



Good and bad habits

Physical

inactivity

Eating a diet

Regular
rest

Drinking
alcohol
a lot

Sleeping
too much

Smoking

Taking
drugs

Snacking


Skipping
meals

Sleeping
too little

GOING IN
FOR SPORT

Sleeping
enough

Morning



... can make you nervous
...is bad for your health.
... is a modern health sin.
... can lead to different
diseases

... can double the chance of dying.
... can cause different health
problems

What are the most dangerous habits? Why?

Smoking	Teeth yellow	pneumonia
Drinking alcohol	Skin unhealthy	cancer
Taking drugs	Hair smell	Blood disease
	A cough	Heart disease
Make(s)...	Clothes smell	Brain disease
Cause(s)...	A headache	Slow reactions
	Speech unclear	Loss of memory
	braincenters	sleep

Read the text and name the problems mentioned in the text?" If you were a doctor what would you advise these people?

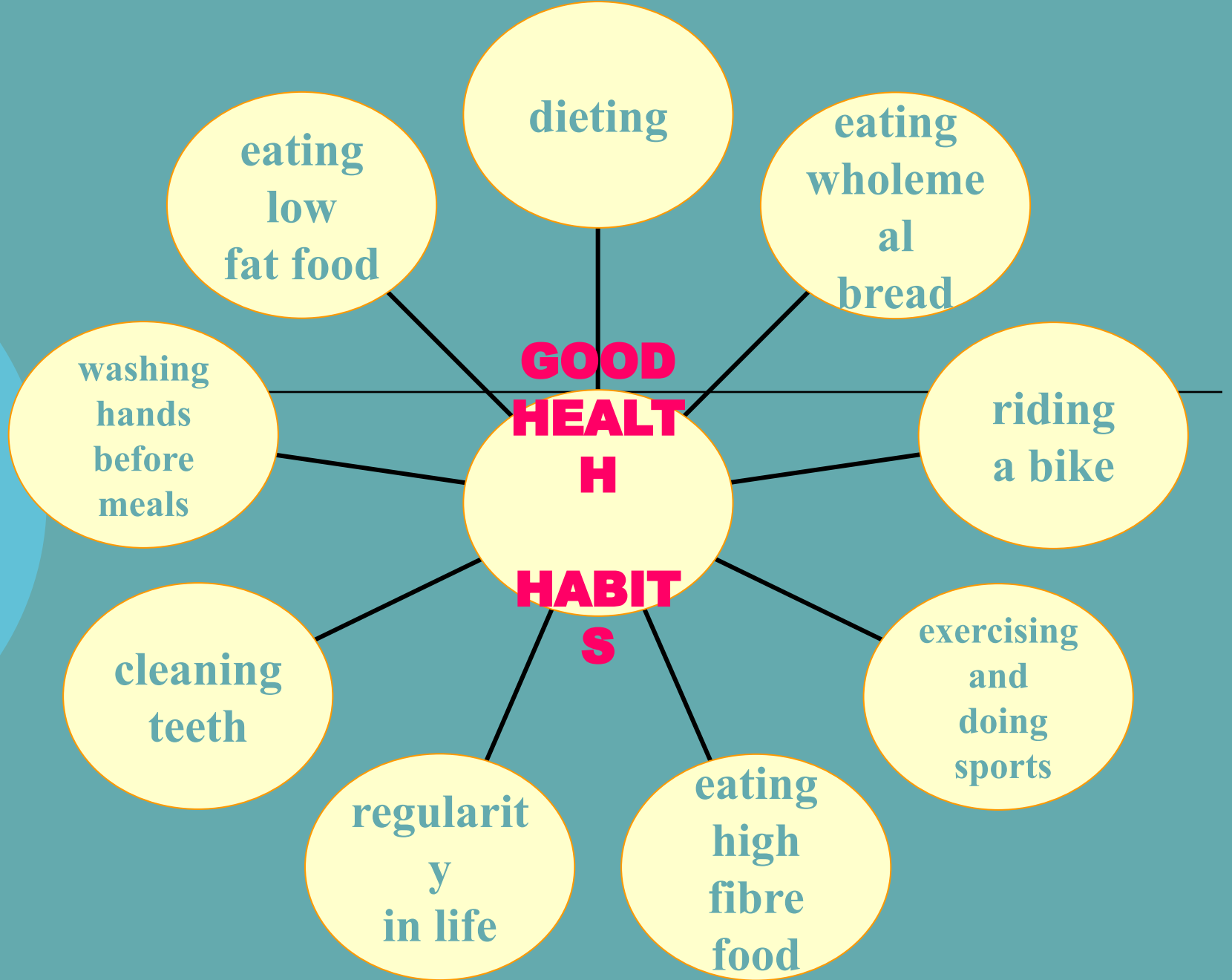
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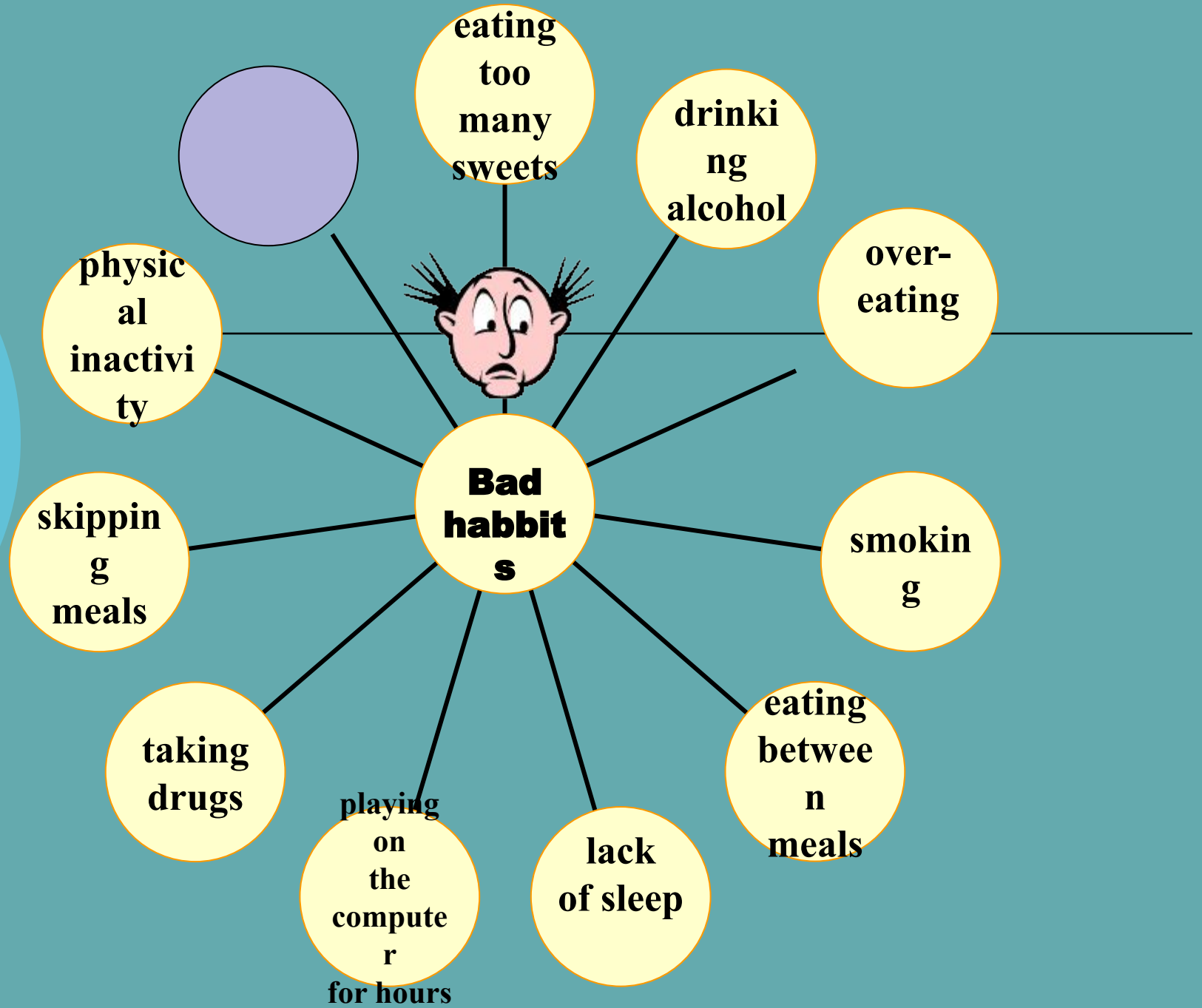
A

George Smith smokes 40 cigarettes a day. He gets up late every morning, and drives to a café in the next street. He has a big breakfast and takes three **spoons** (ложки) of sugar in his tea. During his lunch time he has 3 or 4 pints of **beer** (пиво) and a big lunch. He never has any fruit after his lunch, because he prefers to have a cake or sweets. He doesn't walk much, he usually drives. He is getting fat and **coughs** (кашляет) a lot.

