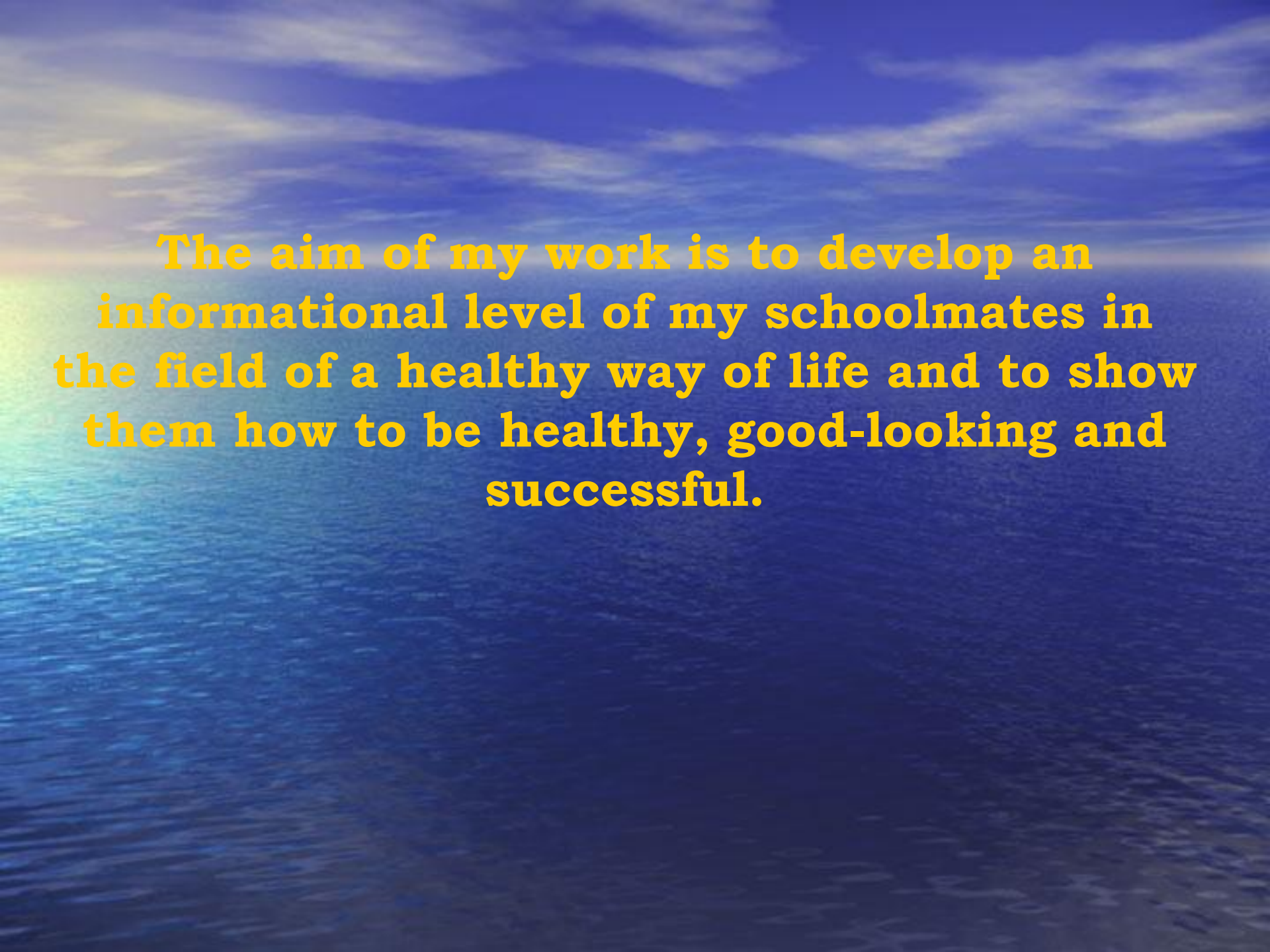


HEALTH AND BEAUTY

The presentation is prepared by Elizaveta Kekukh, 6''b''



The aim of my work is to develop an informational level of my schoolmates in the field of a healthy way of life and to show them how to be healthy, good-looking and successful.

