

Health Problems

**Health is the greatest
wealth.**

N.E.Kravtsova
School № 45
Surgut

My health depends on me.

Plan:

- Questionnaire. “How do we live?”*
- Searching information. “What damages our health?”*
- Analysis of the questionnaire and the searching.*
- Conclusion. “How can we keep our health”*

Bad Health Habits

Sleeping too much or too little

Drinking alcohol

Physical inactivity

Smoking

Taking drugs

Snacking

Skipping meals

Air, land,
water pollution

Eating between meals

Watching TV a lot

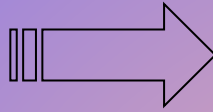
Eating many sweets and
high fat food

Using computer too much time



**Bad Health Habits lead
to different diseases.**

**What problems
may teens have
with their health?**



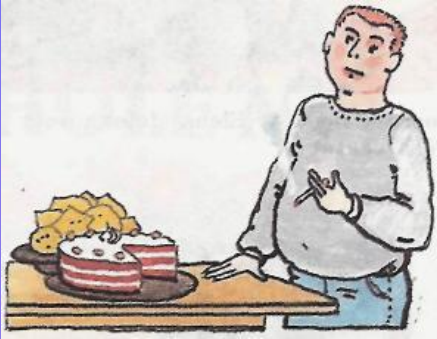
**speech unclear,
brain centers sleep
a headache, loss of memory,
slow reactions**



**a cough, lung disease,
cancer**



**brain disease, blood disease,
heart disease**



**obesity and
stomach diseases**



obesity, heart disease

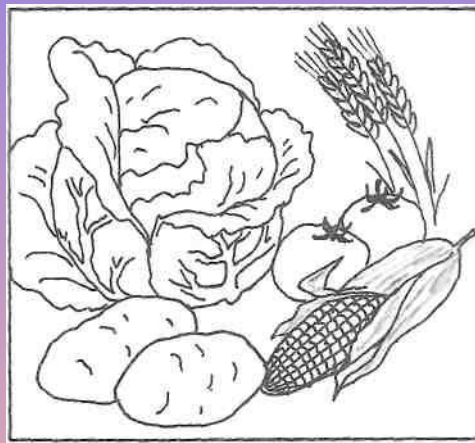


harmful for a man

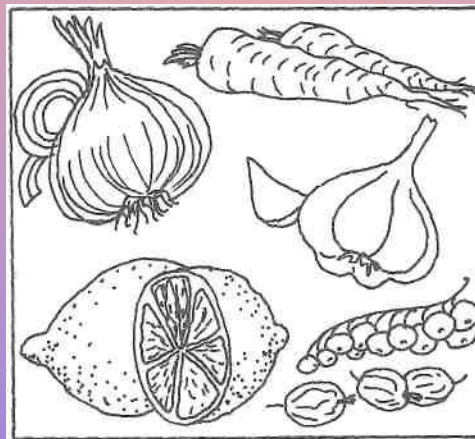
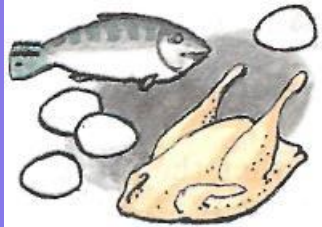
No smoking
No much coffee
No junk food
Joining a gym

Health

Eating fruit and vegetables a lot
Drinking juice and milk
Eating less fat and more fibre
Sleeping seven or eight hours



Yes - good habits!





**No -
bad
habits!**

Thanks