



Health Habits

Good

Smoking
Skipping meals

Bad

Drinking too much alcohol
Sleeping 7 or 8 hours
Having a healthy diet
Taking a cold shower
Play outdoors with friends
Personal hygiene

Snacking
Sleeping 7 or 8 hours
Taking drugs
Having a healthy diet
Eating fast food
Taking a cold shower
Play outdoors with friends
Personal hygiene

Smoking
Skipping meals
Drinking too much alcohol
Snacking
Taking drugs
Snacking
Taking drugs
Eating fast food

Rate your classmates

$$\square 11 - 10 = 5$$

$$\square 9 - 8 = 4$$

$$\square 8 - 7 = 3$$

$$\square > 7 = 2$$

LISTEN!

The results of good and bad habits on our health

If ... you
will ...

What has happened to people?













**What must we do if
we want to be
healthy?**

If we want to be
healthy we must...



