

Health Problems

**Health is the greatest
wealth.**

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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?**



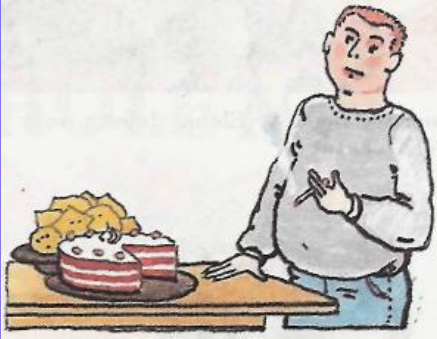
**speech unclear,
brain centers sleep
a headache, loss of memory,
slow reactions**



**a cough, lung disease,
cancer**



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



**obesity and
stomach diseases**



obesity, heart disease

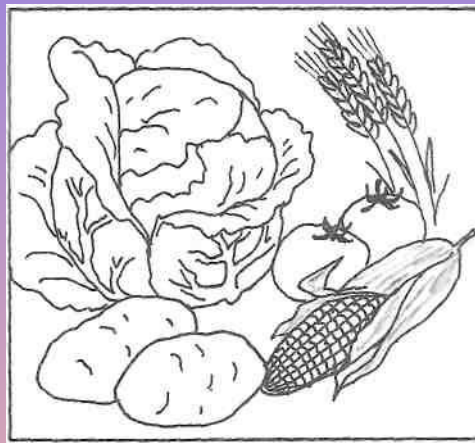


harmful for a man

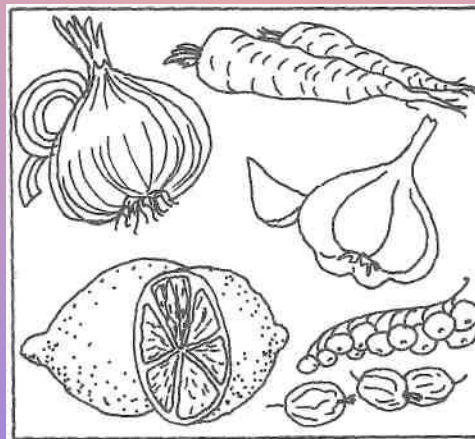
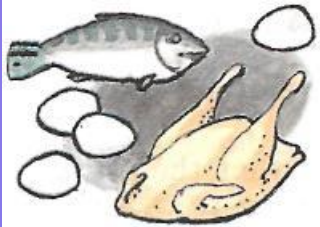
No smoking
No much coffee
No junk food
Joining a gym

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