



*Презентация по английскому языку*

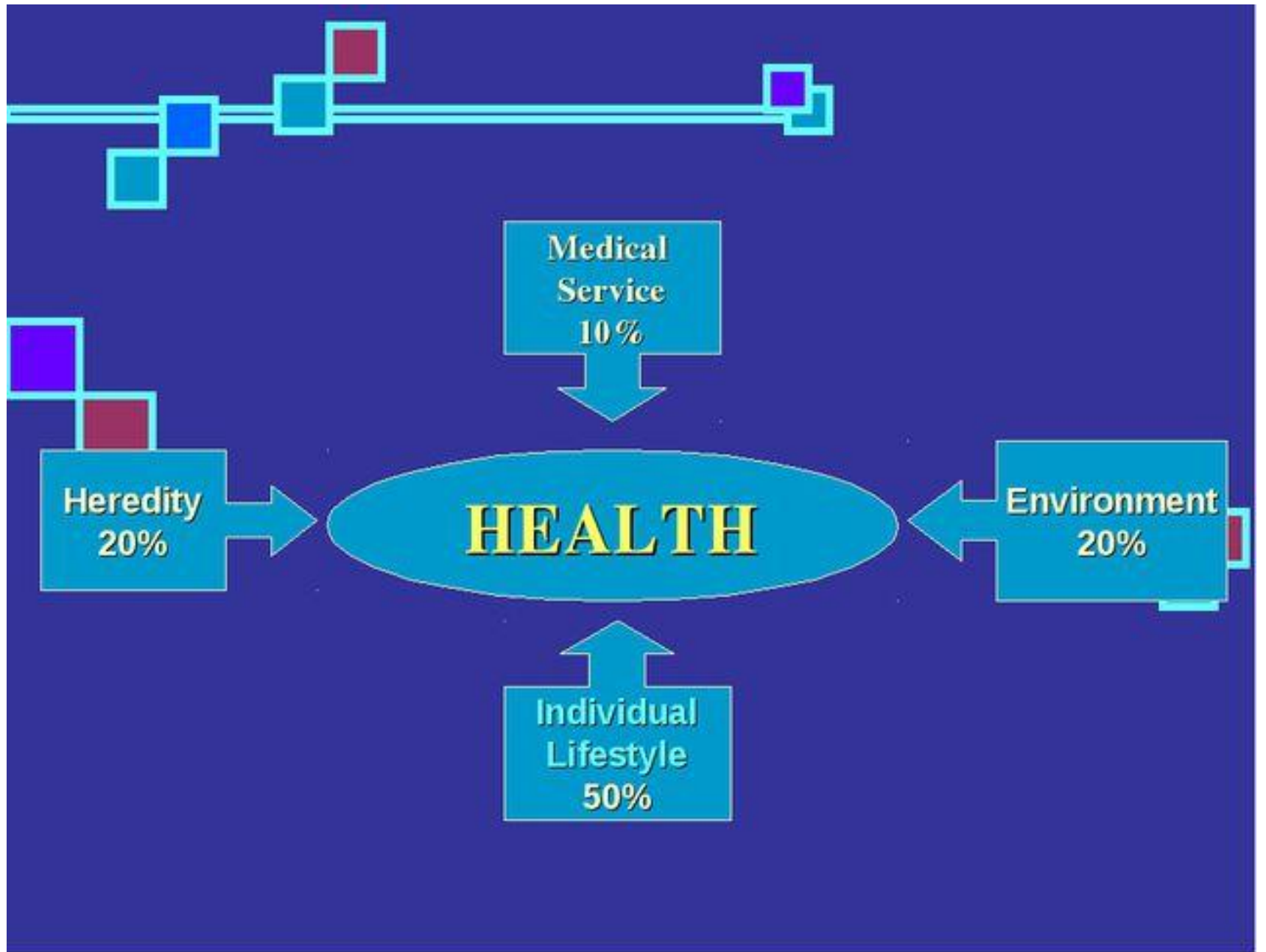
*Здоровый образ жизни*

*A healthy mind in a healthy body*



*A healthy lifestyle is always useful  
and interesting.*





# *The main reasons to lead a healthy lifestyle*

- 1. Improve your health and boost immunity.*
- 2. Get rid of stress and depression.*
- 3. Have a beautiful, toned body and keep youth.*
- 4. Every morning wake up full of strength and energy.*
- 5. Enjoy every new day, and always be in a good mood.*



