

*Can bad habits kill ?
Are you killing
yourselves ?*



Aims of my work :

- To analyze the situation with bad habits in the group
- To study the effects of bad habits on our health
- To work out my own guide to healthy living

Some bad habits are really deadly



Smoking

If you think it's cool , think again

- A drop of nicotine can kill a horse
- Smoking kills about 3 million people every year
- Smokers store more fat around the waist
- 30 % of all cancer deaths are caused by smoking



Smoke or not to smoke



- The average age for a new smoker is 13.
- Your teeth will become yellow if you smoke
- You will have bad breath.
- Your clothes and hair will have a terrible smell

Alcohol

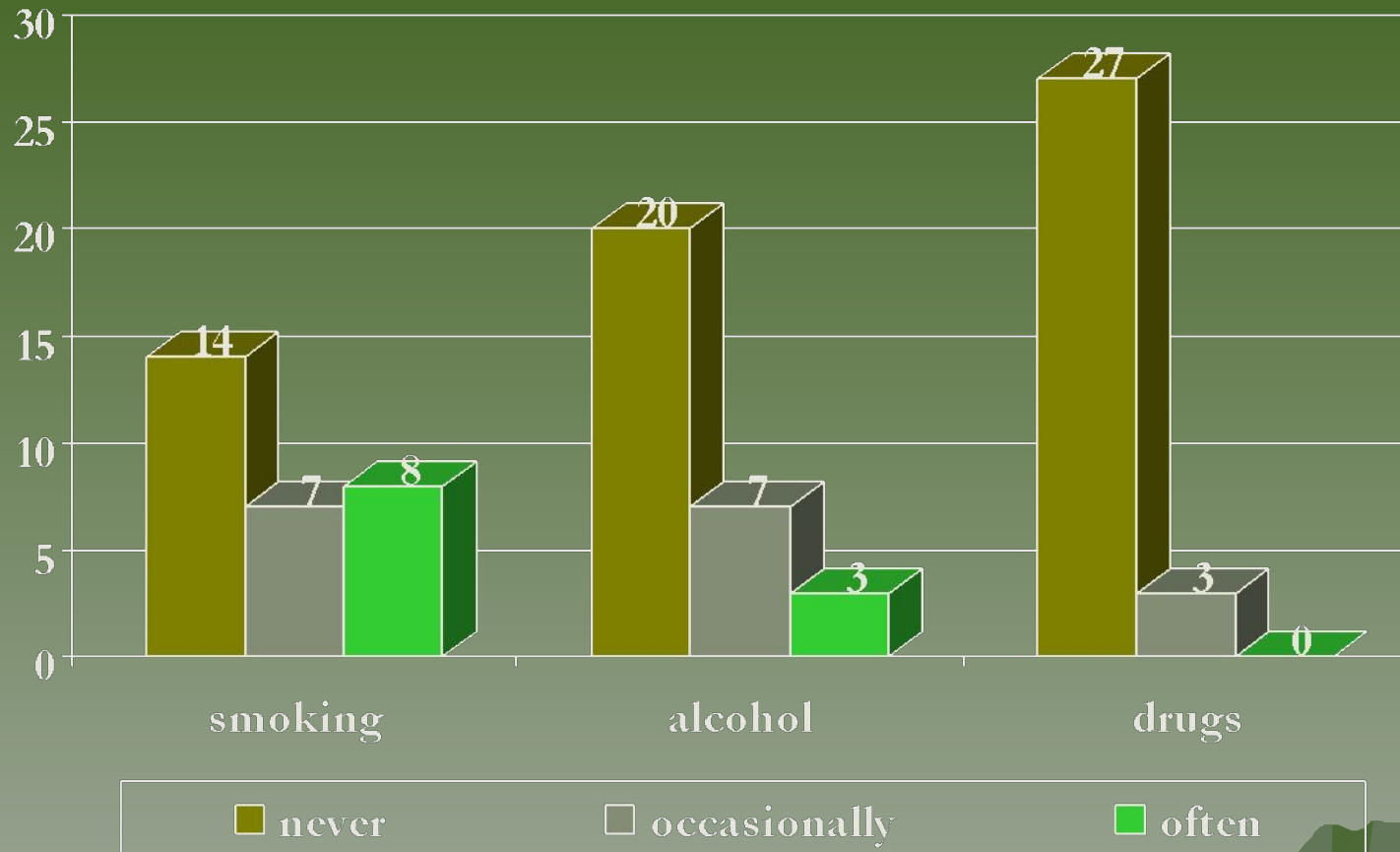
- Makes you feel very happy or very sad.
- If you take too much of it you can't walk or speak
- You can't work if you take it
- The next day you feel very bad
- Can lead to mental problems, liver and stomach problems, family problems, and money problems
- Some people fight when they take this drug