**Отношение детей 11-12 лет к своему здоровью, определение уровня информированности о принципах здорового образа жизни.
(ГУО «Гимназия №71 г. Гомеля», 6-ые классы)**

Как ты сам(а) можешь охарактеризовать свое здоровье?

- здоров(а), бывают только обычные болезни (простуда и т.п.)
- были серьезные болезни, травмы, но сейчас практически здоров(а)
- имеются хронические болезни
- серьезно болен(больна)

Как ты считаешь, кто должен в первую очередь заботиться о твоём здоровье?

- родители
- родственники
- учителя
- врачи
- я сам(а)
- другие (напиши, кто именно)

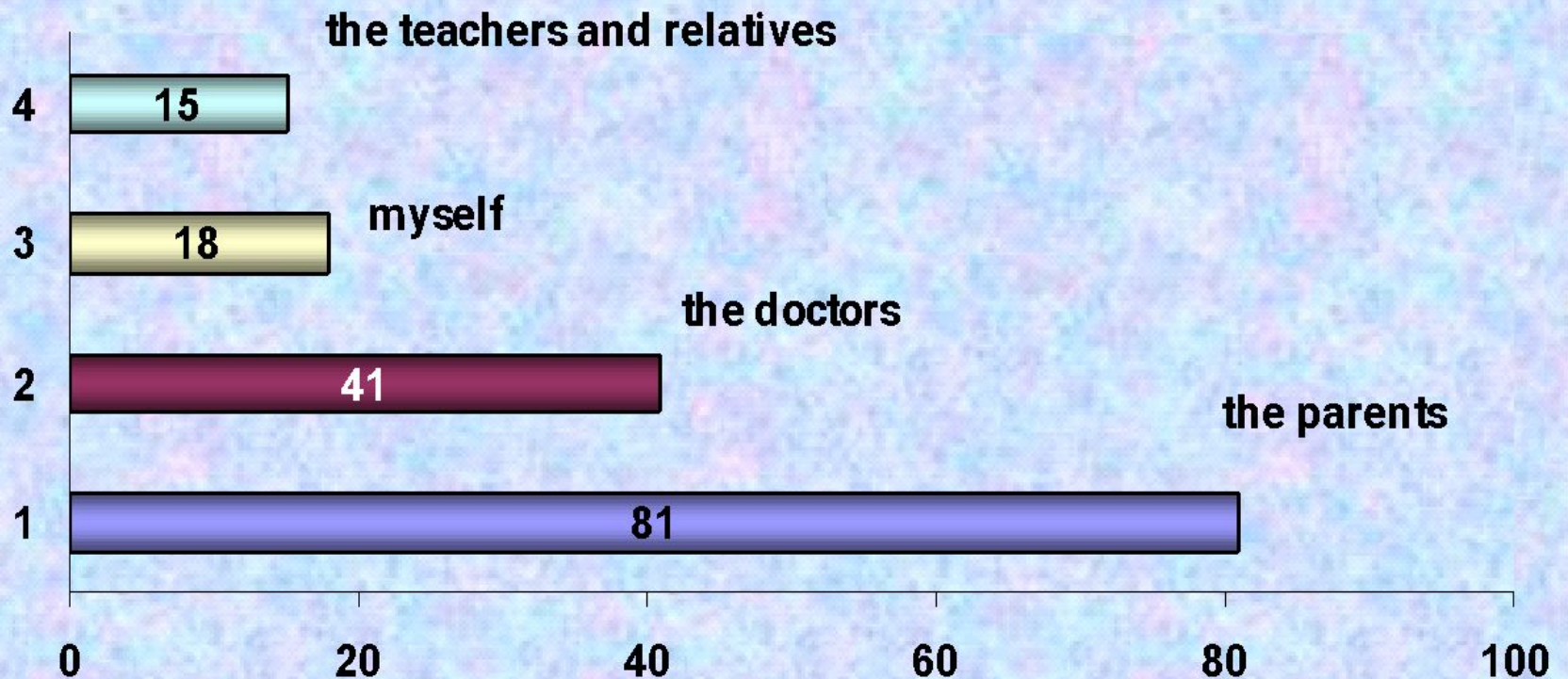
Какие вопросы, связанные со здоровьем, тебя интересуют больше всего?

