

# ДЕПАРТАМЕНТ ОБРАЗОВАНИЯ И НАУКИ ГОРОДА МОСКВЫ

Государственное бюджетное профессиональное  
образовательное учреждение города Москвы  
«Колледж сферы услуг №3»

## Практическая работа по общеобразовательной учебной дисциплине «Иностранный язык»

Тема: *Еда, способы приготовления пищи, традиции питания. Food, cooking methods, food traditions.*

Урок: *Роль питания в жизни человека. The role of nutrition in human life.*

Задачи:

### - развивающий аспект:

- развивать коммуникативные умения (сравнение и сопоставление речевых единиц, формулирование основной мысли высказывания);
- совершенствовать навыки ведения диалога;
- развивать умения работать с информацией;
- развивать и поддерживать интерес к предмету.

### - обучающий аспект:

- систематизировать материал по теме «Eating»;
- формирование активного словаря по теме;
- анализировать продукты питания с точки зрения их пользы для здоровья;
- оценивать важность здорового питания;
- развивать у учащихся умение творчески использовать усвоенный материал в новых ситуациях общения.

### - воспитательный аспект:

- воспитывать здоровые привычки;
- культуру поведения;
- культуру здорового питания;
- расширение знаний о влиянии различных продуктов питания на организм;
- формирование ответственного отношения к здоровью;
- создать предпосылки для формирования активной позиции по вопросам здоровьесбережения.

### Цели урока:

- повышение мотивации обучающихся в изучении английского языка посредством связи процесса изучения языка с реальной жизненной ситуацией;
- обобщение и закрепление материала по теме «Роль питания в жизни человека», составление правил правильного питания.
- совершенствование и развитие навыков устной и письменной речи, навыков чтения и перевода текста на английском языке;

Учебник: Planet of English-Г.Т. Безкоровайная –М.: Издательский центр «Академия», 2017;

## Содержание работы

### Задание №1 Активизация лексических единиц по теме «Продукты питания».

#### 1.1. Определите верное или неверное утверждение.

1. Everybody must take multivitamins every day.
2. You can eat as many fruits and vegetables as you want.
3. The Food Pyramid shows a balanced diet.
4. Coca-Cola is good for you.
5. Healthy food includes fresh fruit and vegetables.
6. People must eat a variety of foods to get all the nutrients they need.



#### 1.2. Прочитайте английские пословицы и подберите к ним русские эквиваленты.

- An apple a day keeps a doctor away. \_\_\_\_\_
- Good health is above wealth. \_\_\_\_\_
- Early to bed, early to rise – makes a man healthy, wealthy and wise. \_\_\_\_\_
- Health is better than wealth. \_\_\_\_\_
- Eat at pleasure, drink with measure. \_\_\_\_\_

- Live not to eat, eat to live. \_\_\_\_\_
- A sound mind in a sound body. \_\_\_\_\_

### 1.3. Распределите слова по группам.

sweets, cabbage, beef, water, banana, melon, hamburger, butter, chocolate, coffee, crisps, sausage, sugar, breakfast cereal, chicken, tomato, grapes, egg, peas, tea, apple, sardine, lemon, ham, orange, milk, carrot, pizza, onion, beans, biscuit, salami, oil, pasta, peppers, peach, chips, rice, tuna, lemonade, nuts, cola, cheese

meat	fish	fruit	vegetables	drinks	Dairy products	Other food

**Задание №2:** изучите 5 основных типов еды, которые следует, есть человеку. What are the five basic types of food a person should eat?

**You are what you eat!**  
We need a balanced diet

<p>These give energy but also too much salt or sugar.</p>	<p>These give protein and vitamins.</p>	<p>These make strong teeth and bones.</p>	<p>These give vitamins and fibre.</p>	<p>These give energy, vitamins and minerals.</p>
-----------------------------------------------------------	-----------------------------------------	-------------------------------------------	---------------------------------------	--------------------------------------------------

**Meat** – helps you to have a strong and healthy body by providing protein.

**Dairy** – builds strong teeth and bones by providing calcium.

**Fruit and vegetables** – help you have healthy gums, good eyesight by providing vitamins.

**Bread and cereal** give us energy by providing protein, iron and several B vitamins.

**Fats and sugar** - fats sources of energy.

*Посмотрите на картинку, внимательно изучите информацию и ответьте на вопросы.*

- 1 Which food makes healthy teeth and bones?
- 2 Why are apples good for you?
- 3 Why are lots of cakes not a good idea?
- 4 Describe a healthy breakfast.
- 5 Why is an egg sandwich good for you?

