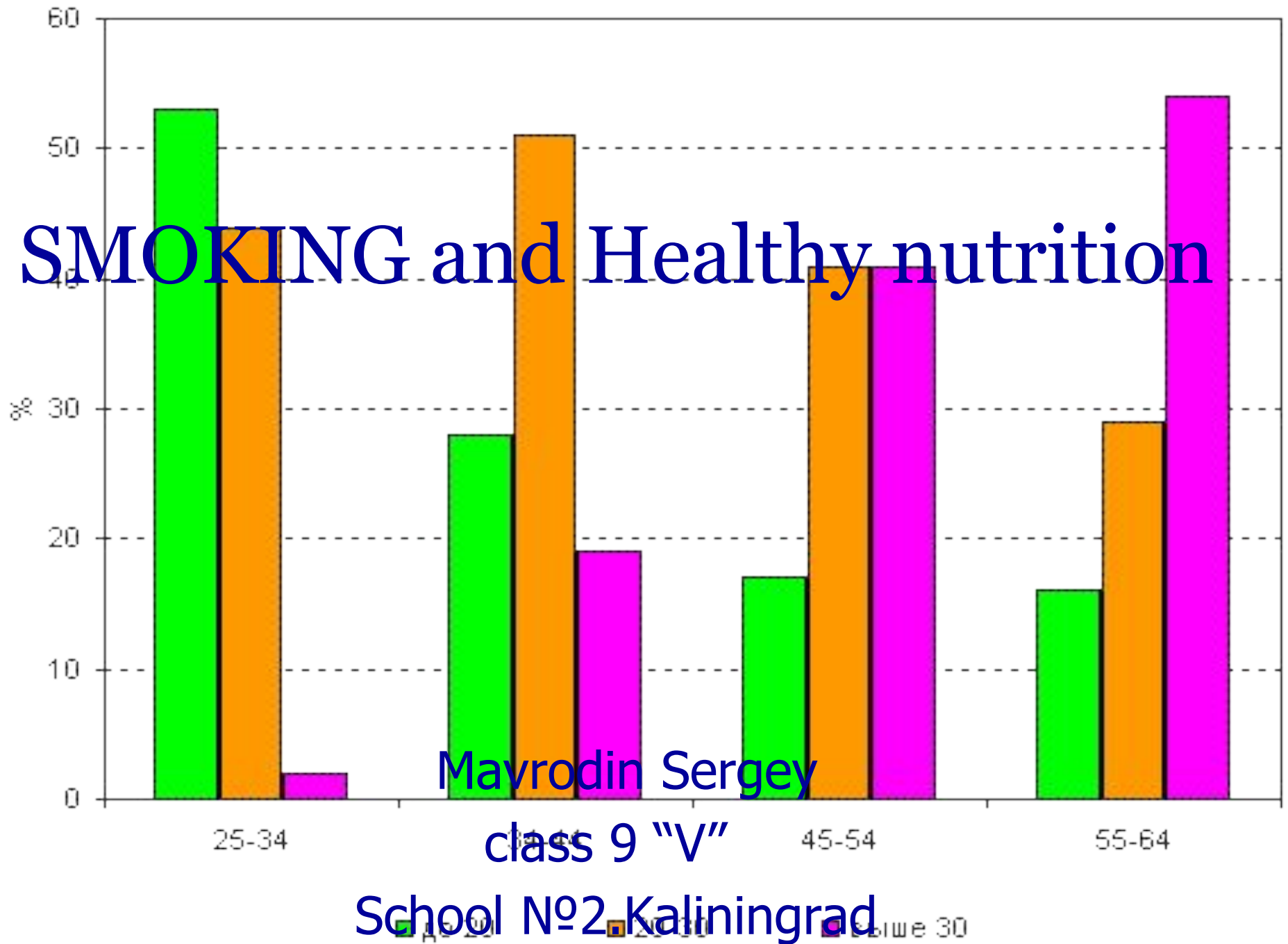
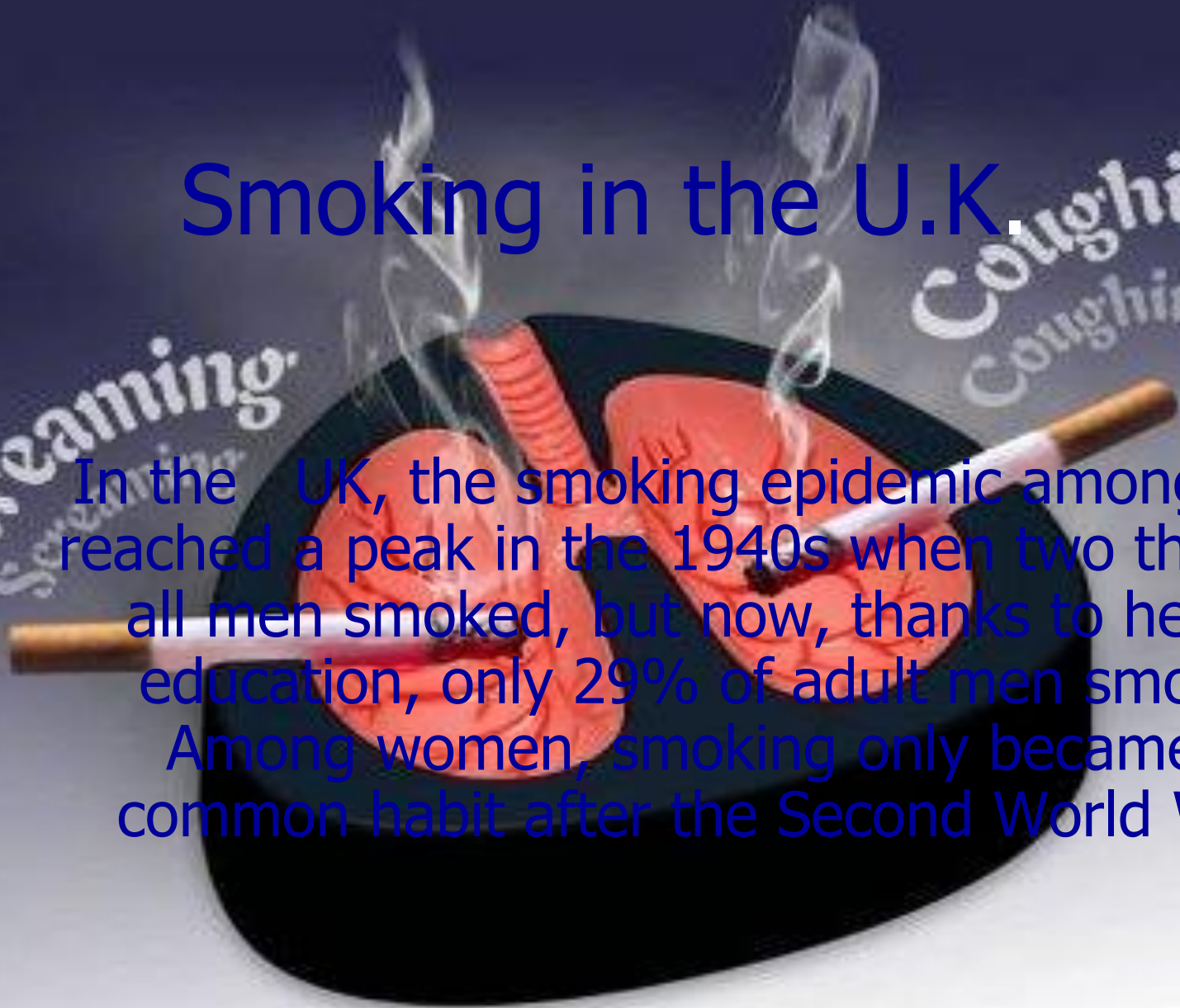



