



Здоровье –

наше богатство

Здоровье – тема близкая и интересная всем – и детям, и взрослым.



Здоровье

Здоровье – правильная, нормальная деятельность организма, его полное физическое и психическое благополучие.



Как проверить – здоров ли человек?

Осмотр врача



Как проверить – здоров ли человек?

Осмотр кожных покровов

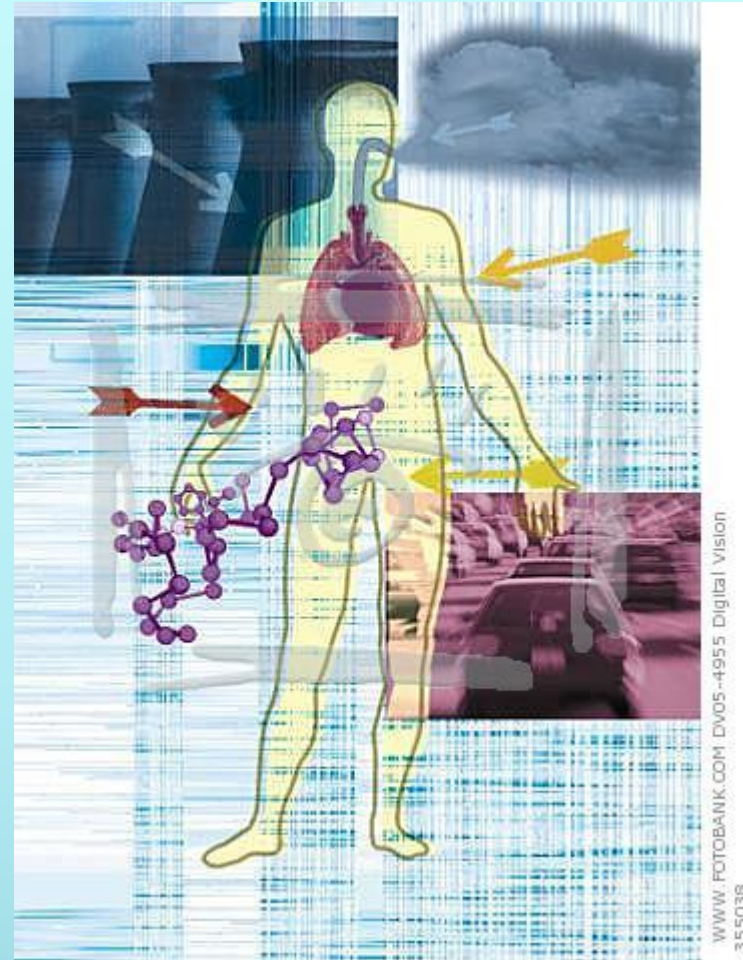


Внешний вид языка

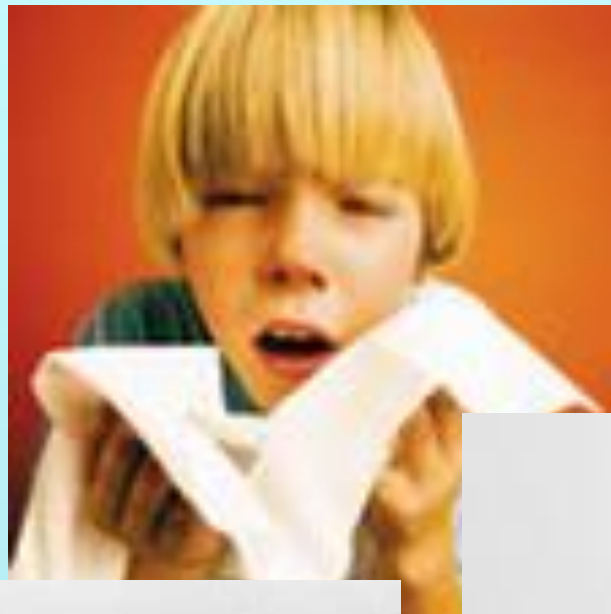


Причины заболеваний

- Плохая экология
- Вредные выбросы предприятий
- Большая загазованность
- Инфекционные заболевания
- Вредные пищевые добавки
- Вредные привычки



Причины заболеваний



Нет никотину!



Алкоголю – нет!



DANGERS OF ALCOHOL

Liver
The liver is the largest internal organ in the body. It is located in the upper right quadrant of the abdomen. It is responsible for filtering toxins from the blood, producing bile, and storing energy. Alcohol consumption can lead to liver damage, including fatty liver disease, alcoholic liver disease, and cirrhosis.

Brain
Alcohol can damage the brain, leading to a range of neurological problems. It can cause memory loss, mood swings, and even permanent brain damage. Long-term alcohol use can lead to a condition called Wernicke-Korsakoff syndrome, which is characterized by memory loss and confusion.

Nervous System
Alcohol can damage the nervous system, leading to a range of neurological problems. It can cause memory loss, mood swings, and even permanent brain damage. Long-term alcohol use can lead to a condition called Wernicke-Korsakoff syndrome, which is characterized by memory loss and confusion.

Cardiovascular System
Alcohol can damage the heart and blood vessels, leading to a range of cardiovascular problems. It can cause high blood pressure, heart disease, and stroke. Long-term alcohol use can lead to a condition called alcoholic cardiomyopathy, which is characterized by a weakened heart muscle.

Alcohol Intoxication
Alcohol intoxication is a condition that occurs when a person consumes too much alcohol. It is characterized by symptoms such as slurred speech, impaired coordination, and loss of consciousness. In severe cases, it can lead to coma and death.

Reproductive System
Alcohol can damage the reproductive system, leading to a range of reproductive problems. It can cause infertility, miscarriage, and stillbirth. Long-term alcohol use can lead to a condition called fetal alcohol syndrome, which is characterized by physical and mental disabilities.

Accidents
Alcohol is a leading cause of accidents and injuries. It impairs judgment and coordination, making it difficult to drive or operate machinery. Long-term alcohol use can lead to a condition called alcohol-related accidents, which is characterized by a high rate of accidents and injuries.

Alcohol
Alcohol is a central nervous system depressant. It is a psychoactive drug that is commonly consumed in the form of beer, wine, and spirits. It is known for its ability to relax and reduce inhibitions, but it can also lead to a range of health problems, including liver damage, brain damage, and cardiovascular disease.

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Что надо делать чтобы реже болеть?

Закаливание



Что надо делать чтобы реже болеть?

Ежедневная гимнастика



Что надо делать чтобы реже болеть?

Занятия на тренажёрах



Зарядка



Что надо делать чтобы реже болеть?

Прививки



Что надо делать чтобы реже болеть?

Занятия спортом



Что надо делать чтобы не заболеть?



Рациональное питание



Здоровье детей напрямую зависит от того что и как они едят



Кладезь витаминов



Лекарственные растения



Лекарственные растения



Пряные растения



Цветотерапия



Отдых в экологически чистых местах



7 апреля – Всемирный День Здоровья



Дети за здоровый образ жизни



Презентацию подготовила учитель
начальных классов МБОУ СОШ № 6

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