# *The basic food*

*One more thing to know is that when food is cooked, its structure changes. It can change the vitamin and nutrient contents of food.*

*More and more people feel strongly about the way, their food is produced. Nowadays so much of the basic food we eat — meat, fish, fruit and vegetables — is grown using chemicals and additives.*



# *Secrets of healthy eating*



*Eating a healthy diet is a part of healthy lifestyle. You should eat more fruit and vegetables.*

# *Healthy nutrition*

*Healthy nutrition is nutrition that ensures the growth, normal development and livelihoods of a person, contributing to his health and disease prevention.*





# *Top 10 useful Foods:*



- 1. Eggs*
- 2. Yogurt*
- 3. Nuts*
- 4. Kiwi*
- 5. Fish*
- 6. Beans*
- 7. Salmon*
- 8. Broccoli*
- 9. Sweet potato*
- 10. Berries*

# *Healthy Food*

*Fruits*

*Vegetables*

*Fish*

*Honey*

*Nuts*

*Fibre*

*Wholemeal bread*

*Low-fat-food*

*Juice*



# *Unhealthy Food*

*Fast food*

*Junk food*

*Fresh bread*

*Meat*

*High fat-food*

*Sweets*

*Snacks*

*Cakes*

*Coca-cola*



# *Eat enough fruits and vegetables*

*Eat enough fruits and vegetables to give your body enough vitamins.*



# *Limit the consumption of salt, sugar.*

*Limit the consumption of salt, sugar, and other harmful auxiliary products – ketchup, mayonnaise, various sauces, because most often they contain harmful additives.*



# *The regime*

*The regime of eating is also important. It means we need to eat at certain hours during the day. For example, breakfast at 8 am, lunch at 1 pm, snack at 4 pm and dinner at 6 pm. Along with eating healthy, we should try to keep fit by doing exercise, cycling, spending less time in front of the TV and not smoking.*



# *The regime of eating*

*Try to eat as often as possible and in small portions, for example, breakfast, lunch and dinner split into 2 meals, in the end you get 6 meals a day.*



# *Exercising is necessary for a healthy life*

*Exercising is necessary for a healthy life, but don't overdo with it!*

*Exercising makes you feel well  
Exercising in fresh air is good  
for brain*

*Exercising relieves stress, helps  
to overcome troubles and makes  
you happy*





# Exercise

*Make sure to exercise for at least 30 minutes every morning! In addition to the General warm-up, the exercises should include several physical exercises, It is desirable to visit the gym.*



# *We must eat...*

*First, we should eat less fat, particularly saturated fat.  
Secondly, we are to cut down on sugar and salt.  
Thirdly, we must eat more fresh fruit and vegetables.*





**Food  
&  
Diet**



**Exercise**



**Stress  
Management**



**Sleep**



**Family  
and  
Friends**

**Health**

# *Sleeping is an important component of a healthy lifestyle*

*An average adult needs about  
7-8 hours of sleep per a day  
Children need to sleep more,  
infants sleep the most.  
And most importantly – it's  
pleasant to sleep.*



# *Lots of factors*

*The food we eat, depends on lots of things. Taste is a big factor. Culture, religion and health also play a part in what food we eat. Advertising and social factors also have a big influence.*



*Say NO*



Say NO

*Smoking can result in getting cancer.*



*Say NO*





*Say NO*



*Health is above wealth*



# *Do all five!*

*To be healthy in your life  
Don't forget to do all five!  
Get up early, quick and bright  
Exercise with all your might.  
In the morning jump and run,  
Eat your healthy breakfast.  
Train your body, train your brain  
And all bad habits pass away.*