**Задание №3:** Прочитайте текст и выполните задания после. Read the text and do the post-reading tasks

#### Food Pyramid

Food gives us energy, makes us grow and helps to stay healthy. We need to eat something from all the food groups every day. It is important to eat well-balanced meals.

Food Pyramid is a general guide of what to eat each day because people must eat a variety of foods to stay healthy. The Food Pyramid is a guide for your balanced diet.

The balanced and healthy Food Pyramid was reworked from basic food groups, consisting of meat, dairy products, grains, fruit and vegetables. No one-food group is more important than another, so a person needs them all for good health.

**Grains:** The foods in this group give your body energy. Eat 3-6 ounces of whole grain bread, cereal, rice, crackers or pasta daily. **Cereals and grains** are things like bread, rice, potatoes and noodles. These foods give us the energy we need. Half of what we eat every day should come from this group.

**Vegetables** - You need 3-5 servings. Eat more dark green vegetables. Eat more orange vegetables. Eat more dry beans and peas.

**Fruit** - You need 2-4 servings a day. Eat a variety of fruit. Choose fresh, frozen, canned or dried fruit. Go easy on fruit juices.

**Fruit and vegetables** give us lots of vitamins and minerals and help us grow and stay healthy. We should eat five portions of fruit and vegetables every day. A portion is one piece of fruit, a serving (блюдо) of vegetables or a glass of juice.

**Milk** - You need 2-3 servings a day. Go low fat or fat-free if you do not or cannot consume milk, choose lactose-free products or other calcium sources. **Dairy foods** are things like milk, yoghurt and cheese. These foods give

us calcium (кальций) which helps to make our teeth and bones strong. You should eat some of these foods every day, but you can also get calcium from spinach [spɪnɪdʒ] (шпинат) and dried fruit (сухофрукты).

**Meat and Beans** - You need 2-3 servings a day. Choose low fat or lean meats and poultry. Bake it, broil it, or grill it. Vary your choices- with more fish, beans, nuts and seeds. **Meats and proteins** are foods like chicken, fish, duck, eggs, nuts, beans and tofu. These foods give us important minerals and help us to build and repair our bodies. We need to eat a little of this food every day (about 10% of our food).

**Fat and sugar** - You should not use “Others” too much. Your body only needs a small amount of fat. Sugary foods usually do not have many vitamins and have too much fat and calories in them.

**Fats and sugars** are things like oils, biscuits, sweets, chocolate and ice cream. These foods give us energy and are important for our nervous system. Too much of this food can make you fat and can be bad for your teeth. You should not eat more than two sweet or fatty things a day.

**4.1. Определите верные или неверные утверждения. Say if sentences are true or false.**

1. Everybody must take multivitamins every day.
2. You can eat as many fruits and vegetables as you want
3. The Food Pyramid shows the balance diet
4. Coca-Cola is good for you
5. Healthy food includes fresh fruit and vegetables
6. People must eat a variety of foods to get all the nutrients they need. Now


