

випадку можна досягти нової якості освіти, що відповідає сучасним запитам кожного громадянина, суспільства й держави.

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BLENDED LEARNING AS AN APPROACH TO ENGLISH TEACHING

This article discusses the use of blended learning as an English teaching approach in the challenging conditions of the Ukrainian war reality. The authors present various teaching and learning methods in this format and the opportunities it offers.

Blended learning combines both online and in-person instruction and is widely adopted in English teaching. We incorporate various ways of blended education in our English teaching, such as:

1. Incorporating online resources: We include online resources like interactive quizzes, video lectures, and multimedia materials in our lessons. Language learning apps, videos, podcasts, and websites are excellent supplements to classroom learning. These resources help students to practice speaking, listening, reading, and writing skills and make learning more interactive.

2. Assigning online homework: We use online platforms to give homework and monitor student progress. This approach helps to save time and streamline grading.

3. It's important to provide in-person instruction alongside online instruction. During class time, we review and reinforce concepts learned online and give our students opportunities to practice their English skills in real-life situations. Our blended education program includes online components, but attending face-to-face classes is crucial in developing speaking and listening skills and receiving personalized feedback on progress. Interacting with teachers and classmates in person is invaluable.

4. We incorporate technology in the classroom, such as Zoom technology for online board demonstrations, presenting audio and video materials through a laptop, and more. This enhances the learning experience and creates a more interactive and engaging environment.

5. We promote student collaboration by assigning group projects or activities to encourage a sense of community and increase student engagement.

6. To personalize the learning experience, we monitor student progress using online tools such as personal courses on the university's MOODLE platform, which includes different tests and tasks. This allows us to identify areas where students may need additional support or instruction.

7. Regular feedback on student progress and performance is provided through online and personal consulting, messaging in Telegram, and communication in MOODLE. This helps to provide individualized feedback and support to each student.

8. Our goal is to create a positive learning environment by fostering a sense of community and encouraging collaboration and support among students. This helps to improve motivation and engagement among students.

Blended education is a flexible approach to learning that combines traditional face-to-face instruction with online activities. It can be an effective method for improving English skills due to its variety of instructional methods and resources. To help students make the most of this format, we suggest the following tips:

1. Set realistic goals: Before beginning your blended English course, establish clear goals for yourself. Determine what you hope to achieve with your English skills, such as improving your writing, speaking, listening, or reading abilities. Realistic goals will keep you motivated throughout the course. Additionally, remind yourself of the benefits of learning English, such as career advancement and the ability to communicate with people from around the world. Take advantage of online resources like language learning apps or digital flashcards to review and practice what you've learned.

2. Utilize additional English courses provided by instructors, both online and offline, that cater to your level of proficiency and learning style.

3. Organize your schedule effectively to manage blended learning. Create a study plan and follow it closely while keeping track of your progress and regularly reviewing your notes.

4. Technology can be a valuable tool in enhancing your English skills, especially in online learning. Grammar checkers, language translation apps, and language learning apps can provide additional support to your in-person instruction. Multimedia materials like videos, podcasts, and interactive games, which are often incorporated in blended education, can help you practice your listening and speaking skills and expand your vocabulary. Take advantage of these resources to supplement your learning experience.

5. Enhancing your speaking skills is a crucial aspect of learning English. One effective way to achieve this is to engage in online discussions by joining online discussion forums or chat rooms available in blended education programs. By interacting with other students, you can hone your English skills. Additionally, participating in university language clubs or group activities can provide opportunities to practice speaking and writing English. Seizing opportunities to converse with native English speakers, whether in-person or through online video conferencing facilitated by your teacher, can also prove beneficial.

6. In order to improve your English proficiency, it is highly recommended that you take part in language and working practice offered by your university. This practice provides opportunities to converse with native English speakers and gain valuable experience.

7. Requesting feedback from your teachers on your English skills is a proactive step towards improvement. This feedback can help you identify areas that require improvement and enable you to focus your learning efforts.

Overall, blended education can be an excellent way to enhance your language skills. Combining online resources, face-to-face classes, and multiple practice opportunities can help you achieve your goals.

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IMPACT OF BREAKFAST CEREALS ON HUMAN HEALTH (ВПЛИВ СУХИХ СНІДАНКІВ НА ЗДОРОВ'Я ЛЮДИНИ)

У публікації порушено питання необхідності харчуватися вранці та актуалізовано проблему виробництва повноцінних сухих сніданків. Були проаналізовані дослідження вчених щодо впливу сніданку на організм дорослих та дітей.

Ключові слова: *здоров'я, раціональне харчування, сніданок, сухий сніданок, поживна цінність, діти.*

The publication raises the issue of the need to eat in the morning and actualizes the problem of producing nutritious breakfast cereals. The research of scientists on the impact of breakfast on the body of adults and children was analyzed.

Keywords: *health, rational nutrition, breakfast, breakfast cereal, nutritional value, children.*

Human health is the key to a happy life, because a healthy person lives in a state of harmony and balance. This is the most important prerequisite for a better understanding of the world around us. Unfortunately, not everyone realizes that our habits, both good and bad, affect our health. The World Health Organization (WHO) defines health as a state of physical, spiritual and social well-being and not merely the absence of disease or infirmity.

It is well known that the state of human health depends on 10% of the level of medical development, 20% each on heredity and the environment, and most of all (50%) on lifestyle. Of course, it is up to each person to choose what principles to live by, but in the 21st century, the emphasis on human health is on proper nutrition, a healthy lifestyle, good information space, and a good social condition. These factors lead to the prevention of both physical and mental illnesses [1].

In my opinion, a healthy lifestyle starts with a rational diet, as every product we eat contains a certain amount of substances that affect our state of health in one way or another. The first and main meal of the day is breakfast, which starts the brain and gives you energy to implement your plans throughout the day. It is an important meal for both children and adults.

Scientists have long debated the need to eat in the morning and the impact of breakfast on the body. The journal Human Sciences of Health-Social Services has published the results of a study that examined the relationship between lifestyle habits and dementia, a progressive brain decline that occurs in older people. It was conducted over six years among residents of a farming community in Japan. These were 525 people aged 65 and older. It was found that dementia is four times more likely to be diagnosed among people who do not eat breakfast [2].

Another study was published in November 2022 in the journal Nature Communications, conducted by researchers from the United States, the United Kingdom, and Sweden. The experiment involved 833 people who received different breakfast dishes for two weeks, wore watches to record physical activity, quantity, quality, and regularity of sleep, kept food diaries, and recorded their level of vigor [3]. Thus, three factors were found to have a significant and independent impact on the ease of waking up: sleep quality, physical activity, and the nutritional value of breakfast.

Nowadays, when there is not enough time to prepare any breakfast in the morning, breakfast cereals are very popular among the population, and children are especially fond of them. Pro-Consulting has analyzed the breakfast cereal market in Ukraine for the period of 2019-2021. It was found that this market has a wide range of products, including two-thirds of breakfast cereals of local origin due to the presence of local producers with significant capacity [4].