

Тема проекта: «Healthy Life».

Обоснование проблемы: ухудшение здоровья школьников.

Актуальность проблемы: дефицит информации для подростков о вреде курения, правильном питании и двигательной активности.

Цель проекта:

- актуализировать и развивать знания сверстников о здоровом образе жизни;
- привлечь внимание одноклассников к изучению английского языка;
- расширить лингвистический, филологический и общий кругозор сверстников, развить их познавательную активность.

Задачи проекта:

- «разговорить» одноклассников по данной проблеме;
- выработать у них эмоциональное личностное отношение к проблемам здоровья;
- воспитывать активную жизненную позицию и ответственное отношение к своему здоровью.

«Wealth is nothing without health,
Health is above wealth»



Healthy food



Keeping Fit



Giving smoking up





***Bread and cereal* give you energy by providing protein, iron and several B Vitamins.**



***Fruits and vegetables* help you have healthy gums, good eyesight by providing Vitamins A and C.**



***Dairy* builds strong teeth and bones by providing calcium.**



**Milk
Butter
Cheese**



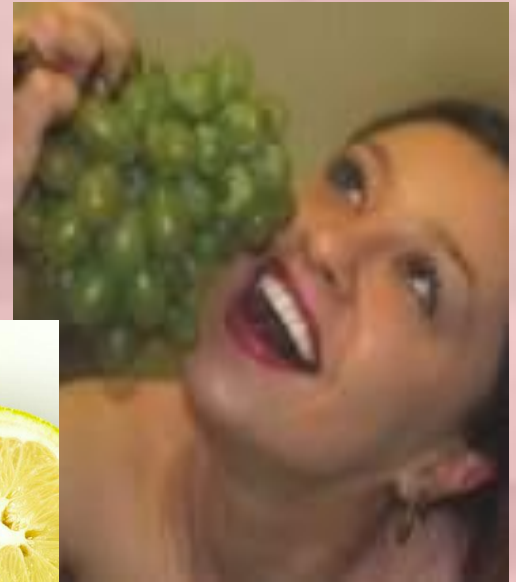
***Meat* helps you have a strong and healthy body by providing protein.**



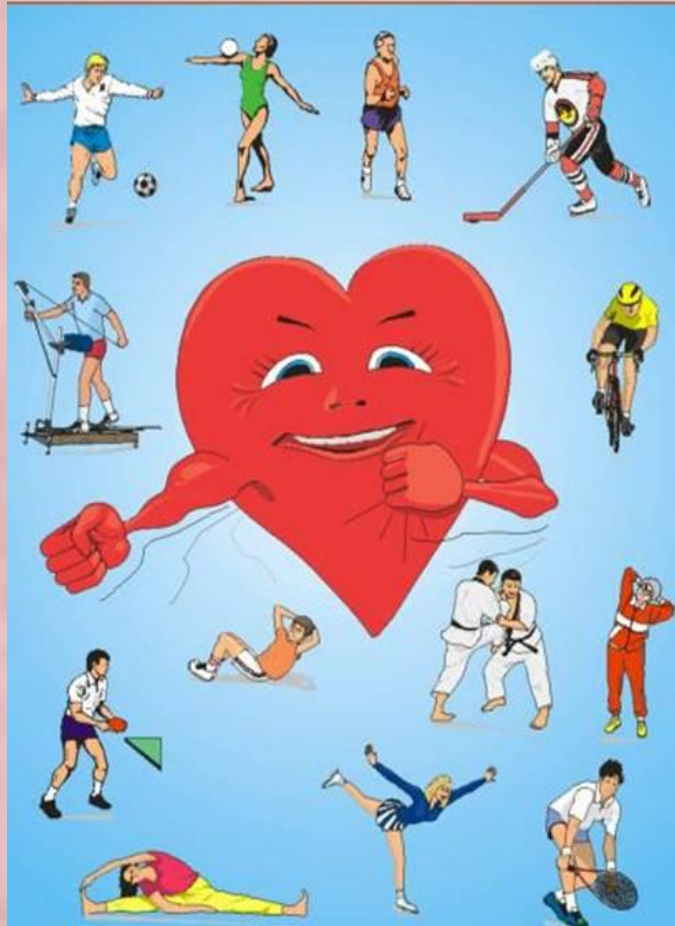
Fats and sugar fast sources of energy.