**4.2. Ответьте на вопросы.**

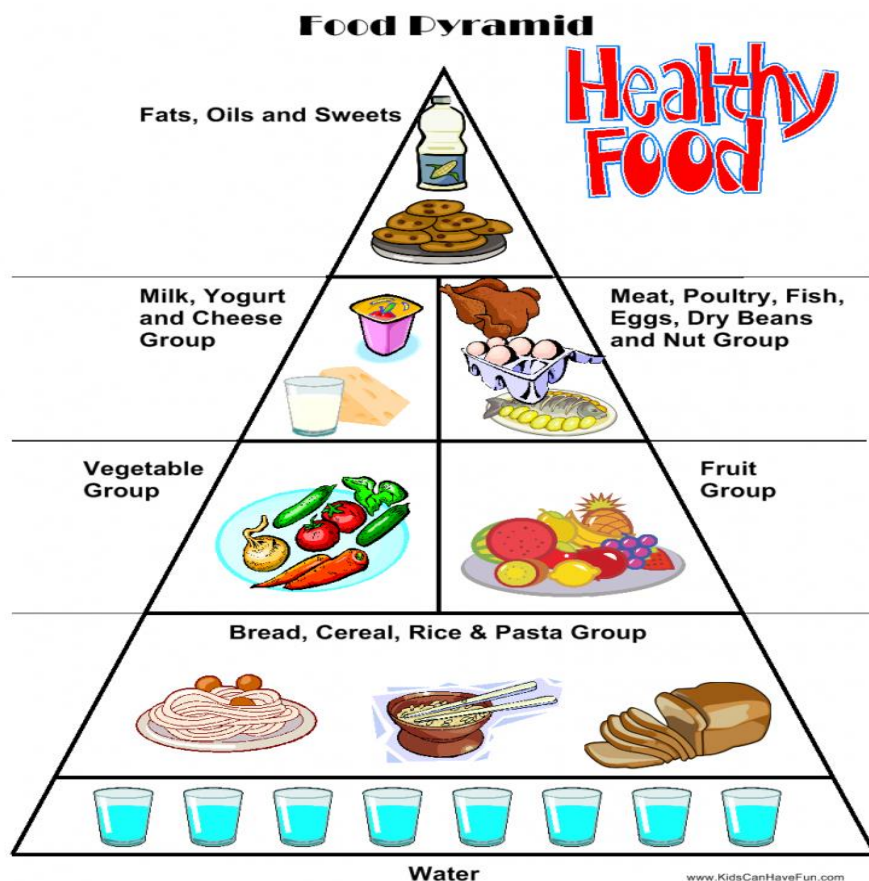
- 1) What food groups are important for a health body?
- 2) Why is fat and sugar bad for your health?
- 3) What meats and poultry are better for our health?
- 4) What does meat give our bodies?
- 4) Why dairy products are useful for our bones and teeth?
- 5) What food gives us energy?

**4.3. Выберите правильный ответ. Choose the correct answer and circle it.**

1. Which food group contains the most calcium?  
a) Fruit                      b) Milk                      c) Grains
2. How much food from the Grain Group do you need every day?  
a) 3 -6 oz                      b) 2-4 oz                      c) 12 oz
3. Which food groups have the most vitamins?  
a) Milk and Grains                      b) Meat and “Others”                      c) Fruit and Vegetables
4. The diary products include  
a) cauliflower, peppers, tomatoes  
b) cheese, yoghurt, milk  
c) bread, pasta, cereal
5. The Food Pyramid shows  
a) food types                      b) color bands                      c) the recommended proportion of food types

**4.4. Дайте советы: что нужно и не нужно употреблять в пищу для пользы нашего организма. Добавьте и запишите свои рекомендации. Can you make up some rules of keeping a healthy diet?**

<b>You</b>  	<b>should shouldn't</b>	drink a lot of water;
		eat lots of fruit;
		eat hamburgers and pizzas because they are bad for our health
		drink milk because it gives us energy and it's good for our teeth;
		eat too many biscuits.
		overeate



**Задание №5:** Дайте полные ответы на вопросы письменно:

1. Do you usually have or skip breakfast?
2. What do you usually eat for breakfast?
3. What do you usually have for dinner?
4. What groups are these foods from?
5. What food do you like to eat?
6. What products do you usually buy?
7. What fruit and vegetables do you prefer?
8. Why are fresh fruit and vegetables better for you than canned fruits and vegetables?
9. Do you like red meat?
10. Do you sometimes eat at night?
11. Do you like sweets? Do you eat many sweets?
12. Are you fond of different kinds of desserts?
13. Do you take vitamins pills? What kind?
14. What snacks are healthy for you eat?
15. How often do you snack?
16. Is it healthy to skip meals?
17. What is junk food? Give some examples
18. How many times a day do you eat?