

продуктів, а й зловживання рафінованими, обробленими та малопоживними продуктами [4].

Висновок: коригування харчування здобувачів освіти є важливим кроком до забезпечення їхнього здоров'я, підвищення ефективності навчання та запобігання розвитку хронічних захворювань у майбутньому. Збалансоване харчування сприяє покращенню фізичного стану, емоційного фону, концентрації уваги та здатності до навчання, що є важливими для успішного навчання в університеті та підтримки високої працездатності протягом усього навчального процесу.

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VIRTUAL REALITY AS A SIGNIFICANT TOOL IN TEACHING ENGLISH

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Annotation. The article mainly focuses on the problems of teaching a foreign language such as how VR helps to achieve educational goals in short time, how it influences on students' creative positive attitude for studying. Also, it gives information about how VR improves listening and speaking skills in the terms of distance education.

Key words: virtual reality, motivation, attitude, speaking skills, listening skills, technology, teaching tool.

Introduction. In recent years, there has been an increasing interest in the usage of IT technologies in education. Nowadays, IT technology is becoming a key instrument in the sphere of teaching foreign languages which makes its effects on successful education. Virtual Reality is one of the modern tools in teaching that plays an important role in the maintenance of the students' motivation, positive attitude for studies, friendly atmosphere at the lesson, and engagement.

The aim of the article is to investigate the influence of VR on students' results when teaching English in the higher educational establishments.

The results and discussions. Virtual Reality (VR) continues to attract teachers' attention in the world as a teaching tool for students' successful education. The analyses of the studied articles, posts, interviews, books, documents have shown that VR is really a significant tool for progressive education which helps to optimize the final results of students' educational activity when studying English.

It has been proved that English game teaching system that uses VR technology can improve students' learning interests. For example, scientists from China offer to implement VR technology to design educational game system in universities as well as to use the English game teaching programs. [6]

The analyses of the articles [2, 5] have shown that VR helps to create positive educational environment in the universities with the help of VR technology to help students to succeed in English and their final educational goals.

For example, the Japanese scientists such as Satake Y, Yamamoto S, Obari H. investigated the effects of VR lessons on Japanese students and their perception of speaking English. One part of the interviewed participants reported about their positive acceptance of VR for English leaning because of its fun and comfort in comparison with face-to-face lessons, moreover, they appreciated the gaming aspect of the lessons. Another part of students declares their progress in English speaking after the lessons with VR. [5]

The analyses of the studied resources found out that VR helps to risen students' competencies in listening. Such listening skills as paraphrasing, summarizing, open-ended questions and others can be easily trained at VR lessons. VR helps to overcome emotions, distractions, different fears.

For example, the analyses of the research devoted to the impact of VR-assisted listening instruction on the development of listening comprehension [3] showed that using immersive learning environments as pre-listening activities led to the improvement of students' comprehension in listening.

It has been proved that 360° VR videos used as pre-listening activities are helpful for listening instruction and can give an assurance in the development of listening skills, elevating the motivation, students' interest and engagement in doing listening tasks and lessen the listening anxiety. [3; 251]

The analyses of the studied materials have proved that VR develops English speaking skills in the real context. In real virtual surrounding students improve their vocabulary and speaking skills, react any question immediately and develop the idea easily, and cope with the problem-solving tasks.

It has been suggested by Yukie Saito, for example, to practice the experience of teaching the second-year students by the third-year ones using VR lessons as they can rise speaking proficiency, teach to work in a team and develop thinking abilities. Using role-playing tasks, paying much attention to audio-visual signals in the VR scene and using them to direct the actions can lead to students' success in English. [4]

Moreover, the scientists from Australian and Vietnam universities offer to integrate VR in developing syllabi or designing authentic tasks for students using telephone apps, Google Cardboard, free platforms and provide students with real-life context for developing speaking skills in real-life situations. [1]

Conclusion. In conclusion, we can surely say that VR is one of the powerful educational tools that can be helpful to the English teachers in improving students' listening and speaking abilities, developing students' educational competences, mastering English in proficiency in modern ways. VR is a good engine for students' motivation and helps to focus students' attention on the progress, and reach certain educational goals for a short period of time.

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