

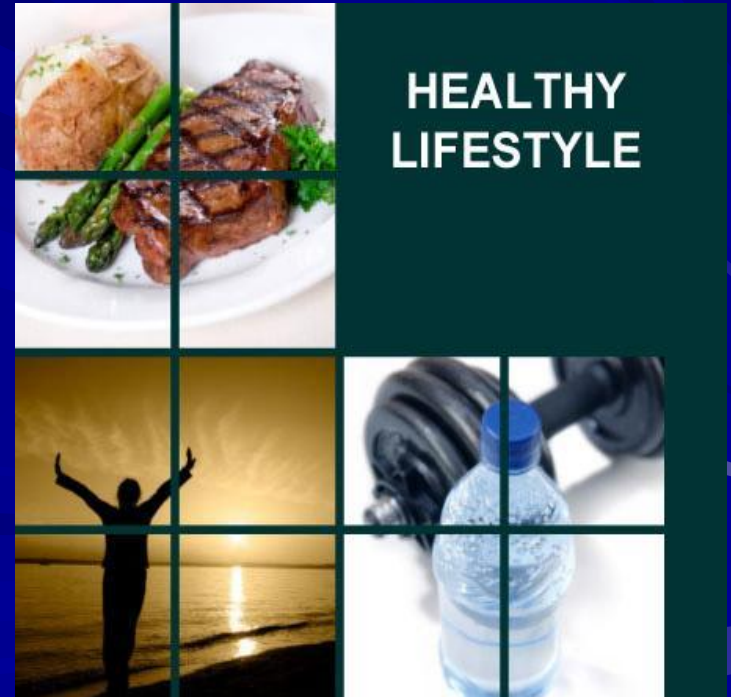


Врублевская  
Елена  
Александровна



# You should

- Get up early and go to bed early
- Wash your hands before eating
- Go in for sports
- Sleep enough
- Take a cold shower
- Air the room



# You shouldn't

- Smoke
- Watch TV too long
- Eat too many sweets
- Spend much time indoors
- Eat between meals



# Healthy food

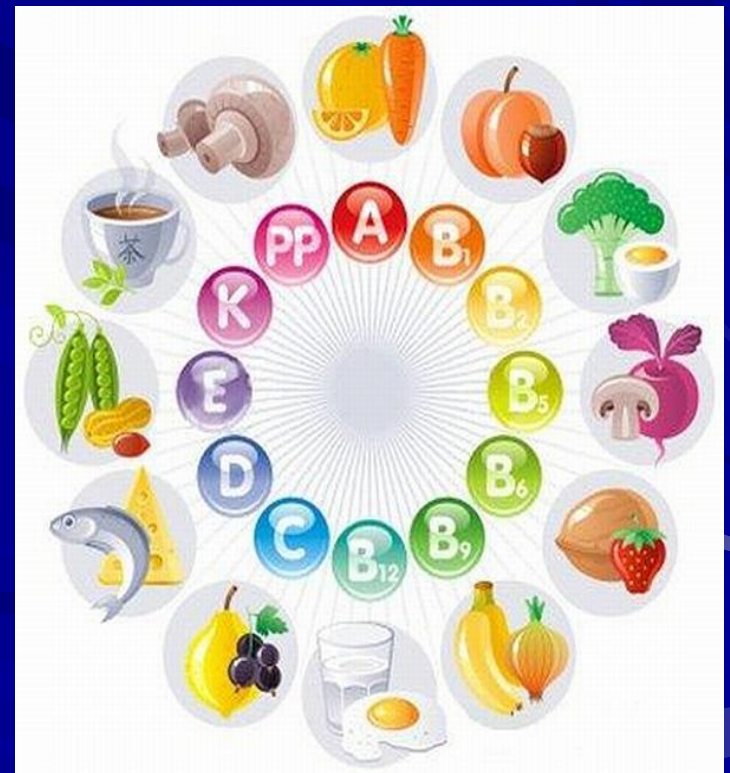
Bread- fiber

Fruit and vegetables- vitamins

Meat, fish, eggs- proteins

Milk, yogurt, cheese – fat  
and calcium

Eggs, meat- iron

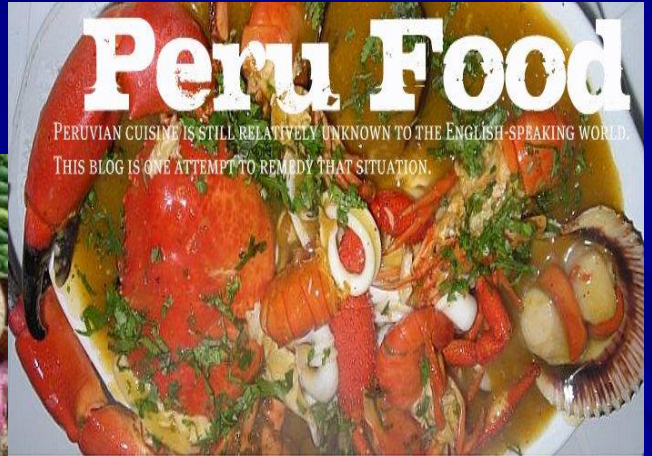
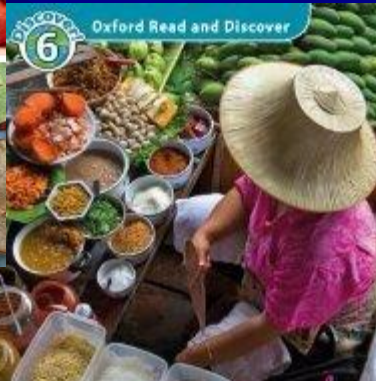




