



**The 10th of December**  
**It's Monday**

**The theme of the lesson:** Health

**The aim of the lesson:**

a) educational: To develop lexical material, repeating passed grammar material

b) developing: To develop memory, logical thinking and developing creative work with new technologies, to provide an opportunity of free speaking.

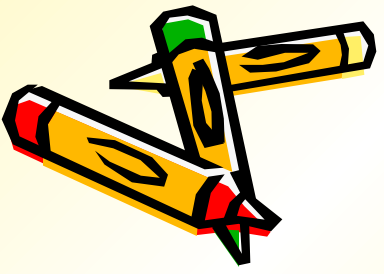
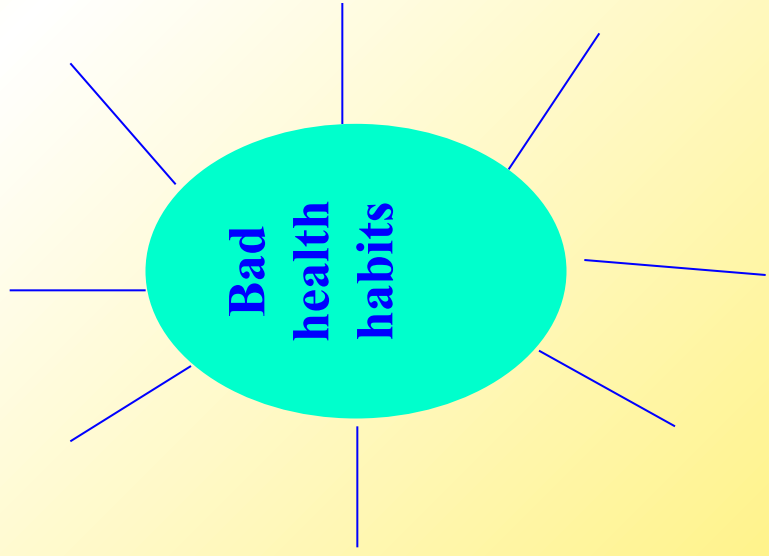
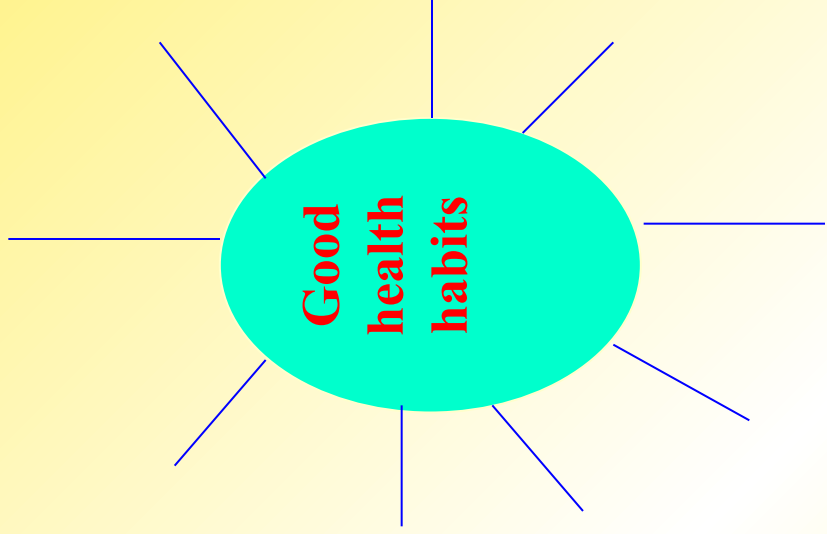
c) bringing up: To make an interest to the subject, to teach to work creatively, in group.

**Type of the lesson:** Integration lesson

**Aids of the lesson:** Cards with sentences, pictures of bad and good habits of health

**The form of the lesson:** Work in pairs, in groups

**Connection with other subjects:** Biology, HWL, chemistry, industrial lesson, languages.





Eating fruits and  
vegetables

Doing morning  
exercises

Keeping of a  
day regime

Walking

Healthy sleep

Healthy  
lifestyle

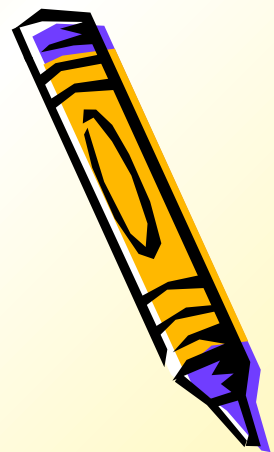


Smoking

Drinking  
alcohol

Mobile phones

Working on a  
computer,  
watching TV



# PROVERBS ABOUT HEALTH

Try to give Russian equivalent

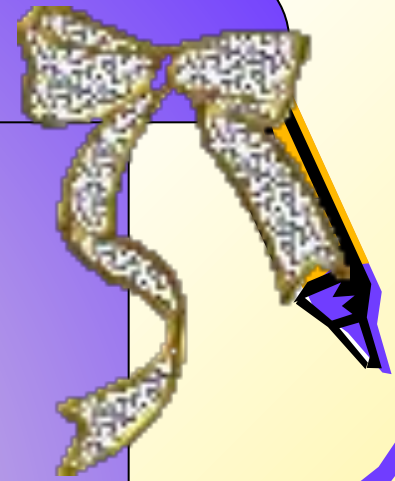
- . Health is not valued till sickness comes
- . A green wound is soon healed
- . A good wife and health is a man's best wealth
- . Early to bed and early to rise , makes a man healthy, wealthy and wise
- . Health is great riches
- .. God helps them that help themselves