# SMOKING and Healthy nutrition



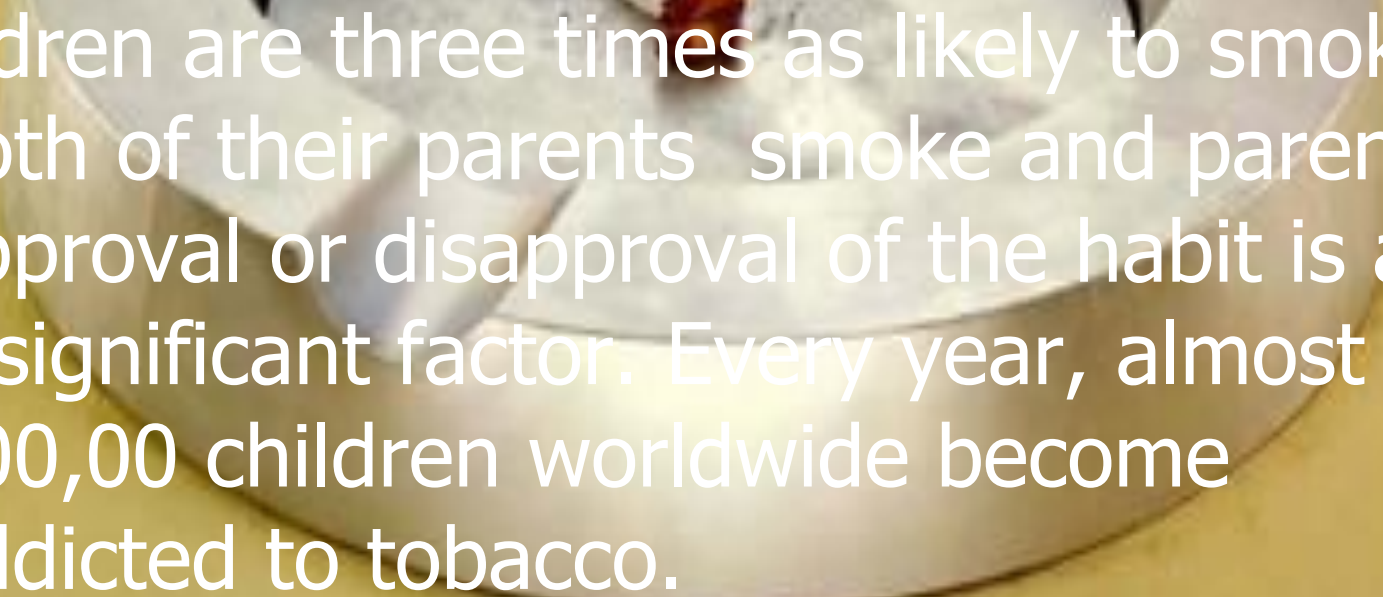
# Smoking in the U.K.