- гигиена тела
- здоровые и крепкие зубы
- уход за кожей лица и волос
- осанка
- зрение
- взаимоотношения между полами (мальчики и девочки)
- семейные отношения
- половое созревание и связанные с этим проблемы
- заболевания и их предупреждение
- лишний вес и физическое развитие
- правильное питание

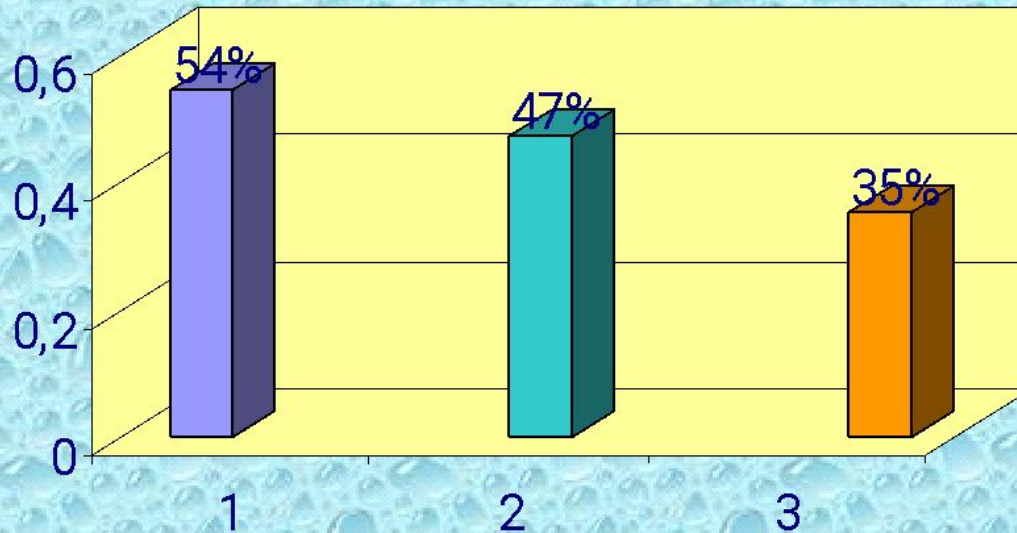
Знаешь ли ты, как следует ухаживать

- за кожей лица и волосами
- за зубами
- как сохранить правильную осанку
- как сохранить хорошее зрение

Who must take care of your health?



What questions connected with your health are you interested in most of all?



1 - the state of hair and skin

2 - the relations in the family, among friends, between boys and girls

3 - extra weight and physical development



Health is the state of total physical, psychological, and social welfare rather than only the absence of diseases

4 components of healthy way of life

- day routine and physical exercises**
- healthy food**
- personal care**
- emotional health**

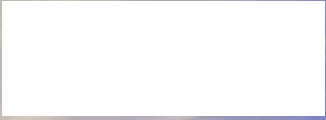
Day Regimen for Shift 1

Activity	Time
Getting up	06. 30
Morning exercise, taking a shower, making a bed	06. 30 – 07.00
Breakfast	07. 00 – 07. 20
Going to school	07. 20 – 08. 00
Studies at school	08. 00 – 13. 00
Going home	13. 00 – 13. 30
Lunch	13. 30 – 14. 00
Games in the open air, special exercises	14. 00 – 16. 00
Second lunch	16. 00 – 16.15
Doing homework	16.15 – 18. 00
Games	18. 00 – 19.00
Dinner, free time	19. 00 – 20. 00
Evening	20.00 – 20.30
Sleeping time	20. 30 – 06. 30



**Walk more – physical exercises
is the basis of health**

Products that contain starch



Products that contain glucose

Products that contain proteins



Products that contain animal and plant fat



Products that contain cellulose



Fats, Oils & Sweets
USE SPARINGLY

KEY

● Fat (naturally occurring and added)

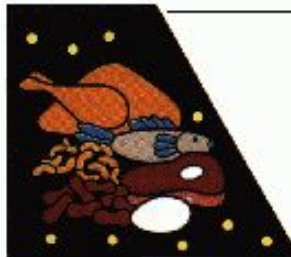
■ Sugars (added)

These symbols show fats and added sugars in foods.

