**Grade 10**

**Topic. Healthy Food of the Future**.

**Aims.** To enable students to analyze healthy and unhealthy food using opinion, agreeing and disagreeing expressions.

**Learning outcomes.** By the end of the lesson students will be able to speak about healthy and unhealthy food of the future.

**Materials**. Flashcards, computer.

**Procedure**

**The beginning of the lesson.**

1. **Greeting.**

Are you a healthy-eating, clean-living, sporty type?

Or are you destroying yourself with cigarettes, alcohol and junk food?

Do you carry on with life through headaches, colds or flu?

Or are you a hypochondriac, who goes straight to the doctor if you are feeling a bit tired?

There are many ways to be healthy. One of them is eating healthy food. So our today’s topic is “Healthy Food of the Future”. So, today we shall try to discuss and to solve the problem: what is better: natural food or genetic modified, is it cool to be a vegetarian?

**The main part of the lesson.**

1. **Phonetic drill.**

Let’s revise the words on the board.

Tasty, nice, tender, useful, harmful, disgusting, delicious, healthy, salty, sweet, bitter, spicy, acid, fattening, horrible, underdone, overdone.

Well done! Now I want you to work according to the following scheme S1-Word, S2-Word combination, S3-Sentenses, S4-Question, S5-Answer.

1. **Group work. Filling in the spidergram**.

Group 1: Fill in a spidergram giving positive adjectives describing food.

Group 2: Fill in a spidergram giving negative adjectives describing food.

T: Nice going! I see that you know a lot about food. So, what can you say about these words: salt, sugar, pepper, vinegar.

1. **Oral speech**.

You are right, we should be rather careful with these items because they are harmful in large quanstities.

1. **Singing.**

OK! And now let’s relax a little. Let’s sing a song.

<http://www.youtube.come/watch?v=6fhSGWdbm9g>

1. **Listening.**

Now let’s listen to two people speaking about food of the future.

1. **Dialogue speech**.

Let’s discuss the problem.

<http://www.youtube.come/watch?v=WeieAdG9NVo&feature=related>

1. **Writing. Group work.**

Group 1: Imagine that you are common people and you don’t know much about healthy and useful food. You eat what you wish and don’t mind your diet and calories. Make a list of your everyday meals.

Group 2: Imagine that you are famous and well-educated doctors dietologists. You know much about healthy food. Listen to your partners’ list, comment on it and give your advice.

**Closing activity.**

1. **Summarizing**. I hope you’ve found the discussion interesting and got some useful information from it. Our lesson is coming to the end. Who will sum up?

All of you worked very hard today. I’m satisfied with your work.

1. **Hometask.**

Your hometask is to write an essay on the topic “Healthy Food of the Future”.

**Reflection.** Pupils say what activities they liked most during the lesson.

**Evaluation**. Teacher praises pupils.