





Health Habits Smoking Bad Good Skipping meals Drinking too much alcohol Smoking Skipping meals Sleeping 7 or 8 hours Snacking Having a healthy diet Sleeping 7 or 8 hours Drinking too much alcoho Taking a cold shower Having a healthy diet Play outdoors with friendsting fast foodTaking drugs Personal hygiensking a cold show Fating fast food Play outdoors with friends Personal hygiene

Rate your classmates

 $\square 11 - 10 = 5$ -9-8=4-8-7=3> 7 = 2



I ne results of good and bad habits on our health

If ... you will ...

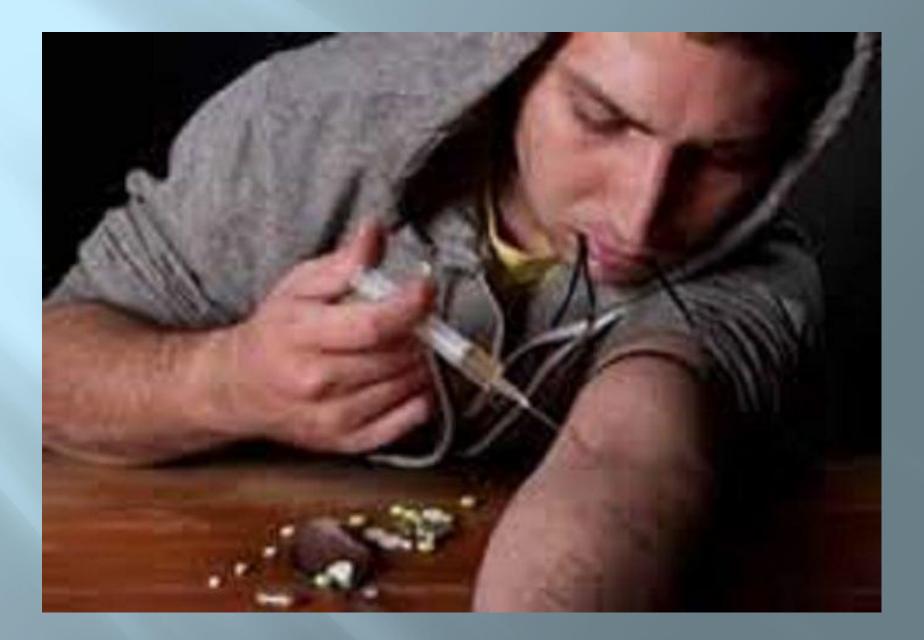
What has happened to people?













What must we do if we want to be healthy?

If we want to be healthy we must...





