

# GOOD HEALTH IS ABOVE WEALTH

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# HABITS

**The health of a person is the main value in the life. It cannot be bought with any money! There is no price for it. Being the sick person, you cannot realize all your dreams and be successful in the modern world.**

**But how to be healthy, when there are a lot of fatal temptations around us?**

**Don't begin! Don't make the first cigar inhalation, the first sip of alcohol! Everything begins so simply, but comes to the end with a trouble.**

**It was said so much about the harm of smoking. For a long time it has been proved, that smoking is not only reflected on the budget of a family, pollutes air, but also ruins our health. But, in spite of all that the number of smoking people is not diminished. And what is more grievous, not only the teens but also the junior schoolboys begin to smoke.**

# **DON`T SMOKE**

**Don`t smoke. It looks smart in old movies? And it seems that everybody does it. But that is just a clever form of advertising. Smoking is unhealthy.**

**It is unpleasant and harmful to non-smokers, too, and a serious fire risk. It is offensive in public places like cafes and schools. Any form of addiction or excess is unhealthy, whether it is tobacco, alcohol... It may be a sign of not growing up and not being to cope.**

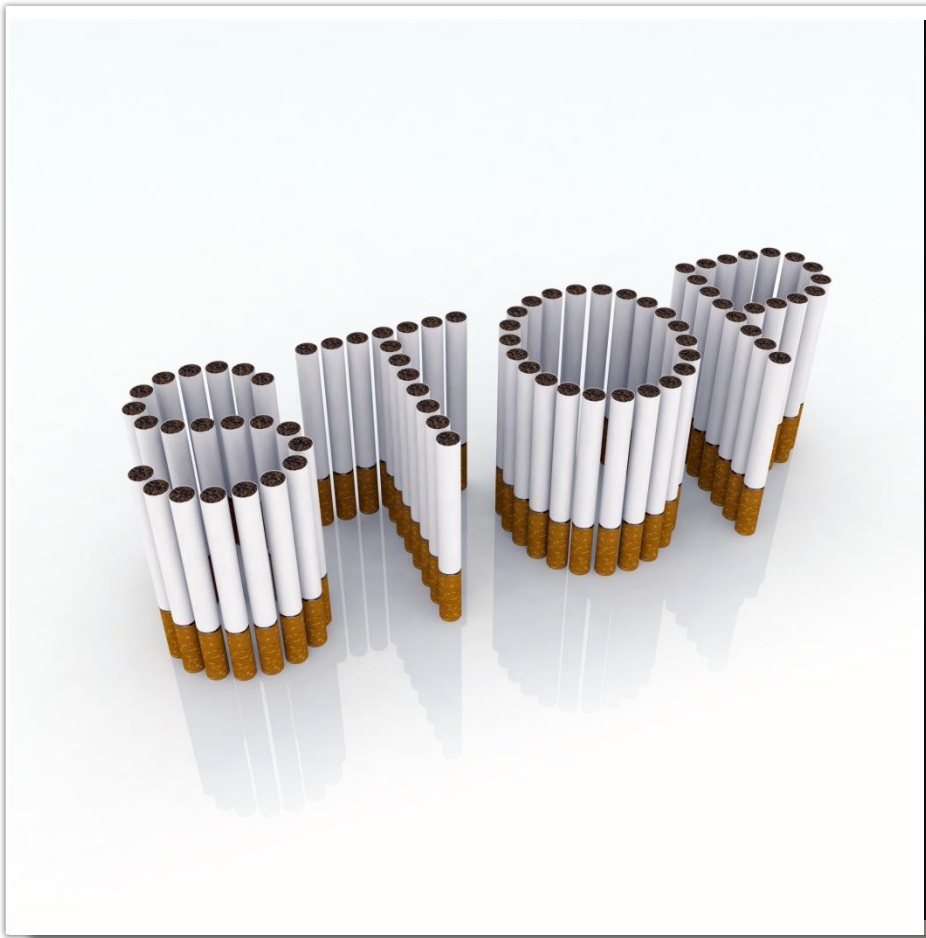
Do you know that 16<sup>th</sup> of November is the day when people all over the world quit smoking?

Do you know that every year 3 million people die of smoking?

Do you know that your life is 25% shorter if you smoke?

Do you know that only 13% of the population smoke in the USA, but in Russia - more than 76%? 400,000 people die in Russia every year as a result of smoking. Imagine that a whole town like Ufa disappears every year.

In Britain smoking is now forbidden in many public places: on the underground, on stations, in shops, in theatres and in cinemas.



