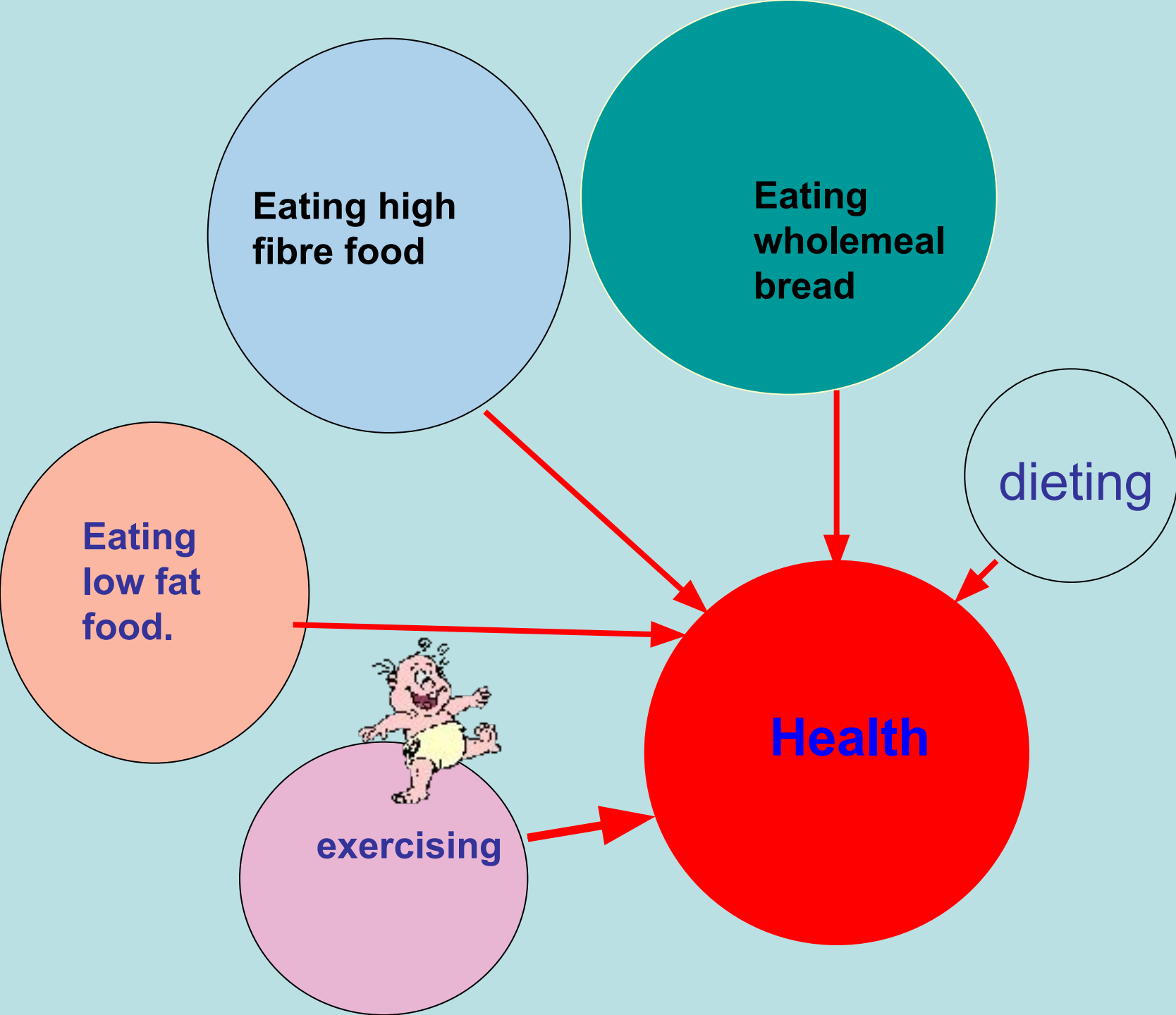
