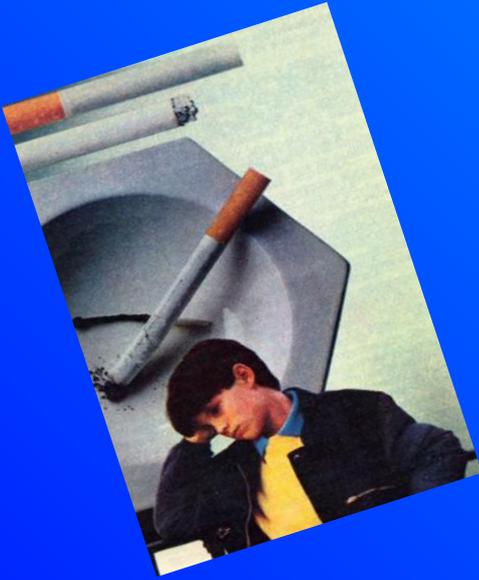




# Bad And Good Habits

# What good and bad health habits can people have?





Bad



Habits

smoking

taking drugs

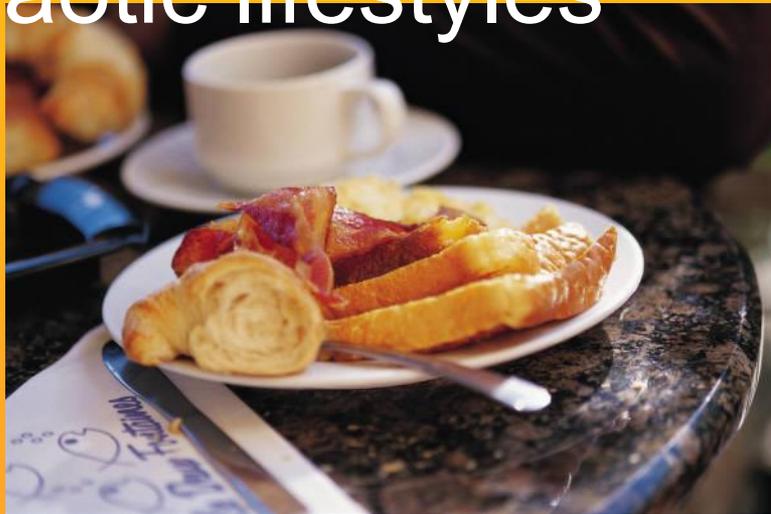


drinking

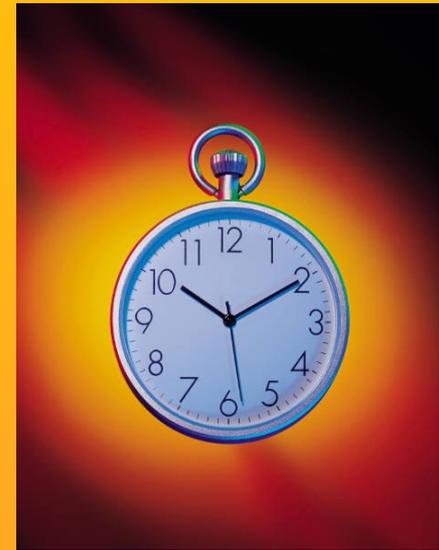


# Bad Habits

Physical inactivity and  
chaotic lifestyles



Snacking and skipping  
breakfast, eating  
sweets



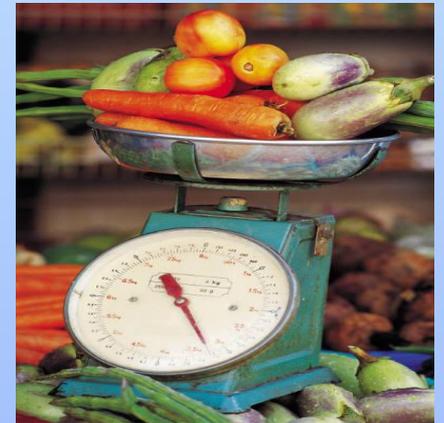
Sleeping  
too much  
or too little

# Good Habits



Exercising

# Good Habits



**Eating high- fibre food**

**low-fat food**

**fruit and vegetables**

# Good Habits

**Regularity in life**

**Spending time outdoors**



**Sleeping 7-8 hours**

## Habits

Eating good plain food

Smoking

Exercising

Snacking

Drinking too much alcohol

Taking drugs

A healthy diet

Physical inactivity

Too many sweets

Sleeping too much or too little

Regularity in life

Skipping breakfast

Obesity

Disease

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Wholemeal bread

High-fibre food

Low-fat food

High-fat food

health

Spending time outdoors

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Chaotic lifestyle

# Can you speak about your habits?

- An apple a day keeps the doctor away.
- Laughter is the best medicine.
- Good health is above wealth.
- Early to bed and early to rise make a man healthy, wealthy and wise.