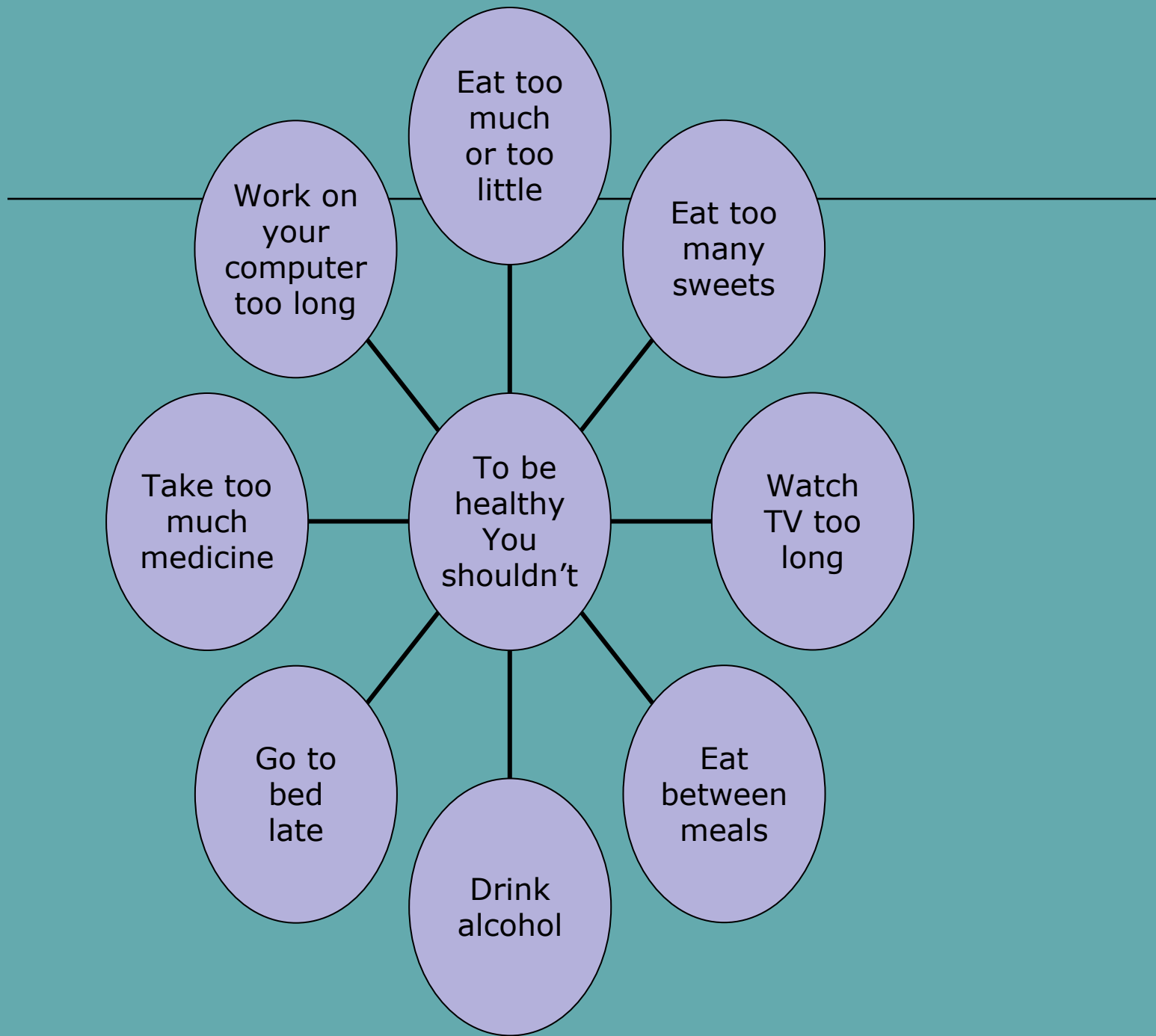
B

John Brown gets up very late and is always late for his work. So, he is usually in **a low mood** (в плохом настроении) and nervous. When being nervous, he smokes a lot and drinks much coffee. When drinking coffee, he eats many sandwiches and hot-dogs and never has a proper dinner. Having had much coffee, he can't go to bed on time and watches TV till **midnight** (полночь). He doesn't sleep well and can't get up on time. He has a headache and is late for his work.









Eat too
much
or too
little

Eat too
many
sweets

Watch
TV too
long

Eat
between
meals

Drink
alcohol

Go to
bed
late

Take too
much
medicine

Work on
your
computer
too long

To be
healthy
You
shouldn't