



Презентация по английскому языку

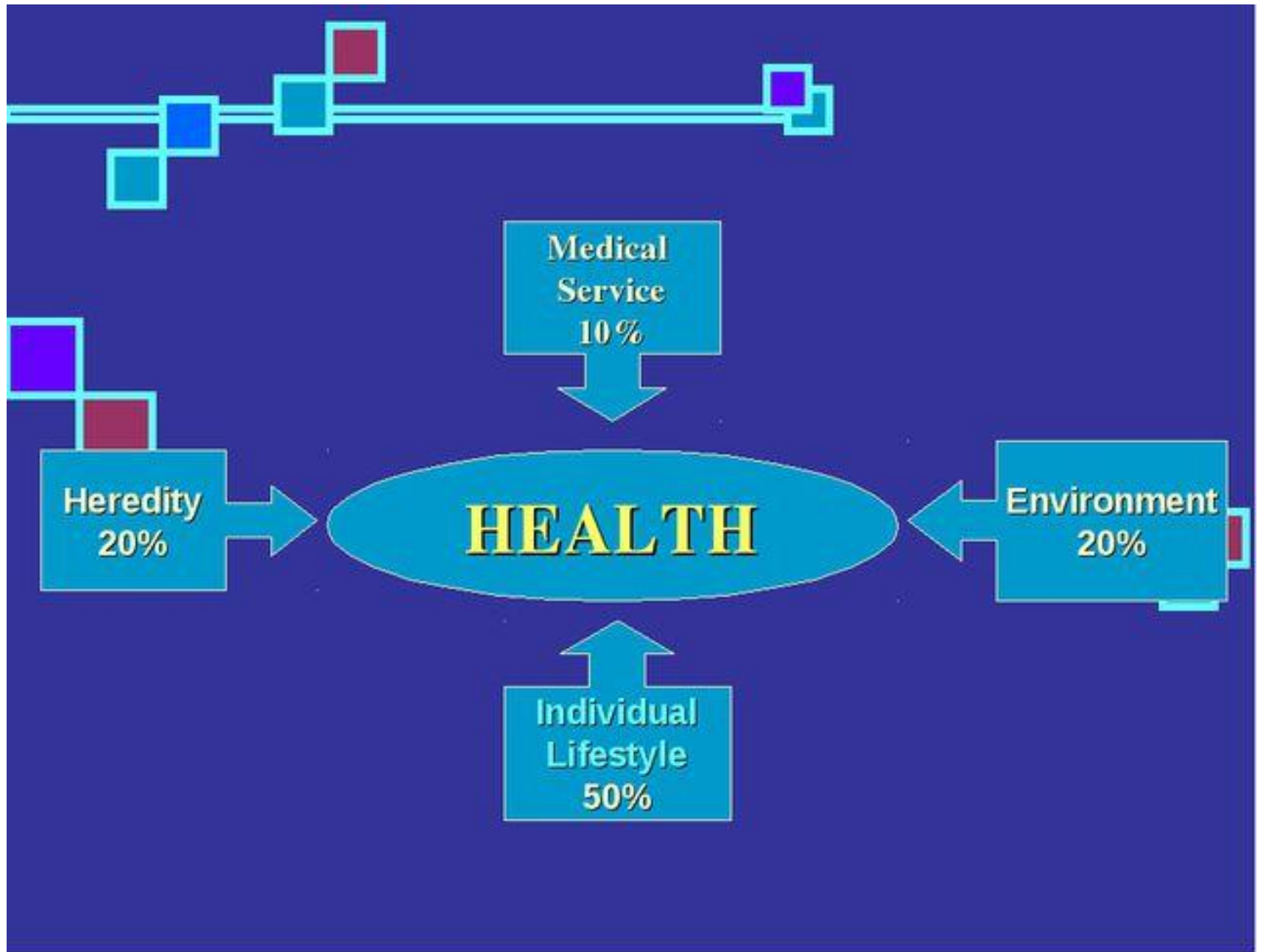
Здоровый образ жизни

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.*