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# TEST

# TEST RESULTS

1. Do you smoke?
  - a) yes
  - b) no
2. How many cigarettes a day do you smoke?
  - a) 1-10 cigarettes a day
  - b) 10-20 cigarettes a day
  - c) more than 1 pack a day
3. What is the main reason of smoking?
  - a) wish to grow up
  - b) to be like everybody
  - c) just to try
  - d) your own answer
4. From what ages do you begin to smoke?
  - a) from 8-12 years old
  - b) from 12-16 years old
  - c) from 16 –20 years old
  - d) after 20 years old

**75% OF MEN AND 30% OF WOMEN ARE SUBJECTED TO SMOKING.**

- ◎ **20% OF MEN AND 67% OF WOMEN SMOKE 1-10 CIGARETTES A DAY;**
- ◎ **73.3% OF MEN AND 33.3% OF WOMEN SMOKE**

# DRUGS

In addition to smoking, we can name the other fatal habit: the drinking of alcohol. Unfortunately, very often they combine with each other. Alcohol is a poison! Having penetrated into an organism, it has destroyed the brain of the person for some months. A great man said that drinking alcohol is a voluntary mad, and I think he was right. Under the influence of alcohol the person can make absolutely rash actions. The matter is that alcohol is the drug, and drugs influence on the brains of the person. Especially alcohol is very dangerous for the young because their organism is exposed to the influence of harmful substances more easily. Even a single sip of alcohol causes a poisoning which can lead to death. And the usage of drugs ... They ruin all human organs, so the drug addicts die young.







**DRUGS**

A large, prominent red prohibition sign (a circle with a diagonal slash) is centered over the image. Inside the white circle of the sign, the word "DRUGS" is written in bold, black, sans-serif capital letters. The sign is superimposed over a background of several overlapping photographs of people's faces and shoulders, which are partially obscured by the sign's circular border.



# HEALTH

Eating the proper food is important to stay healthy. People need vitamins to stay in a good form. “Vita” means life in Latin. People get vitamins from the food they eat. There a lot of vitamins in fruit and vegetables. But you can hardly find any useful vitamins in Coke, chips and other fast food. Each vitamin is responsible for different things in the human body. There are about ten major vitamins. They are usually named by a letter of the alphabet (A, B, C, D).





✓ Vitamin A is in green and yellow vegetables, milk and eggs. It's necessary for seeing in the dark.

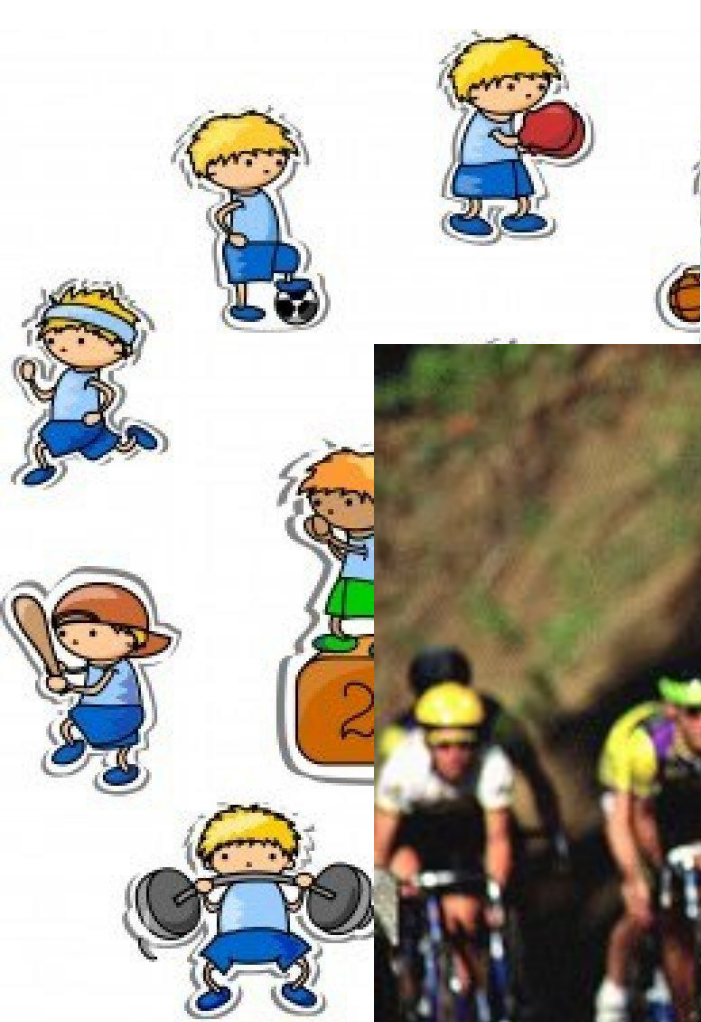
✓ Vitamin B<sub>1</sub> is in meat, porridge and bread. B<sub>1</sub> is responsible for the nervous system. Lack of this vitamin leads to serious illnesses and even death.

✓ Vitamin C is in every fruit and vegetable. You can find this vitamin in black currants, strawberries, oranges and grapefruits, onions, cabbages and green peppers. Vitamin C is important for building bones and teeth. It helps to prevent colds.

✓ Vitamin D is in eggs. People can also get it from sunlight. It makes our bones strong.

✓ Vitamin E is necessary for skin and body. It's in wheat and nuts.

**Vitamin B<sub>6</sub> and K are necessary for human blood. You can find B<sub>6</sub> in beans and milk; K - in potatoes and carrots.**



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