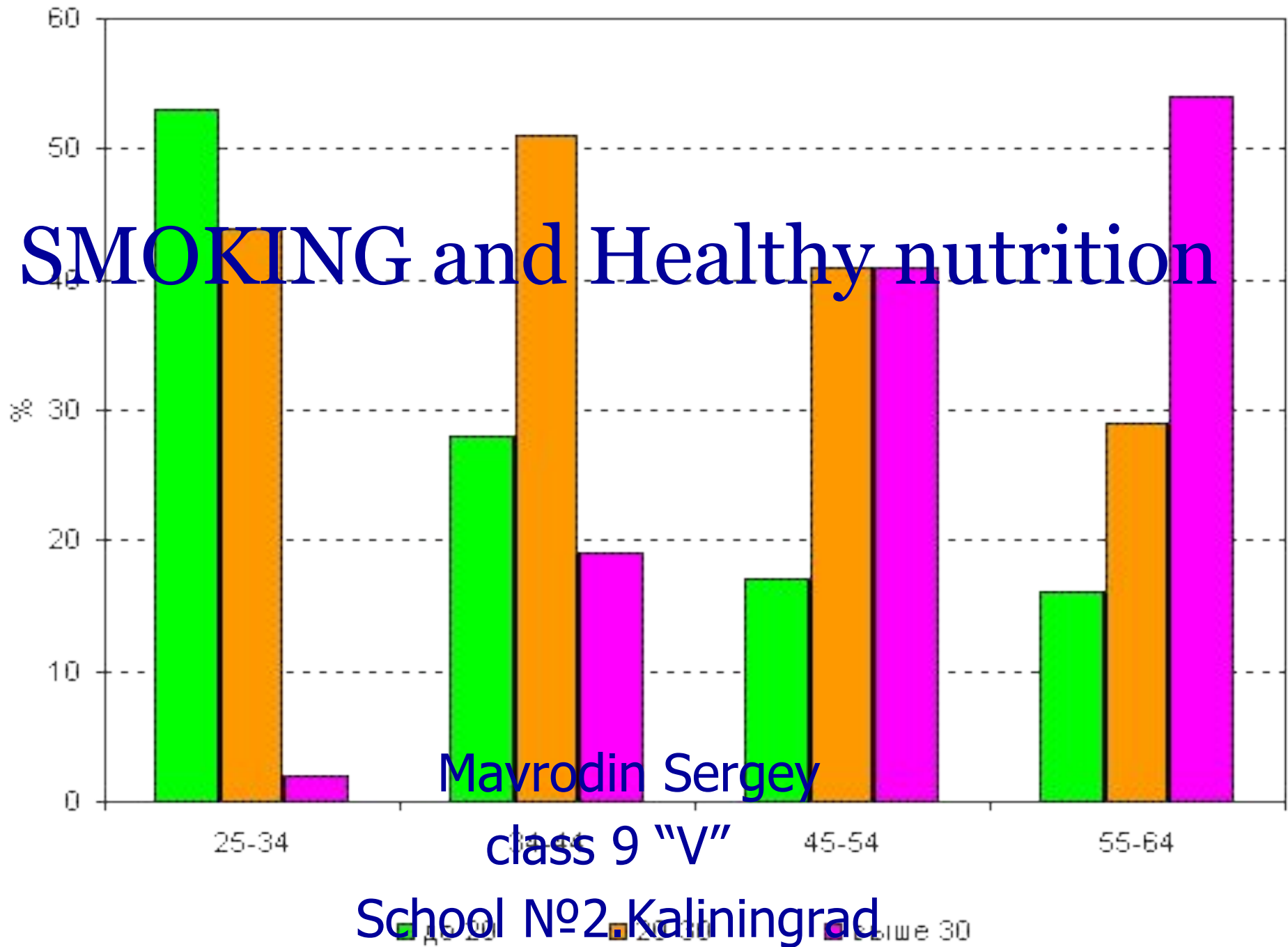
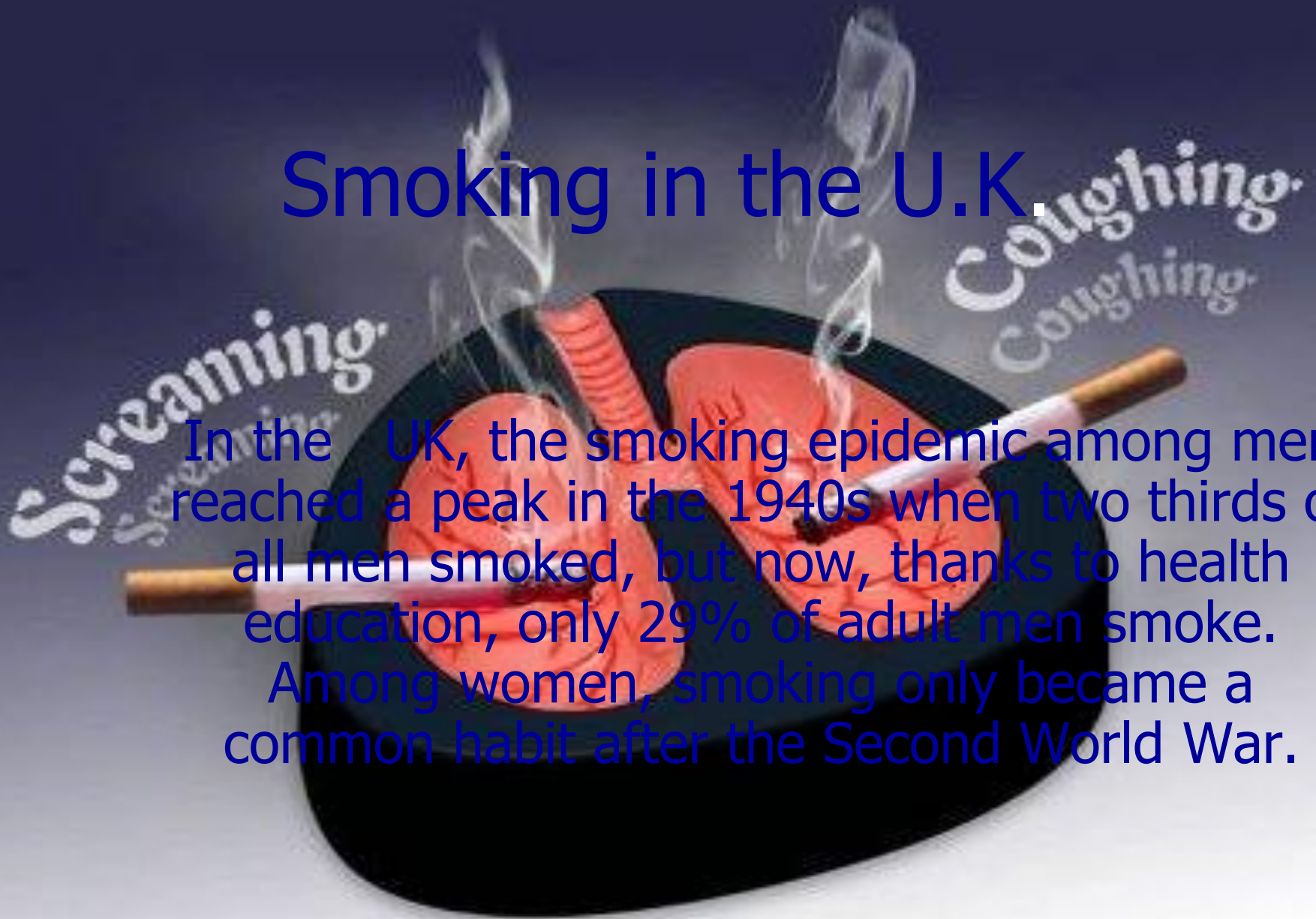



