

## Урок английского языка в 7 классе по теме «Вопросы здоровья»

Тип урока: урок усвоения новых знаний

Форма урока: урок – исследование

Образовательная технология: технология развития критического мышления

Цель: познакомить учащихся с народной медициной в сравнении с традиционной

Задачи: развитие навыков устной речи, развитие навыков чтения с извлечением нужной информации, формирование творческого и критического мышления учащихся, развитие коммуникабельности, самостоятельности, умения сотрудничать.

Планируемые результаты:

Личностные:

- 1.развитие умения аргументировать своё мнение;
- 2.формирование уважительного отношения к иному мнению;
- 3.развитие навыков сотрудничества со сверстниками.

Метапредметные:

- 1.формирование умения активно использовать речевые средства для решения коммуникативных и познавательных задач;
- 2.формирование умения организовывать учебное сотрудничество и совместную деятельность с учителем и сверстниками;
- 3.умение извлекать необходимую информацию из разных источников.

Предметные:

Ученик научится:

понимать основное содержание аутентичных текстов;  
систематизировать изученную информацию.

Ученик получит возможность научиться:

вести беседу на заданную тему на основе просмотренного видеофрагмента и прочитанного текста.

### Ход урока

#### I.Организационный момент

Good morning, children! I'm glad to see you. How are you?

Who is absent today?

Are they ill?

What should you do if you are ill? (If I'm ill, I should stay in bed, get some rest, see a doctor, take a painkiller)

Very well.

#### II. Целеполагание и мотивация учебной деятельности

Учитель предлагает посмотреть на картинки в презентации и попытаться сформулировать тему урока и план деятельности.

Look at the pictures and try to guess the topic of our lesson (It's health, health problems).

Right you are! Open your textbooks at page 12 Spotlight on Russia.

Today we'll talk about health matters (дела, вопросы здоровья).

Open your copybooks, write down the date and the topic of our lesson.

What date is it today?

What will we do today? (We will listen, read and talk about health, health matters)

What is the aim of our lesson? (Ученики определяют цель урока)

### **III. Актуализация знаний**

What words come to your mind when you hear the word "Health"? Let's make a word web (doctor, painkiller, headache, sore throat, toothache, ill, illness).

When you are ill, do you always consult a doctor and take a painkiller?

Do you drink hot milk with honey?

### **IV. Изучение нового учебного материала**

Well. Today we'll talk about Russian folk medicine and compare it with traditional one.

Please, start reading.

What have you learnt about folk medicine? What is it?

Foods and herbs are used to cure various illnesses.

Right you are. According to cambridgedictionary folk medicine is traditional medicine that is based especially on the use of plants instead of modern scientific principles.

What do you know about folk medicine?

Well. Write down new words and translate them. Ученики догадываются о значении слов по презентации.

grated lemon peel-тертая лимонная кожура (цедра)

to slice a potato-нарезать картофель ломтиками

herring-селедка

to beat an egg-разбить яйцо

a slice of beet-кружочек свеклы



to chop an onion-нарезать лук кубиками

a turnip-репа

vinegar-уксус

garlic-чеснок

Now read the texts about the methods of treatment of headache, toothache and sore throat

	<p><b>Headache:</b></p> <ul style="list-style-type: none"> <li>• Try rubbing your temples with some grated lemon peel.</li> <li>• Slice a potato and place the slices around your head. Tie a scarf or a bandage around your head to hold the slices in place.</li> <li>• If you think your headache is from thinking too hard, eat some herring.</li> <li>• Boil some milk. Beat an egg and pour it over the milk. Stir it quickly and then drink it. You must repeat this for several days.</li> </ul>
	<p><b>Toothache:</b></p> <ul style="list-style-type: none"> <li>• Place a slice of fresh beet on the tooth that bothers you.</li> <li>• Chop an onion into very small pieces. Wrap the onion in a gauze bandage and place it inside your ear on the opposite side of your head where the toothache is.</li> <li>• Chop a turnip into small pieces. Pour one cup of boiling water over the turnip and boil for 15 minutes. Drink the mixture before bed.</li> </ul>
	<p><b>Sore throat:</b></p> <ul style="list-style-type: none"> <li>• Mix chopped onion, apples and some honey. Eat 2 teaspoons of the mixture 3 times per day.</li> <li>• Boil a cup of milk. Add 2 tablespoons of honey and mix well. Drink the mixture while it is warm.</li> <li>• Rinse your mouth and throat with a mixture of beet juice and vinegar. Do this 5-6 times per day.</li> <li>• Chop 100 grams of garlic. Boil 1/4 cup of water. Add the garlic to the water after the water has cooled a bit. Cover the mixture and let it sit for 5-6 hours. Remove the garlic. Gargle with the liquid.</li> </ul>

## V. Закрепление нового учебного материала

What would you do if you had a sore throat (a headache, a toothache)?

