиэтиленовая пленка	200 лет
Алюминиевые банки	500 лет
Стекло	Более 1000 лет