**Health is above the wealth**



# Что нужно делать чтобы быть стройным и здоровым?

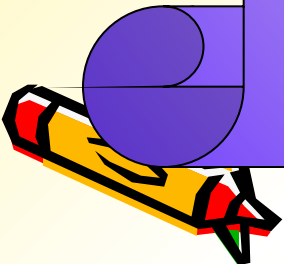
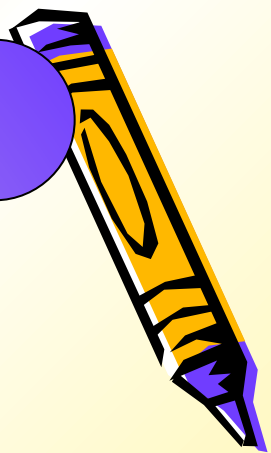
- . Исключить мучное и десерты
- . Кушать маленькими порциями
- . Делать зарядку
- . Исключить жирную пищу
- . Не кушать на ночь
- . Кушать больше овощей и фруктов
- . Считать калории
- . Кушать низкокалорийную пищу
- . Следовать диете





## **How take care of health?**

- . Cut out snacks and deserts**
- . Eat less of everything**
- . Exercise more**
- . Cut down on fat**
- . Don't eat at night**
- . Eat more fruit and vegetables**
- . Count calories**
- . Use low- calorie foods**
- . Follow a diet**



# There are some laws of health that people must follow

• Using the pictures make up some sentences







# Polyglot



- In what month people Independent day celebrated?
- Better late than.....
- So many countries, so many.....
- East or West.... Is best
- Knowledge is.....
- Speech is silver but silence is....
- Health is better.....





# Polyglot



- In what month people Independent day celebrated?  
(December, желтоқсан, декабрь)
- Better late than.....(never, ешқашан, никогда)
- So many countries, so many.....(customs, дәстүр, традиция)
- East or West.... Is best (home, үй, дом)
- Knowledge is.....(power, қуат, сила )
- Speech is silver but silence is....(gold, алтын, золото)
- Health is better.....(wealth, байлық, богатство )



# Find the proverb

**A** is missed

1. SYINGNDDOINGRETWOTHINGS (3)

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2. MNNEERSMKEMN ( 4)

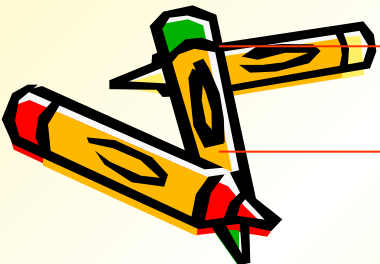
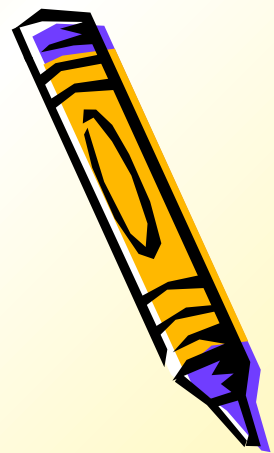
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3. CLENHANDWNTSNOWSING (5)

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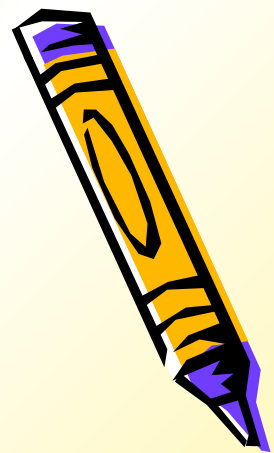
4. ERLYTOBEDNDERLYTORISEMKESMN  
HEALTHYWELTHYNDWISE (7)

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# ANSWERS:

1. SAYING AND DOING ARE TWO THINGS
2. MANNERS MAKE A MAN
3. A CLEAN HAND WANTS NO WASHING
4. EARLY TO BED AND EARLY TO RISE  
MAKES A MAN HEALTHY, WEALTHY  
AND WISE



$6^1 9^3$

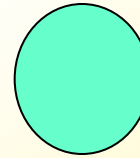
$6^1 6^3 8^1 4^2 3^2 7^3 5^3 2^1 6^2 3^1 -$

$6^1 9^3 4^3 6^2 3^1 3^2 7^1 3^2 6^2 3^1 3^2$

$6^2 8^1$

$5^2 2^1 9^4 2^1 5^2 4^2 7^4 8^1 2^1 6^2 !$

To find  
sentence



1 o o

2  
ABC

3 DEF

4  
GHI

5 JKL

6  
MNO

7  
PQRS

8  
TUV

9  
WXYZ

\* +

0   

#



To  
check



My Motherland -  
my Independent Kazakhstan!





TEST

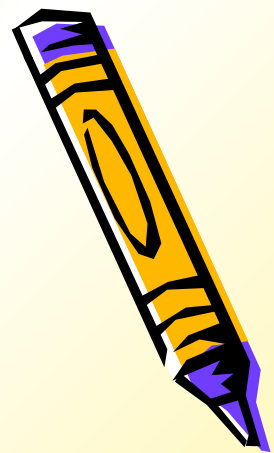


## Answers

1. A
2. A
3. C
4. B
5. B
6. C
7. B
8. C
9. B
10. A

**HOME TASK:**  
**TO WRITE AN ESSAY**

**“ I TAKE CARE OF HEALTH ”**





The lesson is over.

You may go out.

Good bye!