SMOKING and Healthy nutrition



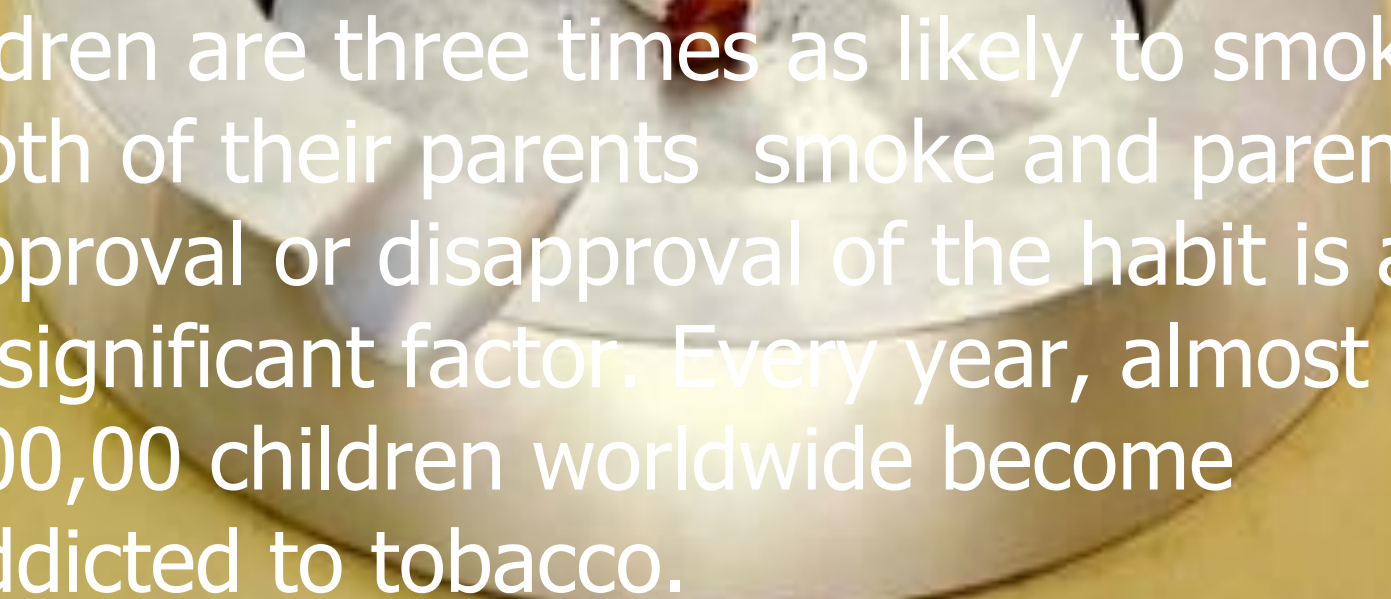
Smoking in the U.K.