An anatomical model of human lungs is shown in a dark, oval-shaped container. Two cigarettes are placed on the lungs, one on each side. Smoke is rising from the lit ends of the cigarettes. The background is dark blue with the words 'Screaming' and 'Coughing' written in a white, stylized font, appearing to be part of the background or overlaid on the image.

In the UK, the smoking epidemic among men reached a peak in the 1940s when two thirds of all men smoked, but now, thanks to health education, only 29% of adult men smoke. Among women, smoking only became a common habit after the Second World War.

An anatomical model of a human torso, showing the muscles and skeleton. The model is holding a lit cigarette in its right hand. The background is black.

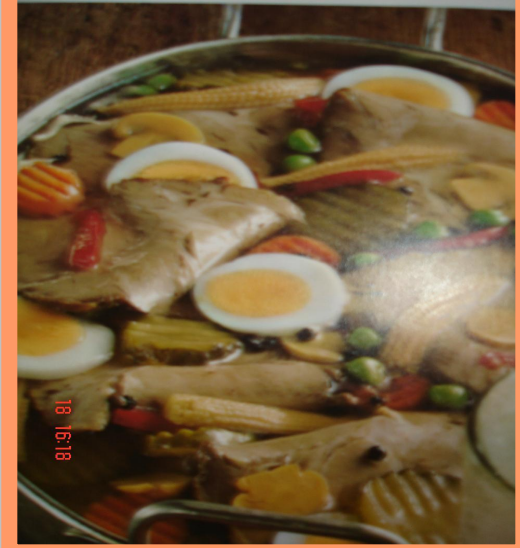
According to the latest government figures, 23% of all 15-year-olds are regular smokers. Many of these teenage smokers are already addicted to nicotine, that is, they need to smoke their first cigarette of the day as soon as they get up. In Great Britain about 450 children start smoking every day.

A lit cigarette with a glowing red tip and a small amount of ash, resting in a white, modern-style ashtray. The ashtray is circular with a wide rim and a central depression. The background is a plain, light-colored surface.

Children are three times as likely to smoke if both of their parents smoke and parents approval or disapproval of the habit is also a significant factor. Every year, almost 100,00 children worldwide become addicted to tobacco.

# Healthy Nutrition

- Food is factor, which provide human for energy and substans, which important for growing and development.



# Vitamins

- A lot of vitamins keep in fresh vegetables, fruits and fish.

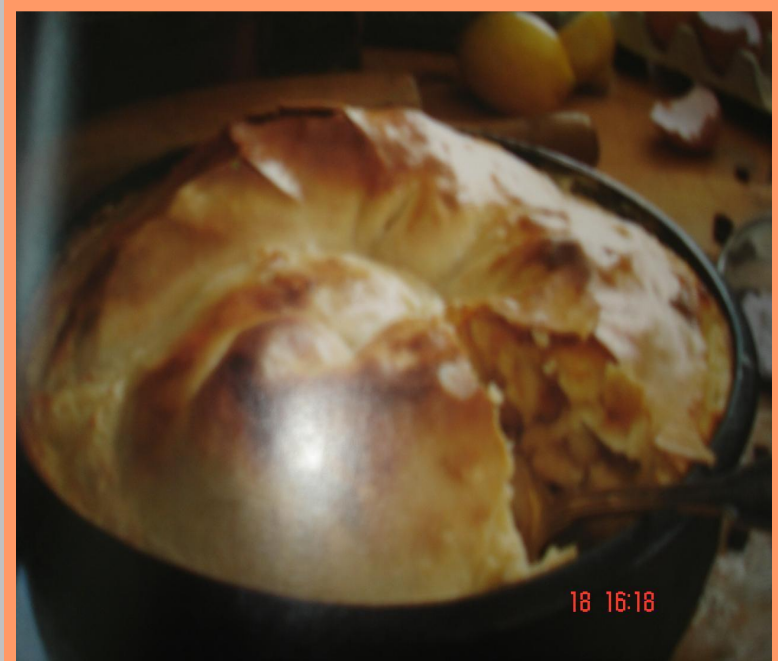


# Unhealthy food

- If you eat a lot of bad food you can get a lot of diseases.



- 25% like unhealthy food
- 20% prefer healthy food
- 55% prefer all together







***THE END.***