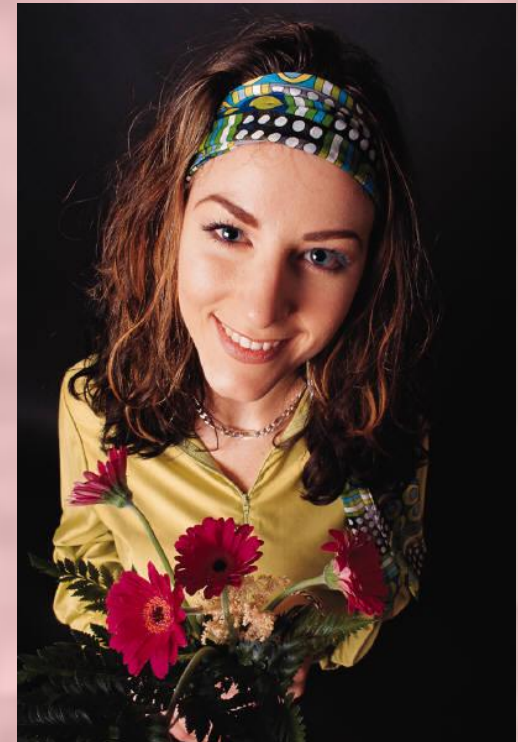
Eat to live, but not live to eat!
Choose only HEALTHY FOOD!



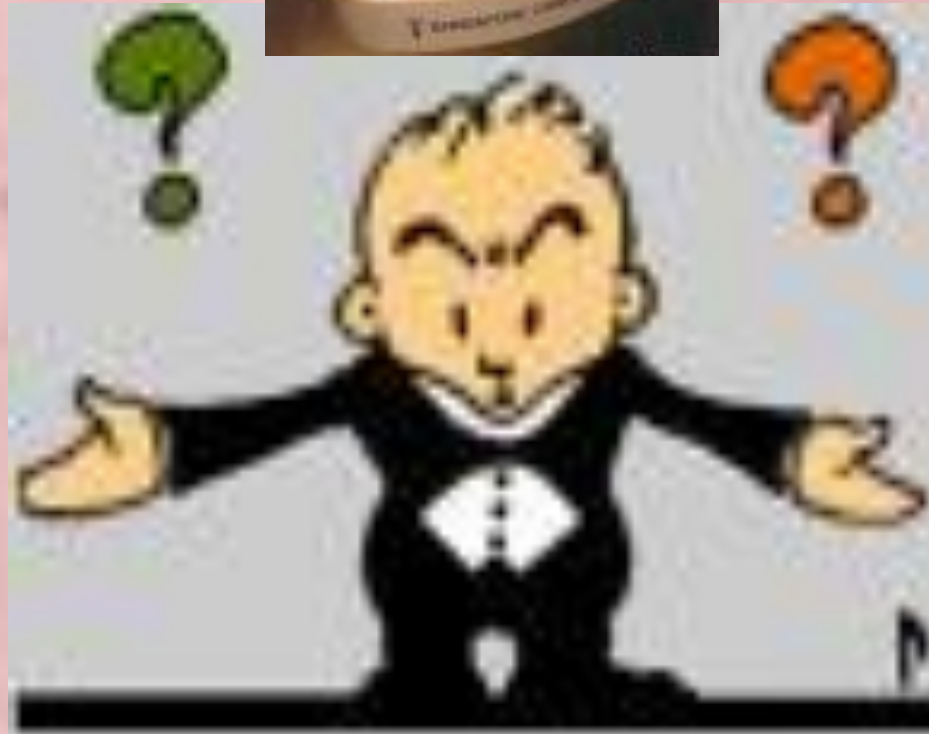
If you go in for sports
you will have a sound mind
in a sound body !



