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|  | | | Jambyl secondary school | | |
| Date: | | | Teacher name: R. Valieva | | |
| Grade: 10 b | | | Number present: | Number absent: | |
| **Theme of the lesson:** | | Rainbow food | | | |
| **Learning objectives** | | 10.S2 ask and respond to complex questions to get information about a wide range of general and curricular topics  10.R4 read a wide range of extended fiction and non-fiction texts on familiar and unfamiliar general and curricular topics  10.C6 organise and present information clearly to others | | | |
| **Lesson objectives** | | **All learners will be able to:**  use subject-specific vocabulary in the context of discussion  **Most learners will be able to:**  interact with peers and get information about particular topic  **Some learners will be able to:**  use active vocabulary  present the information clearly | | | |
| **Assessment criteria** | | practice usage of active vocabulary in discussions  practice reading skills  develop critical thinking through reading and discussions | | | |
| **Plan** | | | | | |
| **Planned timings** | **Planned activities (replace the notes below with your planned activities)**  **.** | | | | **Resources** |
| Beginning  of the lesson | 1. **Organization moment**. The teacher greets the learners.   **Psychological training**. Bowl of health.  Please, imagine, that you are holding a bowl over your head. What would you like to put there? (joy, happiness, health….) The bowl is getting heavier. Pour on yourself the bowl! You have energized with the content of the bowl.  II.**Brainstorm**. Look at my black box! Can you guess, what is inside? You may ask me questions about the object in the box. And tell me, please, what is our topic?  Why do these objects have different colours, how is it connected with our topic?  Yes, you are right, the topic of our lesson is "Rainbow food".  Look at the screen, what photos would you like to choose and why? (Photos of healthy and ill persons)  What are we going to do at the lesson? What are our aims?  (Learners try to formulate the aims of the lesson.)  Right! So by the end of the lesson you’ll be able to talk about different kinds of food, explain the influence of food on our health and discuss why it is important to pay attention to the colour of food.  Children, will you read the epigraph to our lesson? (*"A sound Mind in a Sound Body".)*  Our health depends on many things: the food we eat, our good or bad habits, our physical activity.  Do you know any more English proverbs connected with food? Try to correct mistakes in these proverbs.  Thousands years ago ancient Greeks said: ‘Health is the best wealth”. These words will be a redline of today’s lesson. The motto of our lesson is “Be healthy and you’ll be lucky!”  Now look at the screen. You can see the words of wisdom “We eat to live, but we don`t live to eat”. Read and explain them. | | | | Slide 1  Slide 2  Slide 3  Slide 4,5  Slide 6 |
| Middle of the lesson | **Problem situation**- Please, try to answer-  What can affect our health? (lifestyle, eating, good and bad habits)  What does our health more depend on?  For the whole life, a person is given only one organism. Many diseases are the result of unhealthy eating. Today in the lesson you will learn that the quality of life can be improved thanks to healthy eating.  **Task 1. Pre-reading**. **(I/W).**  **Questionnaire «Your eating habits»**  Give Yes/No answers.   1. Do you eat fresh fruit and vegetables every day? 2. Do you often eat fast food? 3. Do you eat when you`re chatting with your friends in social networks? 4. Do you eat when you have bad mood? 5. Do you usually skip your breakfast? 6. Do you drink much fresh water every day? 7. Do you often drink energy drinks?   Count your Yes answers.  «**Mosaic» strategy**  The learners take coloured cards of that colour which they want.  **Task 2. While –reading. (I/W).** **«Vegetable puzzle»**  What do you think how colour is related to food?  Text reading.  Read the text and fill in the table.  **Criteria**- to write out facts from the text and fill in the table.  1 point for each correct fact.  **FA**- Peer assessment.  **Task 3. Post-reading**. **(G/W).**  **Role-play- «Give the recommendation»**  1-group- to the teenager,  2-group- to older person, 3-group- to the pregnant woman   |  |  | | --- | --- | | **Assessment criteria** | **points** | | 1. Giving correct recommendation | 1 point | | 1. Making correct sentences | 1 point | | 3.Logical connection of sentences | 1 point | | 4.Fluent speech | 1 point | | Total point | 4 points |   **FA**- Plus and Minus | | | | Handout 1  Handout 2  (table)  Slide 7 |
| End of the lesson | **Plenary. (P/W). Task 4. Inside-outside circle**  Ask each other questions about healthy food.  What food would you like to eat to be healthy? Why should we eat coloured food?  **Criteria**- ask questions about healthy food.  **Home task**- to make a project The importance of … coloured food.  **«Placemat» strategy.**  On a sheet of paper each learner writes his own ideas about the topic, then they discuss the ideas, choose the most important ones and write in the center of paper.  **Reflection**- One sentence summary.  Each learner should say one sentence to the topic. | | | | Slide 8  Slide 9 |

