



# Health Habits

**Good**

Smoking

**Bad**

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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by Adobe



# 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...





