

Two ways of life

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1. Food 2. Physical activities 3. Daily regime 4. Place of living 5. Personal hygiene

Healthy way of life	Unhealthy way of life
Vegetables, fruit, meat, fish, dairy products	Hamburgers, chips, a lot of sweets, cola, sprite
Sport, morning exercises, active way of life	Passive way of life
Go to sleep in time, have dinner regularly, daily sport or walking	It isn't daily regime, go to bed late, eat when you want
Countryside, clean water and air, quite life	City, dirty air, a lot of transport
Take shower, clean the teeth	Rarely take shower, clean the teeth from time to time



Food



Physical activities



Daily regime

- 1. Breakfast
- 2. Lessons
- 3. Walking in the school yard
- 4. Lunch
- 5. Doing homework
- 6. Second lunch
- 7. Free time at home
- 8. Sleeping

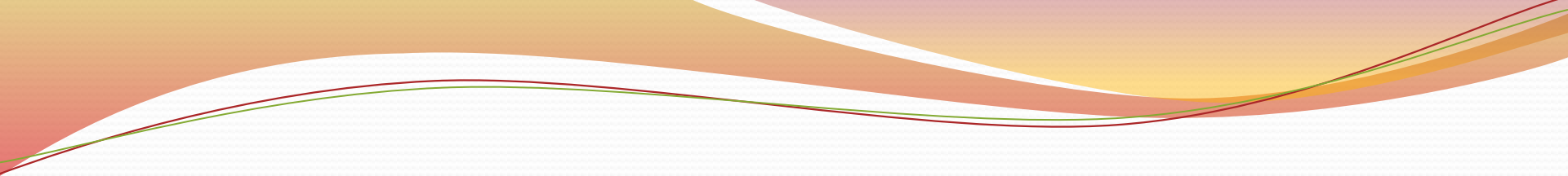


Place of living



Personal hygiene



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- Environment, social environment and genes have influence on people, that's why way of life must be planned by people. Though everybody can make a choice according to his preferences.