In the UK, the smoking epidemic among men reached a peak in the 1940s when two thirds of all men smoked, but now, thanks to health education, only 29% of adult men smoke. Among women, smoking only became a common habit after the Second World War.



A composite image showing the upper body of a person. The head and neck are covered in realistic human skin and facial features, including a beard and mustache. The torso, however, is a white, translucent skeleton, revealing the ribcage and spine. The person is holding a lit cigarette in their right hand. The background is solid black.

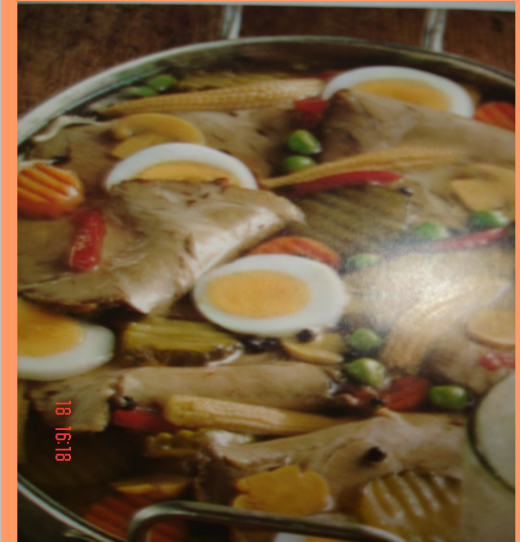
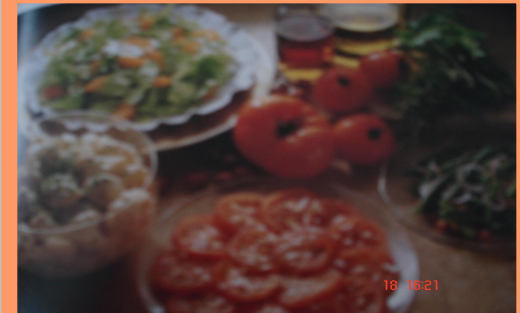
According to the latest government figures, 23% of all 15-year-olds are regular smokers. Many of these teenage smokers are already addicted to nicotine, that is, they need to smoke their first cigarette of the day as soon as they get up. In Great Britain about 450 children start smoking every day.

A lit cigarette with a glowing orange tip and a small amount of smoke is resting in a white, modern-style ashtray. The ashtray has a circular opening and a slightly raised rim. The background is a solid, light yellow color.

Children are three times as likely to smoke if both of their parents smoke and parents approval or disapproval of the habit is also a significant factor. Every year, almost 100,00 children worldwide become addicted to tobacco.

Healthy Nutrition

- Food is factor, which provide human for energy and substans, which important for growing and development.



Vitamins

- A lot of vitamins keep in fresh vegetables, fruits and fish.

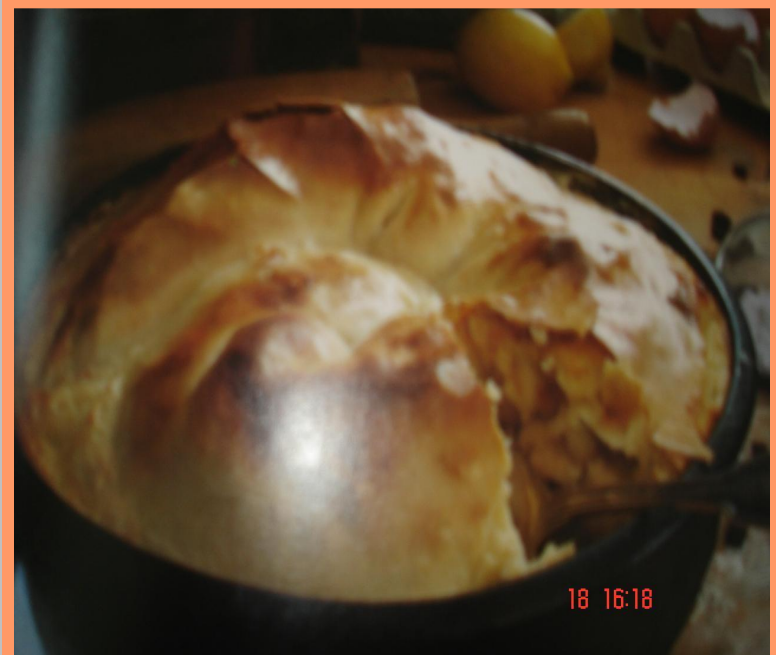


Unhealthy food

- If you eat a lot of bad food you can get a lot of diseases.



- 25% like unhealthy food
- 20% prefer healthy food
- 55% prefer all together





THE END.