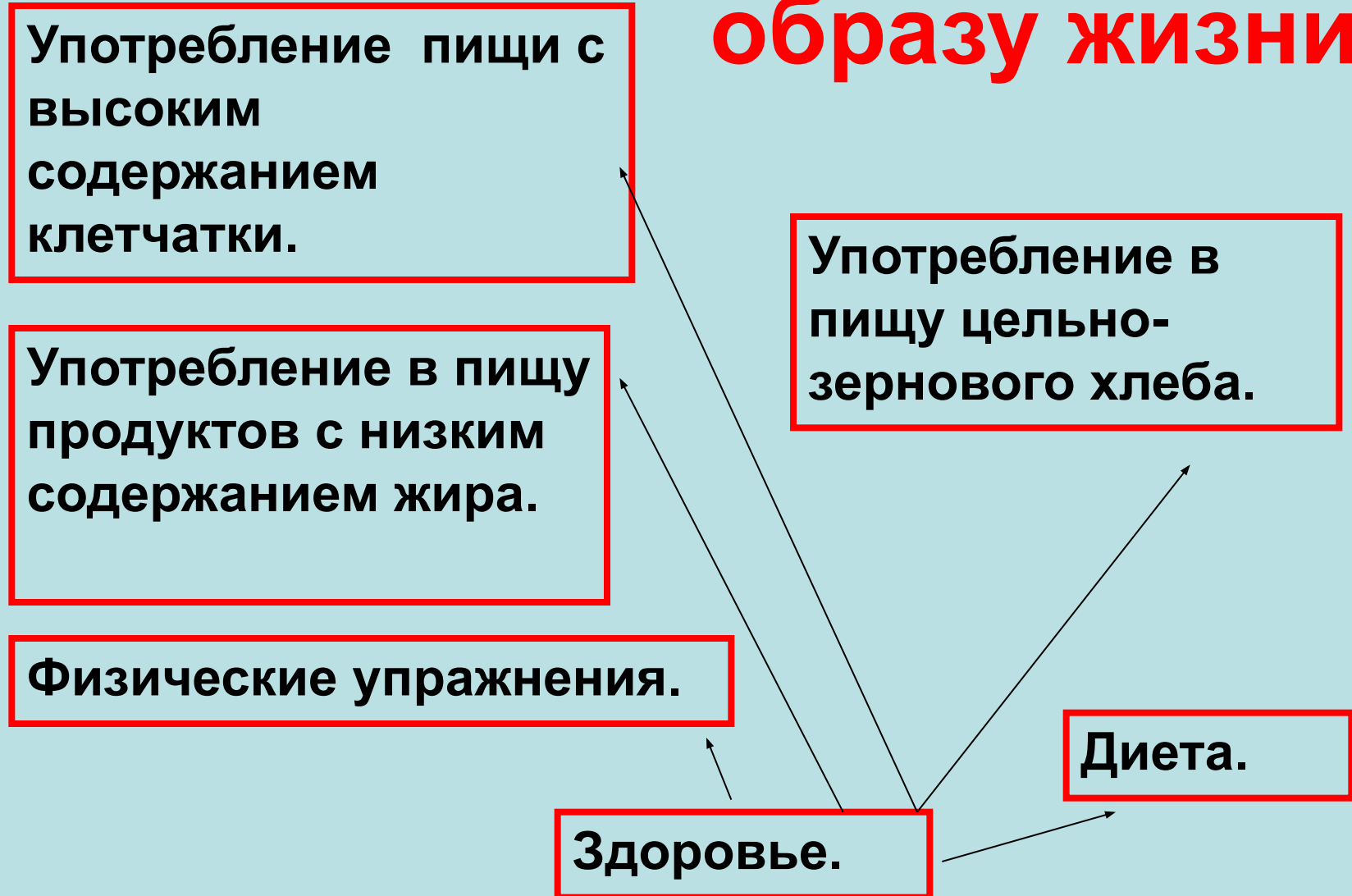


