



# Health Habits

**Good**

**Bad**

Smoking  
Skipping meals  
Drinking too much alcohol  
Smoking  
Sleeping 7 or 8 hours  
Snacking  
Skipping meals  
Having a healthy diet  
Sleeping 7 or 8 hours  
Drinking too much alcohol  
Taking a cold shower  
Taking drugs  
Snacking  
Play outdoors with friends  
Having a healthy diet  
Eating fast food  
Taking drugs  
Personal hygiene  
Taking a cold shower  
Eating fast food  
Play outdoors with friends  
Personal hygiene

# Rate your classmates

$$\square 11 - 10 = 5$$

$$\square 9 - 8 = 4$$

$$\square 8 - 7 = 3$$

$$\square > 7 = 2$$

**LISTEN!**

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# The results of good and bad habits on our health

If ... you  
will ...



# What has happened to people?

















**What must we do if  
we want to be  
healthy?**

If we want to be  
healthy we must...