# Unhealthy food

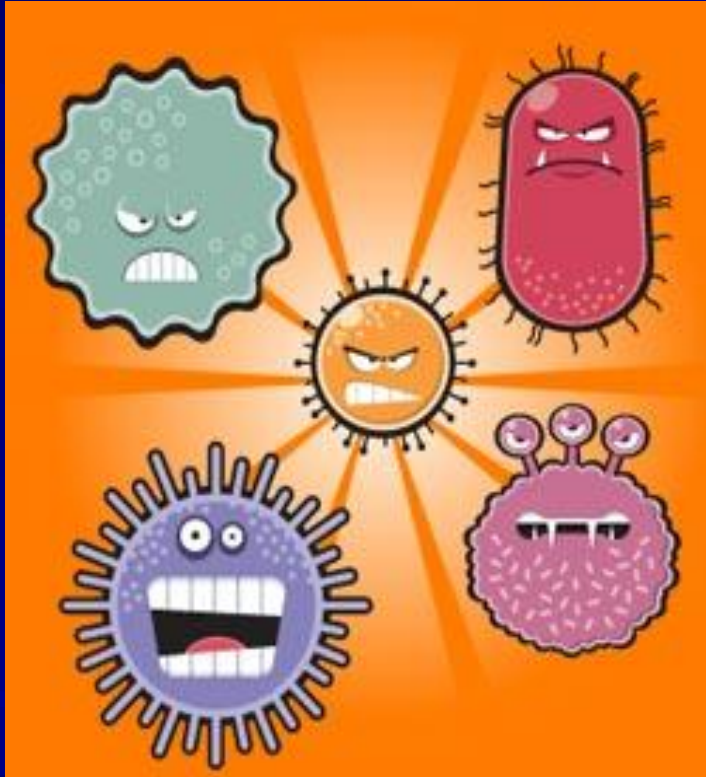


# FOOD AROUND THE WORLD!!!





# WHY DO YOU WASH?



microbes



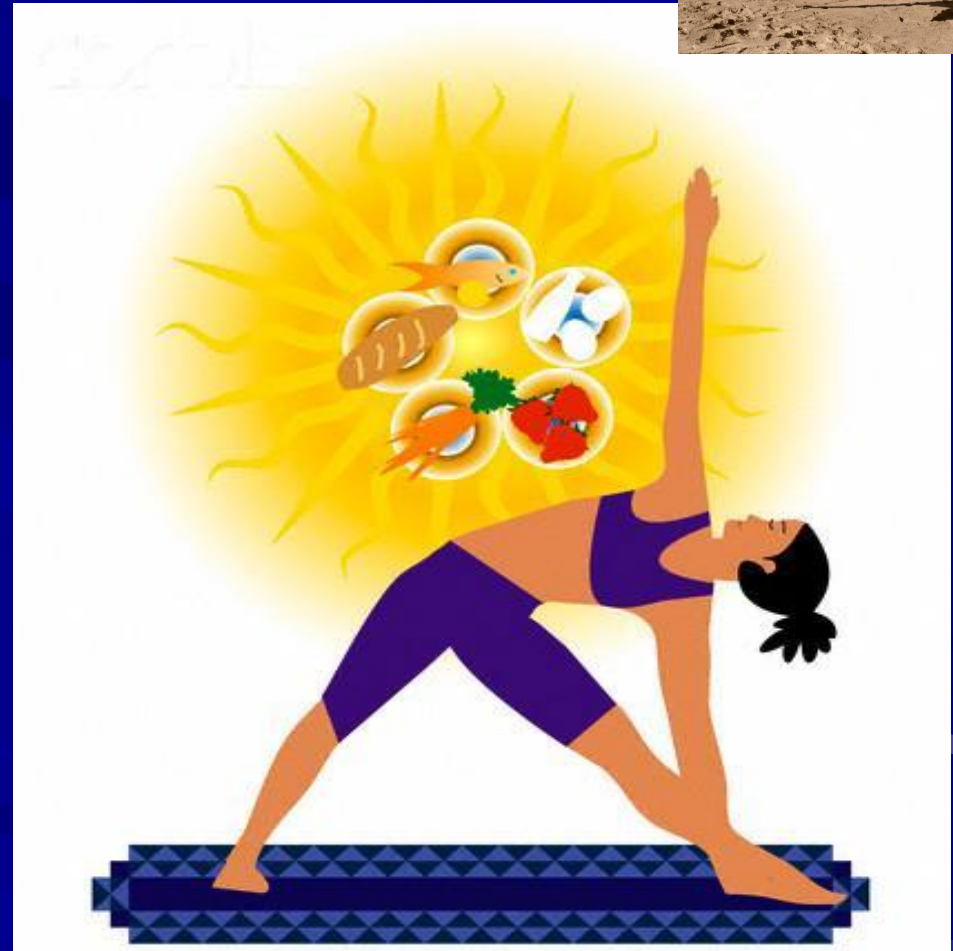
Wash hands



# SPORT



**Everyone  
Needs  
Sport  
To stay  
Healthy!!!!!!**





# Protect your body!

You should:

- Before exercise warm up muscles
- Then make stretching exercise
- Think about breathe
- After exercise cool down muscles with slow running
- Drink water
- Use right equipment





# Time outdoors



# Rest and Sleep



**TIME TO  
REPAIR  
BODY**



**YOGA**

**SLEEPING**

**RELAXATION**

