

**The theme. Healthy and Unhealthy Food.**

**Aims:**

**practical:**

- to activate the use of vocabulary connected with theme;
- to train and improve pupil's listening, speaking, reading and writing skills;
- to improve pupil's pronunciation;
- to teach the use of 'should/shouldn't, a lot of, much, many;''

**educational:**

- to expand the pupil's knowledge on the topic given;

**developing:**

- to develop the pupil's ability of using their knowledge in the new situation;
- to develop pupil's imagination and attention;

**educative:**

- to foster the pupil's to get introduced in learning English.

Equipment: laptop, books, workbooks, cards, posters.

**The procedure of the lesson**

**I. Introduction.**

1. Greeting.

- Good morning, boys and girls! Glad to see you!

How are you? (Fine, super, so-so, not bad, OK).

I see you look great. Are you ready to start the lesson?

2. Warming-up.

Imagine that you are in the café now. What would you like to eat and drink?  
Today we'll talk what should you eat to have healthy and strong teeth. You'll have to remember when to use a lot of, much, many.

**II. Main part.**

**1. Phonetic drill.**

1. The batter with the butter is the batter that is better.

2. Phone Fred for fine fresh fish.

For fine fresh fish phone Fred.

3. Every Friday evening we eat fried fish at the free fish fry.

4. Parrot Peter picked a peck of pickled peppers.

5. I like the way you look, I like the way you cook.

6. My sister's shop sells shoes for sheep.

7. The cook took a good look at a cookery book.

8. A big fish is on a dish.
9. Give me an orange, orange, orange, I don't like to eat porridge, porridge, porridge.
10. I scream, you scream, we all scream for ice cream.
11. The teacher thought and thought and thought and no one knew the thought he thought.
12. A cup of coffee hot in proper coffee pot.

## **2. Role-playing.**

Four children act out the story in PB p.33: a narrator, Becky, Jack, the dentist. The rest of the children raise their hands whenever they hear the words should or shouldn't.

Children after listening of the dialogue go to the board, take cards and put cards into the right column. Then they make up sentences giving advice what should eat and drink and what shouldn't.

**Good for your teeth**

**Bad for your teeth**

## **3. Reading.**

Pupils look through the text in the textbook p.36 and fill in the gaps with the words given above. Children read the text in Pupil's book and then answer the questions.

1. How many teeth do the babies have?
2. How many teeth do the adults have?
3. How many bones do we have?
4. What kinds of bones do we have?

## **4. Relaxation.**

Pupils, let's have a short rest and sing a song.

I jump out of bed in the morning (3 times).

And say 'It's a very nice day.'

I wash my face in the morning (3 times).

I brush my teeth in the morning (3 times).

I wave goodbye in the morning (3 times).

I walk to school in the morning. (3 times).

## **5. Listening.**

What do you usually do after lessons?

Kate is 10 years old. She is in the fourth form. After lessons she does her homework and then she watches TV or plays computer games. Kate doesn't like sports. She doesn't like to go to the playground and play with her friends. She eats a lot of chocolate, sweets and biscuits. She drinks a lot of sweet drinks and different kinds of juice. She doesn't like milk. She sometimes eats fruit and vegetables. One day she woke up with a toothache.

Give Kate an advice. What should she do? What should she eat and drink?

## 6. Writing.

Grammar. When do we use a lot of, many, much?

Fill in the gaps with much, many, a lot of.

1. Jack eats ... chocolate.
2. Becky doesn't eat ... sweets.
3. You shouldn't eat ... sugar.
4. Does Jane eat ... bread?
5. I eat ... fruit and vegetables.
6. Kate doesn't drink ... cola.
7. You should eat ... cheese.
8. Does Pete drink ... milk?
9. Sam shouldn't eat ... biscuits.
10. Jill doesn't eat ... ice cream.
11. Tom eats ... fish.
12. People should drink ... water.
13. Ann doesn't drink ... juice.
14. Do you eat ... apples?

## 7. Quiz .

- 1) How often do you brush your teeth?
  - a) two or three times a day;
  - b) once a day;
  - c) sometimes.
- 2) How often do you eat fruit and vegetables?
  - a) every day;
  - b) often;
  - c) sometimes.
- 3) How often do you eat sweets, chocolate and biscuits?
  - a) seldom;
  - b) sometimes::;
  - c) often.
- 4) How often do you drink milk?
  - a) often;

- b) sometimes;
  - c) never.
- 5) How often do you drink sweet drinks?
- a) seldom;
  - b) sometimes;
  - c) often.
- 6) How often do you visit the dentist?
- a) twice a year;
  - b) once in two years;
  - c) never.

Results.

13-18 – Congratulations. You have strong and healthy teeth.

7-12 – Not so good. You should change your menu.

6 – Very bad. Watch out for a toothache.

## **8. Riddles.**

1. What is there on the on the ground in the stripes, so big, so round?
2. There are ten letters in the world. It is a small red berry. What is it?
3. It is red or green and it is neither big nor small. What is it?
4. I am yellow, I am sweet and tasty.
5. I am red and sweet, I believe I will be tasty in the pies and jelly.
6. It can be from orange, apples, bananas, cherries. We drink it.
7. I am brown and sweet. I can be bad for your teeth.
8. I am a vegetable. I am long and orange. Rabbits like me.
9. I am a fruit. I am yellow or green. I am sweet.
10. I am a small juicy berry with a smooth skin I can be green, red or blue. I am used to make juice.
11. It is a vegetable. It is red. It is round or oval.
12. It is food. It can be white or brown. It is made of flour. You can eat it with different dishes.

## **III. Summarizing.**

Today we have talked about healthy and unhealthy food. I hope you've understood what should you eat to have strong teeth. I hope you will follow the healthy way of life.

## **IV. Homework.**

Fill in the gaps with much, many, a lot of.

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