

Дата: 26.02.24

Група:24

Урок: 46-47

Тема уроку: «We are against smoking. Say «No» to drugs.»

Мета уроку: Ознайомлення з новою лексикою теми, сприяти розвитку в учнів уміння ввічливо висловлювати власні переконання, думки, згоду й незгоду, використовуючи для цього необхідний лексико-граматичні знання. Формування навичок читання та усного мовлення.

Матеріали уроку: **Monday, the 26th of February**

1. Do you know much about cigarettes and smoking? Let's check.
 - See the statements connected with smoking, but not all of them are true. So, we'll see how well you are informed on the topic.
 - Smokers are more likely to get colds and the flu than non-smokers.
 - Cigarettes aren't tested on animals.
 - Nicotine is more addictive than most illegal drugs, including heroin.
 - One in four smokers starts at the age of 12.
 - Smoking when you are pregnant doesn't hurt the baby.
 - Smoking causes heart problems and cancer.
 - Giving up smoking can make you gain weight.
 - Smoke from other people's cigarettes is not harmful.
 - Cigarettes are so addictive because it only takes 7 seconds to feel the effect of the nicotine in your blood.
 - Cigarettes can calm you down.

2. Reading

1) Read the following text to find out what dangers of smoking some scientists warn you about.

Smoking

People become aware of the danger of smoking. We can see more and more restrictions on smoking. Most airlines have non-smoking policy. Also more and more restaurants and public places have non smoking sections.

One reason for this is that research is showing that non smokers who are around smokers are at the same health risk as smokers, so people don't want to be near smokers. Another reason is that more and more diseases are being found to be caused by smoking.

Smoking causes one out of every six deaths in the United States. Mothers who smoke or breathe smoke during pregnancy have more miscarriages and more premature babies than mothers who don't breathe smoke.

According to “Surgeon General”, every day more than 3,000 teenagers in the United States begin to smoke. But almost half of all adults who once smoked have quit since 1985. Smoking is expensive, too. The average smoker smokes 34 cigarettes a day at a cost of \$1,200 per year.

2) Fill in the blanks with the correct words from the word list below.

risk	premature	miscarriage	smoking
pregnancy	research	lung cancer	heart disease

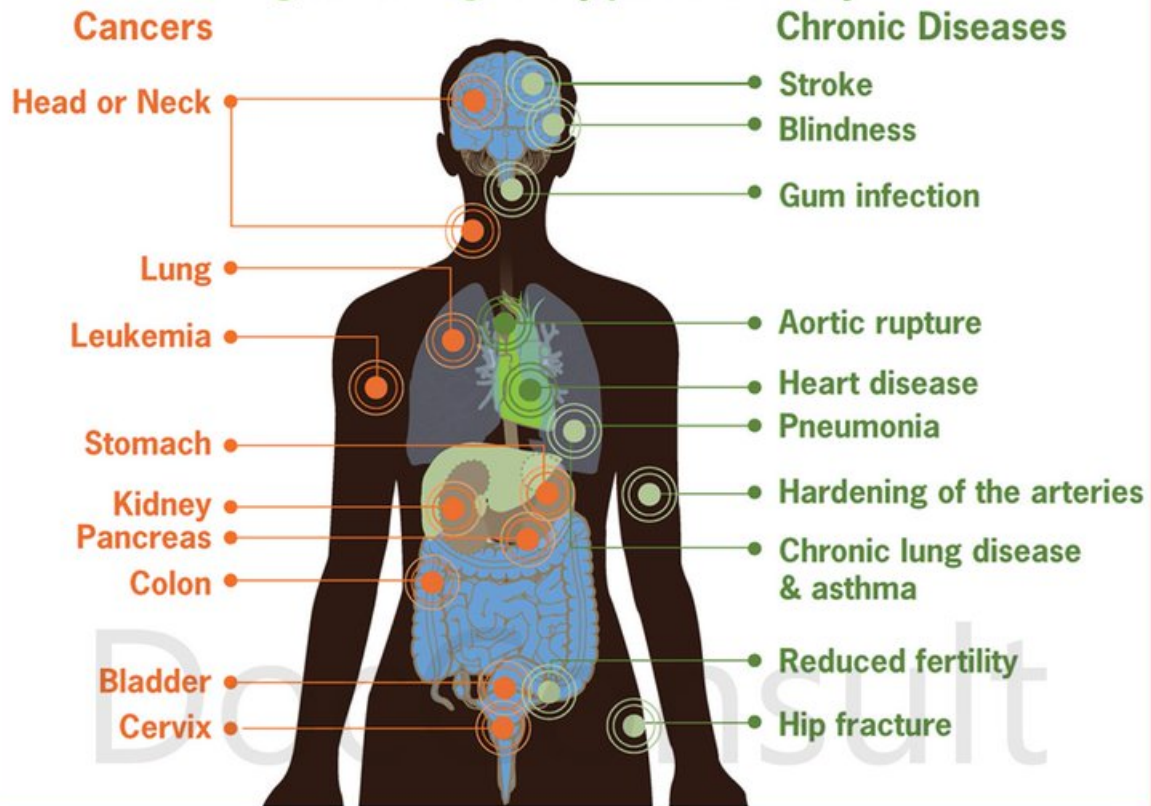
One out of every six deaths in the United States is caused by _____ (1). The _____ (2) of diseases like _____ (3) and _____ (4) is much greater among smokers. _____ (5) shows that women have some special risks. During _____ (6) the risk of having a _____ (7) or a _____ (8) baby is bigger for smoking mothers.

3. Here are 7 words connected with the topic. Try to guess.

- 1: A person who smoke a lot.
- 2: A tube or clay, wood for smoking.
- 3: A part of the body with which we breath.
- 4: It is on the pack of cigarettes saying that smoking is dangerous for your health.
- 5: When people don't smoke but inhale poisonous air.
- 6: The money paid by citizens to the government for public purposes.
- 7: Send out air from the mouth and throat in a noisy way.

Risks from Smoking

Smoking can damage every part of the body



How to Quit Smoking

1. **Pick a quit day**
2. **Join a support group of people who are trying to quit**
3. **Behavioral therapy**



With behavioral therapy, you visit a therapist who will help you find the most effective way to quit. The therapist will help you to identify your triggers, come up with ways to get through cravings, and provide emotional support when you need it most.

4. **Nicotine replacement therapy**
Nicotine gum, patches, inhalers, sprays, and lozenges are nicotine replacement therapies (called NRT). Replacement therapy works by giving you nicotine without using tobacco. You may be more likely quit smoking if you use nicotine replacement therapy.
5. **Medicine**
Some drugs are formulated to help people quit smoking.
6. **If you slip up, don't give up. Try quitting again**

Homework

Your home task for today was to prepare arguments against smoking. Try to persuade your classmate to give up smoking.

Увага! Фото виконаної класної роботи надсилати на електронну адресу викладача:

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