**Sport helps people to stay
in a good form.**



To smoke or NOT to smoke that is the question...



Do you know that 16th 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?

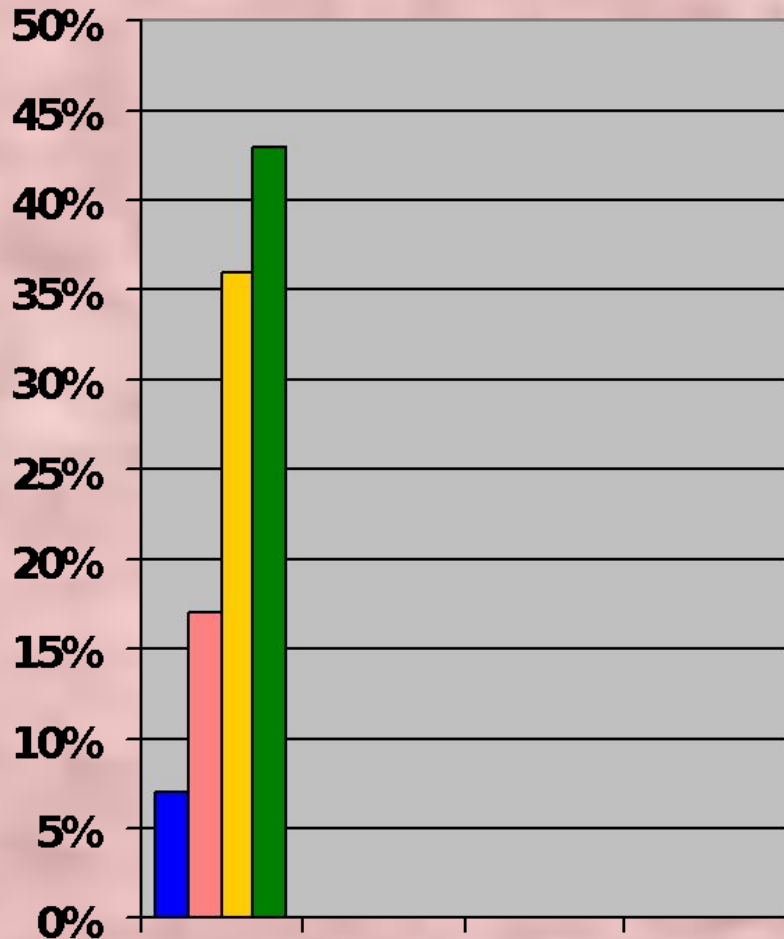
Do you know that your life is **25% shorter** if you smoke?

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.



Do you smoke?

