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TEMA

**HEALTHY  
LIVING  
GUIDE**

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# **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.**

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# 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

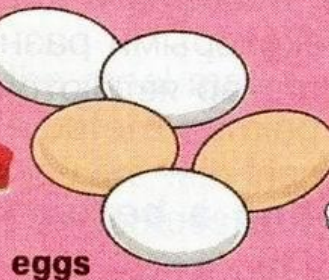


juice



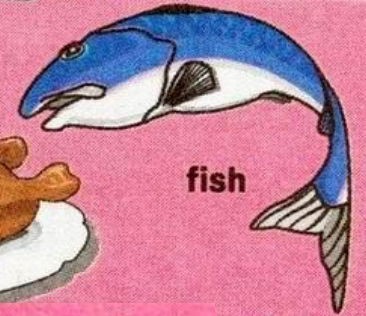
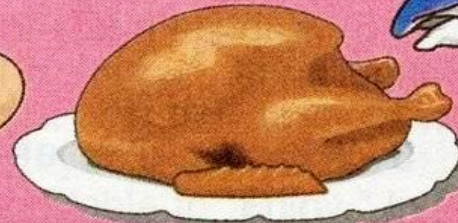
## Meat group

meat



eggs

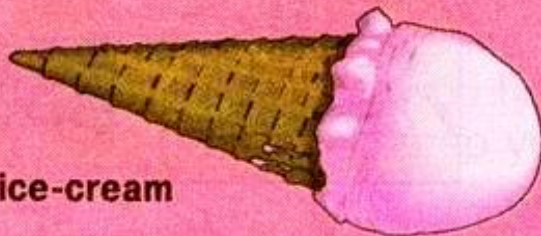
chicken



fish

## Milk group

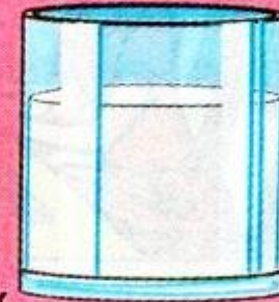
ice-cream



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