

# Healthy Living Guide

GOOD AND BAD HABITS

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# BAD HABITS

- Obesity and physical inactivity re known from ancient times.
- More and more teenagers spend their free time watching TV, playing computer games and eating fast food.



# SMOKING

- Smoking makes skin unhealthy and teeth yellow.
- It causes blood and heart diseases.
- It should be banned in public places.



# TAKING DRUGS

- Drugs make your brain centers sleep.
- They cause a headache and blood disease.
- Drugs effects the people around you.



# DRINKING ALCOHOL

- Alcohol makes your speech unclear.
- It causes slow reactions and lost of memory.
- Alcohol makes the whole family unhappy.



# GOOD HABITS

- Many people nowadays think more about their health.
- They eat a lot of low-fat food and more fibre.
- Some people have started counting calories they eat every day.



# SPORTS AND FITNESS

- Everyone should do morning exercises.
- Sport must be regular in people's life.
- Young people go in for sports more anxiously than adults.





# SKIPPING BREAKFAST

- One in five 11-to16-year-olds skip breakfast.
- Many eat only pizza, chips, crisps and cola for lunch.
- They don't get enough iron.





# EATING HIGH FIBRE FOOD

- Cabbage may prevent the development of cancer.
- Carrots are good for your eyesight.
- Onion is good for your nerves.

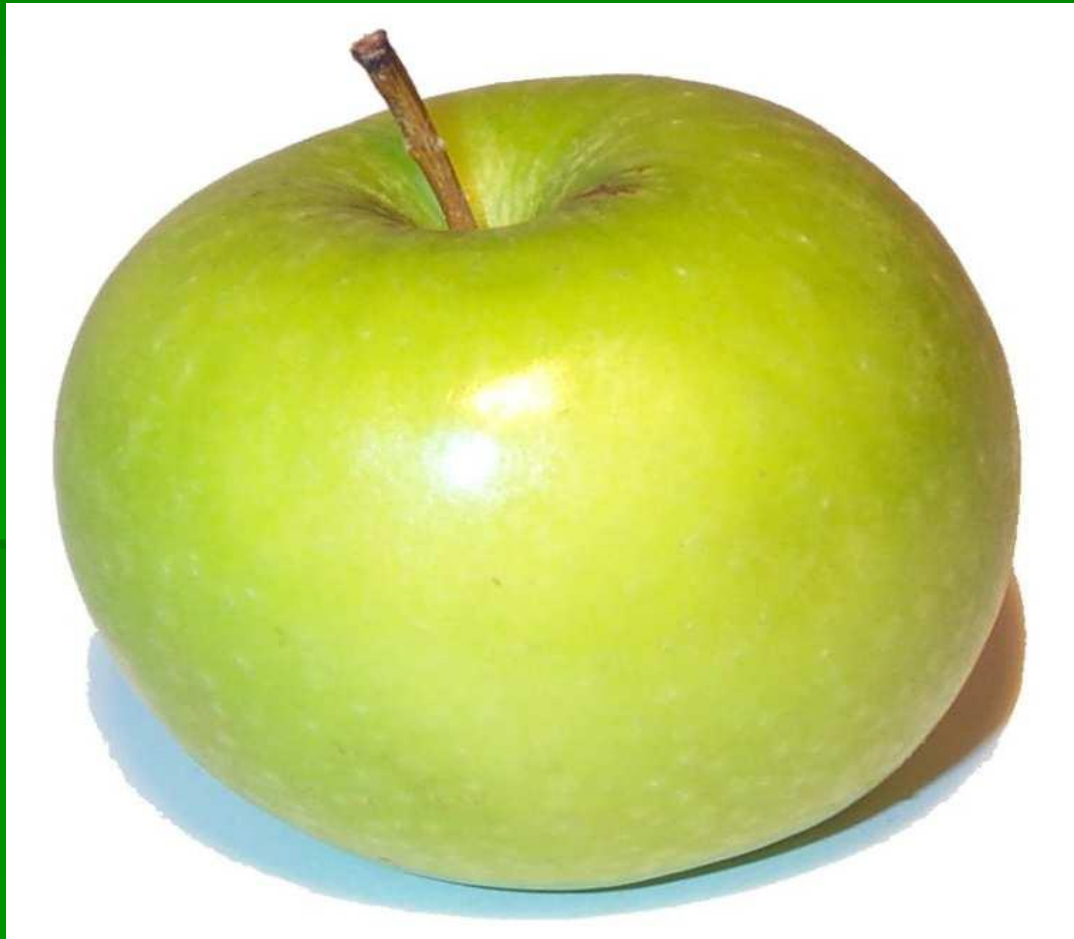


# DRINKING MILK

- Milk strengthen your bones.
- Milk is very good for children



**An apple a day keeps the doctor  
away**



**Be healthy, wealthy and wise!**