Handout 1

А) Red foods get you moving. What's more, eating foods in this group will protect you from many serious illnesses and can keep older people active for longer.

Red fruits and vegetables strengthen the immune system, improve the digestion of food and cleanse the body of toxins.

Red food treats depression, is indispensable for people suffering from anemia and for those who are always freezing.

So, have you got a big game tonight? Is it your turn to do the gardening? Then go ahead and treat yourself to one or even two of your favourite red foods.

B) Orange foods are brain food. They help you keep your mind on things and really improve your powers of concentration. On the physical side, foods like mangoes, oranges and peaches have lots of vitamin C. This is important because that’s the vitamin that helps your body fight off infections.

The high content of antioxidants in orange products helps to destroy toxic substances and repair damaged cells.

As everyone knows, carrots are also fantastic for your eyesight. After all, you've never seen a rabbit wearing glasses, have you?

C) Yellow foods are nature's way of helping us to stay happy. They make you more optimistic.

The yellow color of the products is associated with the digestive process, with the liver and intestines. Yellow products contribute to the removal of toxins and body cleansing, are important for the endocrine system. They activate the brain and thinking, so it is important to include them in the diet while studying. Thanks to the cleansing properties, products of this color improve the condition of the skin.

Imagine that you're feeling a bit down in the dumps. Eat a banana and you'll feel a bit better. Eat a couple of slices of pineapple and you'll feel a smile coming on and by the time you finish your tall glass of lemonade, you'll be grinning from ear to ear! What could be easier? Enjoying yellow foods is better for you, emotionally, than hearing the best jokes in the world.

D) Broccoli, lettuce and cucumbers are all green foods. These foods are great when you want to relax, calm yourself down or keep your emotions under control. Green foods are good for you because they contain vitamins and minerals that keep your teeth and bones strong and healthy.

The green color of the products gives us peace, balance and harmony. It has a positive effect on the heart and blood pressure, helps to improve lung function. The green color of the products is associated with the heart, so green food is good for people with high blood pressure, it prevents heart disease. Chlorophyll contained in such food refreshes, helps to cleanse and strengthen the body.

E) You've had a hard day and now you just want to flop in front of the TV for a bit before you go to bed. When your tummy starts rumbling you go in search of a quick snack - but what should you eat? The best thing at this time of the day is something blue. Blue foods are soothing, both emotionally and physically, and prepare you for a good night's rest.

Blue products improve the concentration of attention, memory, there is a feeling of peace, confidence, and have a calming effect.

These products tend to fight inflammatory processes. They have a good calming property. The blue color of foods reduces appetite, which is good for those who want to lose weight, they are recommended to use in the evening, as a light meal.

F)Shakespeare, Da Vinci and Picasso must have all been fans of purple foods. This is because fruits and vegetables like figs, prunes and beetroot make people more creative. If that isn't a good enough reason to eat them, then think about this... purple foods can keep you looking young! Imagine being eighty years old, but looking as if you're forty and just about to finish writing your second best-selling novel.

The purple color of foods is important for mental health. This color is associated with the respiratory system; it improves oxygen supply. If the diet lacks purple foods, a person constantly feels tired. Purple foods help alleviate sore throats, reduce fever, inflammation, relieve severe pain and itching.