Milk, Yogurt & Cheese Group
2-3 SERVINGS



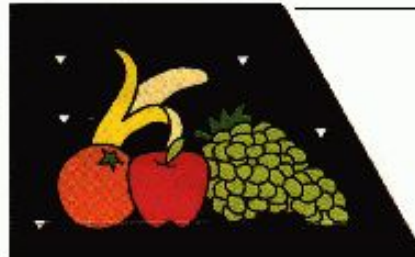
Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS



Vegetable Group
3-5 SERVINGS



Fruit Group
2-4 SERVINGS



Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS



You are what you eat!



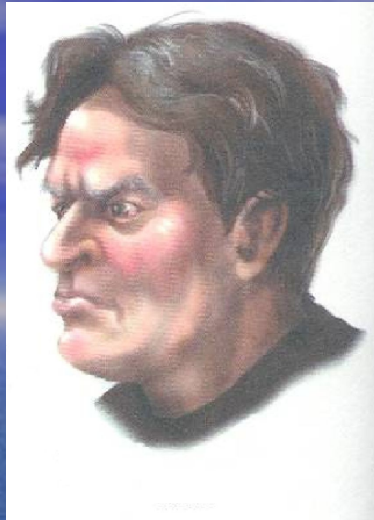
Emotions – are a part of a personality.

It is believed that there are 10 fundamental emotions:

- joy,
- surprise,
- interest-excitement,
- sorrow-suffering,
 - anger,
 - disgust,
 - fear,
 - fault,
 - shame,
 - disdain.



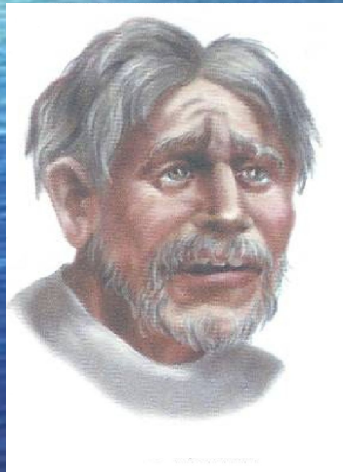
joy



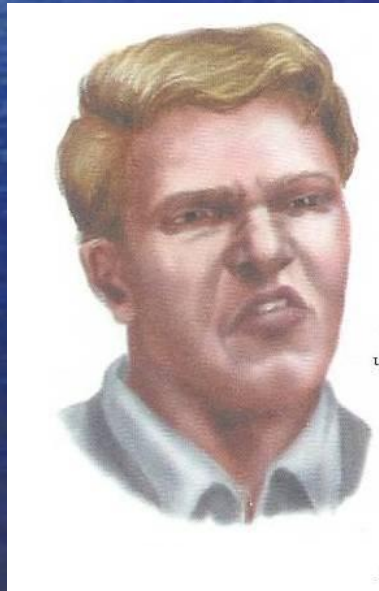
anger



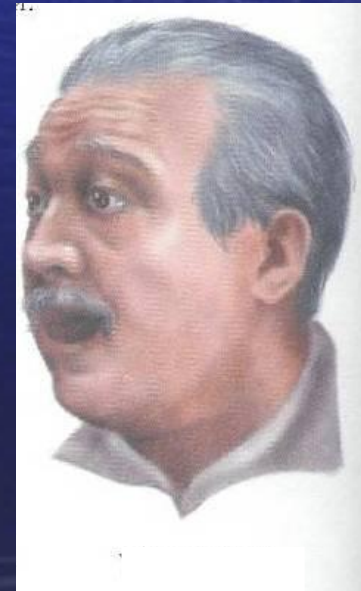
fear



suffering



disgust



surprise

The basic rules of Health

- To have an idea about the work of a human body and know its peculiarities.
- To follow the principles of personal hygiene (to keep your body clean, to take a shower, to have a personal toothbrush, towel, comb, etc.)
- To follow your daily routine – to eat, to sleep, to get up at the certain period of time, to rest.
- To sleep not less than 10-12 hours
- To eat regularly, give preferences to vegetables, fruits, fish, to watch your weight.
- To do exercises regularly, enjoy sport.
- To become tempered.
- To spend more time outdoors.
- To have an aim in your life, not to lose faith in future, live in peace with yourself and all people around you.
- Not to think about diseases, trust your health and your strength