
TEMA

**HEALTHY
LIVING
GUIDE**

o u r h e a l t h d e p e n d s

On food we eat,

On habits we follow,

On the lifestyle we live,

On ecological situation.

Good Habits

- Regular meals
- Physical activity
- Sleeping 7-8 hours a day
- Following a healthy diet

ingredients

Fruit and Vegetables group



wildberry

orange



carrots



corn



cabbage

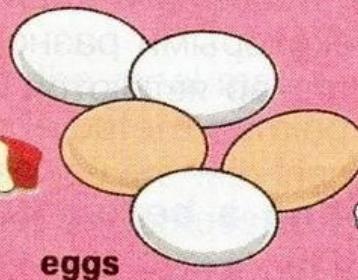


juice



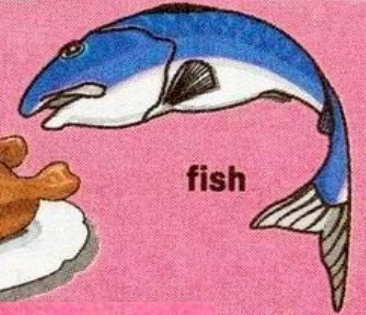
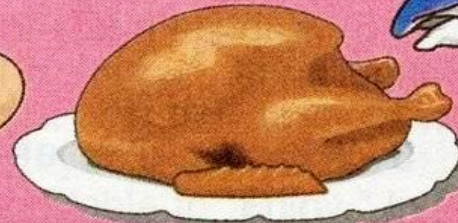
Meat group

meat



eggs

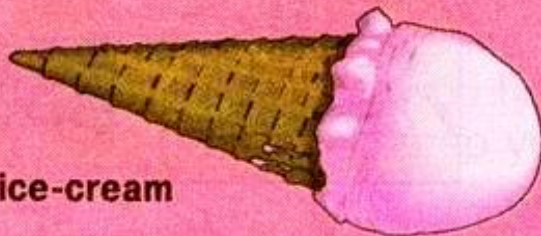
chicken



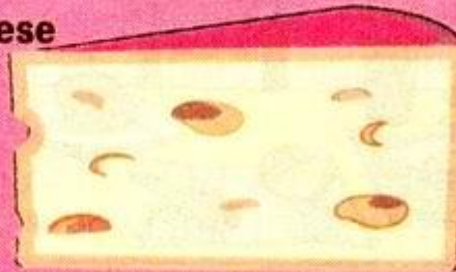
fish

Milk group

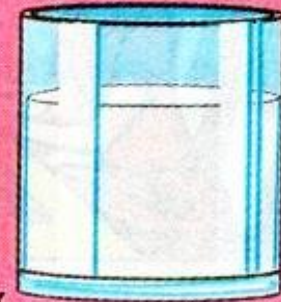
ice-cream



cheese



milk



RECIPES TO LOOK

GREAT

- **Cut out snacks and desserts**
- **Eat less red meat**
- **Eat wholemeal bread**
- **Don't eat at night**
- **Use low-calorie foods**

BAD HABITS

- **Physical inactivity**
- **Chaotic lifestyle**
- **Irregular meals**
- **Drinking alcohol**
- **Smoking**
- **Obesity**

Popular leisure activities

- Do aerobics and yoga
- Walk in any weather
- Go cycling
- Go in for sport
- Exercise more



Traditional Russian

Food

- **Borshch**
- **Blini**
- **Pelmeni**
- **Pirozhki**
- **Okroshka**



Traditional British and American Food



- Haggis
- Cornish pasties
- Christmas Pudding
- Roast turkey