July 2010 year



I can't answer 7%

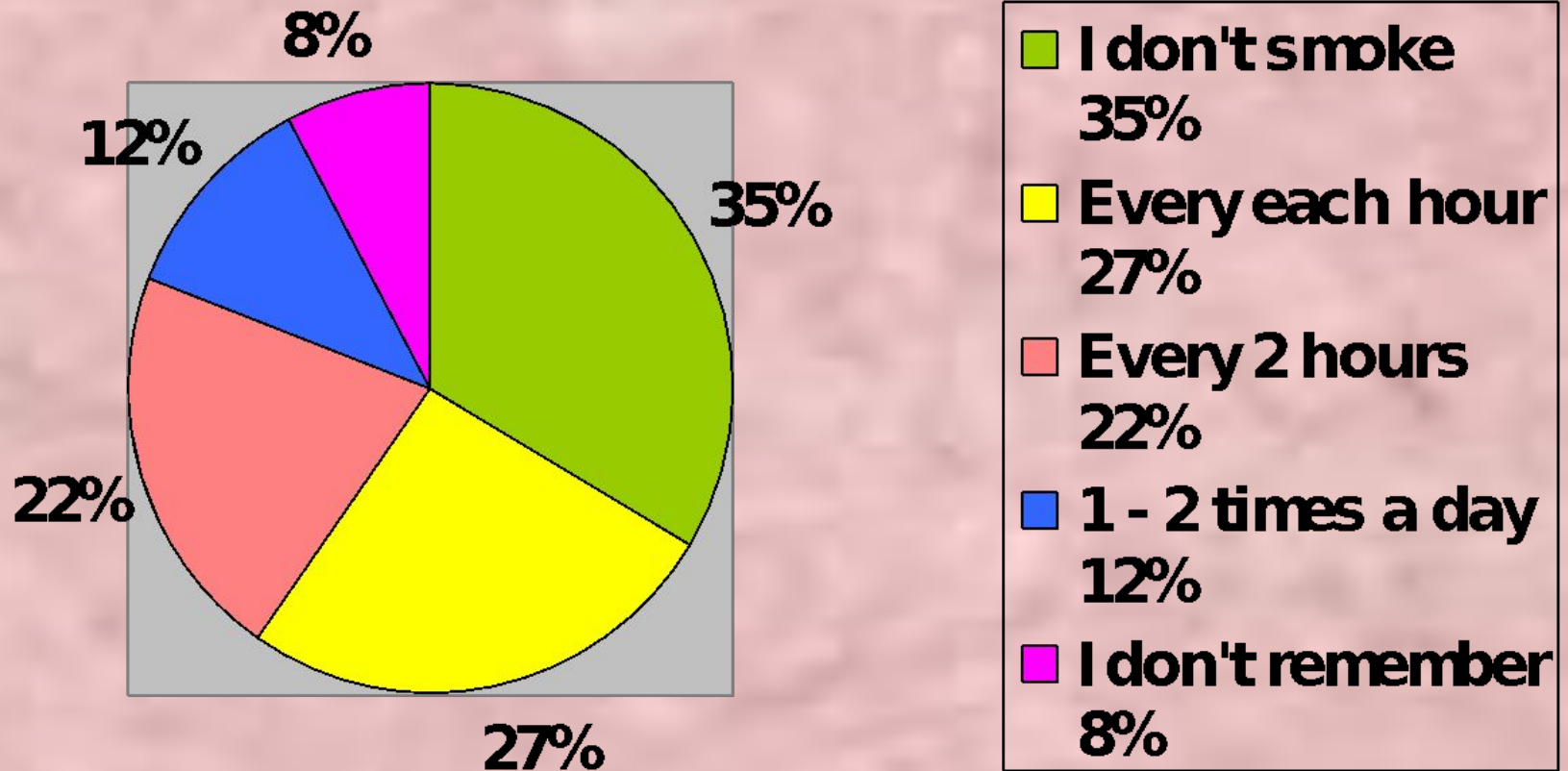
Yes 17%

Yes, but not so often 36%

No 43%

How often do you smoke?

July 2010 year



Dear Friend!

Please answer these questions. It doesn't take you a lot of time. Please answer truthfully!

Thank you.

1. Do you smoke?

a) yes

б) no

2. How many cigarettes a day do you smoke?

a) 1-10 cigarettes a day

б) 10-20 cigarettes a day

в) more than 1 pack a day

3. What is the main reason of smoking?

a) to wish to grow up

б) to be like everybody

в) just to try

г) your own answer

4. From what ages do you begin to smoke?

a) from 8-12 years old

б) from 12-16 years old

в) from 16 –20 years old

г) after 20 years old



The results of exploration.

I had made the analysis of this exploration and came up to the conclusion:

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 10-20 cigarettes a day;

6.7% of men and 0% of women smoke more than 1 pack of cigarettes a day;

Each of the respondents answered that the main negative consequence of smoking is **the harm to health.**

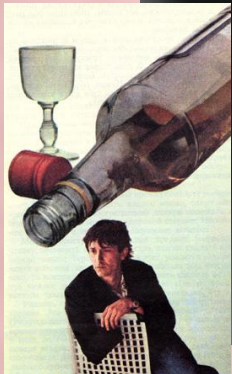
**Quit smoking today if you smoke!
If you don't stop smoking...**



STOP SMOKING ! IT'S VERY DANGEROUS!



NO!



YES!

