

# *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

Snacking

Taking drugs

Skipping meals



Air, land,  
water pollution

Eating between meals

Eating many sweets and  
high fat food

Watching TV a lot

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**

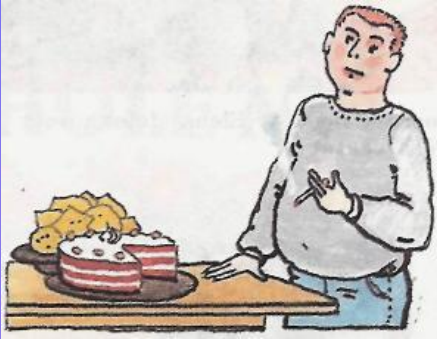


**a cough, lung disease,  
cancer**



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





**obesity and  
stomach diseases**



**obesity, heart disease**

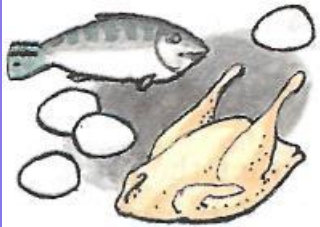
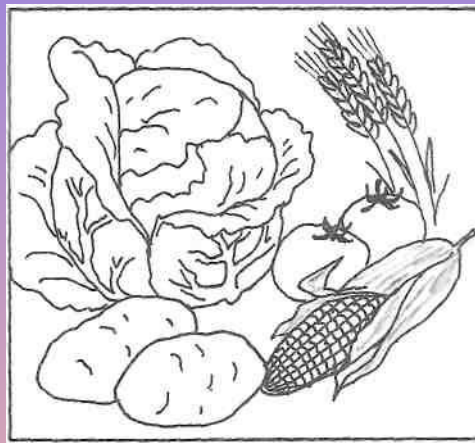


**harmful for a man**

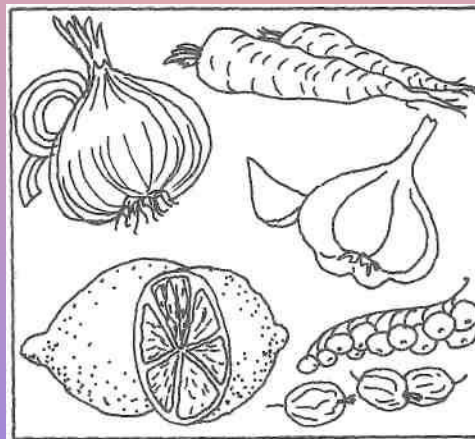
No smoking  
No much coffee  
No junk food  
Joining a gym

*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**