

ЗАДАНИЯ К УРОКУ.

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1. 10 класс
2. Английский язык
3. Cooking and health tips.
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(Задания взяты из УМК Spotlight, 10 класс)

Exercise 1.

Which of the problems (a-h) above is each person (1-8) below suffering from?

- a. Overweight
- b. Underweight
- c. Lack of concentration
- d. Tiredness
- e. Tooth decay
- f. Frequent illness
- g. Indigestion
- h. Dry skin

1. "I think I'm skinner than I should be." John
2. "I feel really sleepy during the day." Mary
3. "I often get stomach ache after eating." Tony
4. "I think that I am fatter than I should be." Jim
5. "I've had toothache for a week now." Laura
6. "My skin is itchy." Sue
7. "I find my mind wanders in class." Andy
8. "I'm always catching colds." Mya

Do you suffer from any of those problems? What do you do?

Advising/Agreeing - Disagreeing

Advising	Responding
<ul style="list-style-type: none"> • Have you thought about/What about ... (+ verb + ing)? • It would be best if you (+ past simple) ... • You might feel better if ... • (Don't you think) you ought to/should ...? • You'd better ... • It might be a good idea to ... • Why don't you ...? • If I were you, I'd ... 	<p>Agreeing</p> <ul style="list-style-type: none"> • That's not a bad idea. • Thanks, I hadn't thought of that. I'll try it! • That's a great idea. <p>Disagreeing</p> <ul style="list-style-type: none"> • Maybe you're right/It's a nice idea, but ... • I'm not so sure/I'm not sure if it'll work. • I've already tried that and it didn't work.

Imagine you have one of the problems in Ex. 1. Use the language box and discuss, as in the example.

- I'm overweight!
- Have you thought about taking regular exercise?
- I have already tried that and it didn't work.

Exercise 2.

Match the words. Then, use the phrases to complete the sentences.

1	health
2	regular
3	low carbohydrate
4	spicy
5	dry
6	tooth

a	food
b	skin
c	decay
d	exercise
e	tips
f	diet

- 1 Cleaning your teeth twice a day helps to prevent
- 2 Jenny is on a so don't offer her any bread!
- 3 If you want to avoid, drink lots of water and eat oily fish.
- 4 My personal trainer at the gym gave me some very good
- 5 I love but it gives me terrible indigestion.
- 6 Since I have been taking I feel much fitter.

Exercise 3.

3 a Look at the sentences (A-F) from the dialogue below. Where are Emma and Susan? What's Susan's problem?



Susan: Sorry I'm late, Emma. I've just been to the dentist's.
Emma: 1).....
Susan: Well ... I had to have a filling ... yet again! My mouth's still feeling a bit sore.
Emma: 2).....
Susan: Yuck! I hate tea. I'll have a cola.
Emma: 3).....
Susan: What do you mean?
Emma: 4).....
Susan: Wow! Really?
Emma: 5).....
Susan: So ... it might be a good idea to cut down, then?
Emma: 6).....
Susan: Er ... OK, you win. Two teas, milk no sugar!

- A Now you've got the idea! So, what are you going to order?
- B Well, there are about ten teaspoons of sugar in each can!
- C Oh, lucky you! Everything OK?
- D Oh dear! I'll call the waiter over. You should order a nice soothing cup of lemon tea!
- E Susan! No wonder you've got bad teeth!
- F Yes, really! Terrible for your teeth and even worse for your waistline!

Exercise 4.

Using interjections

You can use interjections such *as well, oh, ah, er, hmm*, and exclamations such as *Oh dear! Huh? Yuck! Wow! Right!* to make your spoken English sound more natural.

S: Sorry I'm late, Emma. I've just been to the dentist's.
E: Oh, lucky you! Everything OK?
S: Well... I had to have a filling ... yet again! My mouth's still feeling a bit sore.
E: Oh dear! I'll call the waiter over. You should order a nice soothing cup of lemon tea!
S: Yuck! I hate tea. I'll have a cola.
E: Susan! No wonder you've got bad teeth!
S: What do you mean?
E: Well, there are about ten teaspoons of sugar in each can!
S: Wow! Really?
E: Yes, really! Terrible for your teeth and even worse for your waistline!
S: So... it might be a good idea to cut down, then?
E: Now you've got the idea! So, what are you going to order?
S: Er... OK, you win. Two teas, milk no sugar!

You are at a party. You've got indigestion. Your partner advises you on what to do.

Make the dialogue.

Exercise 5.

Listening



Listen to an interview about crash diets and choose the correct answer (A, B or C) for questions 1-4.

- 1 According to Claire Martin, crash diets ...
 - A can be harmful to teenagers.
 - B cause teenagers to miss out on life.
 - C are more likely to bring results.
- 2 Claire suggests that teenagers should eat ...
 - A slowly when full.
 - B quickly.
 - C only until they are full.
- 3 To start the day well, she advises eating ...
 - A cereal and a piece of fruit.
 - B a doughnut and a cup of coffee.
 - C carrot sticks and a cereal bar.
- 4 According to Claire, exercising ...
 - A is more important than diet.
 - B is less important than diet.
 - C is just as important as diet.

Exercise 6. Circle the correct response.

1. A: I'm overweight!

B: a) Have you thought about taking more exercise? b) Maybe you're right.

2. A: So what are you going to order?

B: a) I hate tea.

b) I will have a cola.

3. A: I get terrible indigestion.

B: a) Have you thought about avoiding spicy foods? b) Thanks! I hadn't thought of that.

4. A: I've just been to the doctor's.

B: a) Everything OK?

b) I'm not sure if it'll work.