Taking drugs

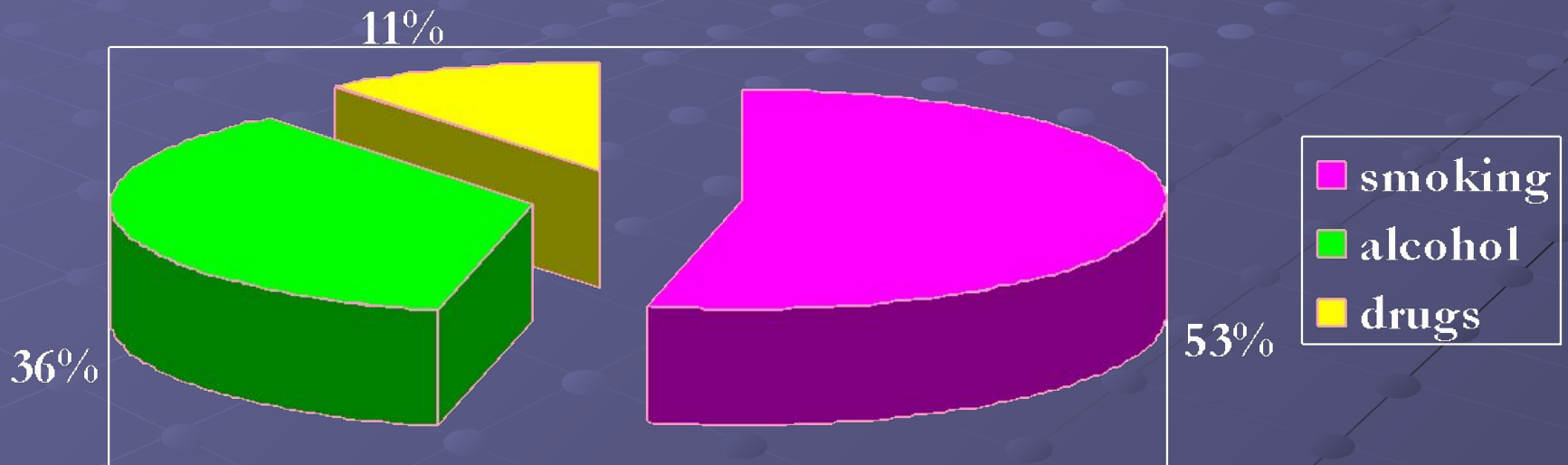
- ◆ Is very addictive
- ◆ Can lead to mental problems
- ◆ Can cause sleeping problems
- ◆ Can make you depressed
- ◆ Can kill you easily



How often do my classmates do these things ?



How many of my classmates try them ?



Measures to be taken against bad habits :

- go in for sports



Find your hobby ! Have good friends !



You are a builder of your health !

Recommended literature

- 1.English 9. Student's Book.
Кузовлев В.П. 2004
- 2.English 9. Activity Book. Кузовлев
В.П.
- Speak Out. 1/2001
- www.onestopenglish.com