Ученики составляют предложения по образцу.

If I had a sore throat, I would ...

eat pepper

eat 2 teaspoons of chopped onion, apples and some honey

drink hot milk

drink cold water

eat some herring

put a bandage with chopped onion

place a slice of fresh beet on the tooth

Have you ever heard of any of these remedies? Where did you learn about them?

What other folk remedies do you know?

## Физминутка

Folk medicine is one of the health matters. The other one is if you want to be healthy, you should do physical exercises. Stand up, please.

Hands up. Hands down. Hands on your hips.

Bend left. Bend right.

Turn left. Turn right.

Spin your head. Spin your body.

Finish. Sit down, please.

There is another health matter : is folk medicine better than traditional one? Watch a video and try to answer this question.

Divide into 4 groups. There are texts about folk and traditional medicine. The first group has to find the advantages of folk medicine, the second group has to talk about the disadvantages of

folk medicine, the third group has to talk about the advantages of traditional medicine and the fourth group has to find the disadvantages of traditional medicine. You have 3 minutes.

Are natural remedies better than traditional medicine?

The debate between natural remedies and traditional medicine has been ongoing for years. So, in this video, we will take a closer look at the pros and cons of each.

Natural remedies have been used for centuries and are often seen as a more holistic approach to healthcare. They typically involve using herbs, plants, and other natural ingredients to treat various conditions. Supporters of natural remedies argue that they are often safer, gentler, and have fewer side effects than traditional medicine. For example, many people turn to natural remedies like ginger or peppermint tea to alleviate nausea rather than taking medication that may have bad side effects. Additionally, some natural remedies like lavender oil or chamomile tea can help reduce anxiety and promote relaxation without the risk of addiction that some prescription medications may carry.

However, it's important to note that not all natural remedies are safe or effective. Some can interact negatively with prescription medications or even be toxic in high doses. It's essential to do thorough research and consult with a doctor before trying any natural remedy.

On the other hand, traditional medicine is based on scientific research and clinical trials and its effectiveness has been well documented. Prescription, medications, vaccines and surgeries are often necessary to treat serious illnesses and injuries and can be life-saving. Traditional medicine also provides more targeted treatment for specific conditions. For example, antibiotics can effectively treat bacterial infections, while insulin is necessary for managing diabetes. While natural remedies may offer relief for certain symptoms, they may not address the underlying cause of the condition.

It's also worth noting that traditional medicine has some drawbacks. Prescription medications can have unpleasant side effects and there is a risk of dependency or addiction with certain drugs. Additionally, the cost of traditional medicine can be very high, making it difficult for some people to access necessary treatments.

So, are natural remedies better than traditional medicine? Well, both have their advantages and disadvantages and it ultimately depends on the individual and the specific situation. For minor conditions or for maintaining overall health, natural remedies can be a safe and effective option. However, for serious conditions or emergencies, traditional medicine is often necessary.

It's also important to remember that natural remedies and traditional medicine do not have to be mutually exclusive. In fact, many doctors are beginning to adopt an integrative approach using both natural remedies and traditional medicine to provide the best possible care for their patients. So, whether you choose natural remedies, traditional medicine, or a combination of both, it's very important to do your research and consult with doctors before making any decisions about your health.

## **VI. Контроль усвоения нового учебного материала**

Are you ready to answer? Ученики рассказывают о преимуществах и недостатках народной медицины.

So, is folk medicine better than traditional one? Is it safe?

Ученики делают предположение, какая медицина лучше (Both folk and traditional medicine have their advantages and disadvantages and it depends on the individual and the specific situation.)

What should we do first? (Should we consult with doctors?)

Ученики делают вывод, что обе медицины имеют преимущества и недостатки, сначала нужно проконсультироваться с врачом.  
Продолжают смотреть видеоответ.

## **VII. Рефлексия**

Please write down the names of the members of your groups on the sheets of paper and give marks.

What information have you learnt today? Was it interesting? What was the most difficult?

In your copybooks draw a smile describing your work today.

## **VIII. Домашнее задание, подведение итогов**

Your homework is to give advice on how to be healthy. Don't forget about folk and traditional medicine.