





Health Habits

Smoking Skipping meals

Drinking too much alcohol Smoking Skipping meals

Sleeping 7 or 8 hours

Having a healthy diet

Snacking

Sleeping 7 or 8 hours

Drinking too much alcoho

Taking a cold shower Having a healthy diet
Play outdoors with friendsting fast food Taking drugs

Personal hygiensking a cold show Eating fast food
Play outdoors with friends

Personal hygiene

Rate your classmates

$$\blacksquare 11 - 10 = 5$$

$$9 - 8 = 4$$

$$8 - 7 = 3$$

$$> 7 = 2$$



bad habits on our health

If ... you will ...

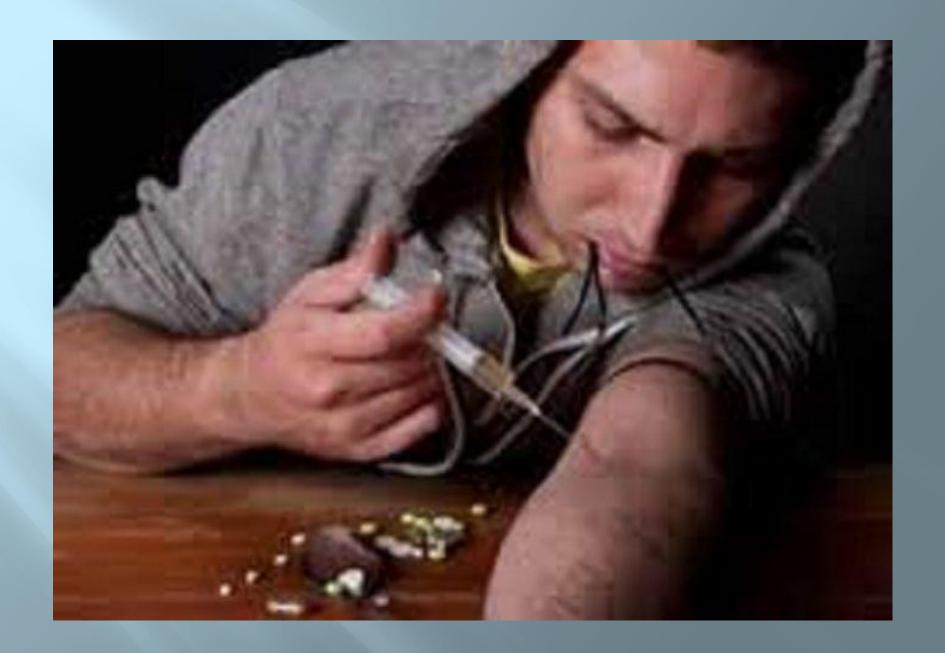
What has happened to people?













What must we do if we want to be healthy?

If we want to be healthy we must...