# Healthy living guide.





# Руководство по здоровому образу жизни.



# Environmental influence



**Do you know that only 13 %  
of the population smoke in  
the USA, but in Russia –  
more than 76 %. 400.000  
people die in Russia every  
year as a result of smoking.  
Smoking is a serious risk.  
Think twice before starting.**



# Bad habits



**Physical inactivity**

**smoking**

**Eating sweets**

**Environmental influence**

**Drinking alcohol**

# **BAD HABITS**

```
graph TD; A([BAD HABITS]) --- B[smoking<br/>drinking alcohol<br/>taking drugs]; A --- C[teeth yellow<br/>skin unhealthy<br/>hair smell<br/>clothes smell<br/>speech unclear<br/>brain center sleep]; A --- D[Cause (s)...<br/>a cough<br/>a headache<br/>pneumonia<br/>cancer<br/>blood disease<br/>heart disease<br/>brain disease<br/>slow reactions<br/>loss of memory]; A --- E[What measures to take<br/>against bad habits<br/>to put into prison for ...<br/>to sack from school for ...<br/>to take money for ...<br/>to ban... in offices<br/>on the underground<br/>on buses<br/>in TV and radio ads]; A --- F[a effect (s) ...<br/>the whole family<br/>the people around you<br/>your knowledge<br/>your social controls];
```

**smoking**  
**drinking alcohol**  
**taking drugs**

**Make (s) ...**  
**teeth yellow**  
**skin unhealthy**  
**hair smell**  
**clothes smell**  
**speech unclear**  
**brain center sleep**

**Cause (s)...**  
**a cough**  
**a headache**  
**pneumonia**  
**cancer**  
**blood disease**  
**heart disease**  
**brain disease**  
**slow reactions**  
**loss of memory**

**What measures to take**  
**against bad habits**  
**to put into prison for ...**  
**to sack from school for ...**  
**to take money for ...**  
**to ban... in offices**  
**on the underground**  
**on buses**  
**in TV and radio ads**

**a effect (s) ...**  
**the whole family**  
**the people around you**  
**your knowledge**  
**your social controls**

# Smoking.





# Physical inactivity.



# Eating sweets



# Drinking alcohol.



# Drugs



Replace the underlined words with antonyms to get correct answer

Many people in GB now think less about their health. They eat a lot high-fat food and less fibre. Fat is thought to be the cause of health.

# 7 смертельных грехов против здоровья.

- Когда библия зафиксировала 7 смертельных грехов, их не следовало понимать буквально. Мало кто их нас умрёт от гордости, **зависти или гнева**. Есть однако ,современные грехи, против здоровья, которые на самом деле намного более смертельны.
- Два из них —**ожирение и физическая неактивность** - известны с древнейших времен. Они объединились с современными вредными привычками: **курением и потреблением большого количества алкоголя, а также с поразительным риском пересыпа и недосыпа, перекусами между основными приёмами пищи и пропуском завтрака**. В комбинации эти вредные привычки могут удвоить шанс умереть или ведут к различным болезням для тех, кто выживет.
- Конечно, пересып или недосып, перекусы между основными приёмами пищи и пропускание завтрака не настолько смертельны, как ожирение и выпивка. Но они являются показателями опасно хаотического образа жизни.
- Регулярный образ жизни способствует твоему здоровью. Семи или восьмичасовой сон, ранний подъём, завтрак, здоровая диета и регулярное питание- действительно хороший образ жизни.

# 7 грехов

1. ожирение
2. физическая неактивность
3. курение
4. потребление большого количества алкоголя
5. пересып, недосып
6. перекус между основными приёмами пищи
7. пропускание завтрака.

**В комбинации эти вредные привычки могут удвоить шанс умереть или ведут к различным болезням для тех, кто выживет.**

# SEVEN DEADLY HEALTH SINS

When the Bible set down the Seven Deadly Sins they were not meant to be taken literally. Few of us will die of pride envy or anger. There are however modern health sins which are in fact far more deadly.

Two of them – obesity and physical inactivity are known from ancient times. They are joined by the modern bad habits: smoking and drinking too much alcohol and the surprising DANGER of sleeping too much or too little eating between meals and skipping breakfast.

In combination these poor health habits could double the chance of dying or lead to different diseases for those who survive.

Of course sleeping too much or too little snacking and skipping breakfast are not quite as deadly as smoking obesity and drinking.



# Healthy living guide

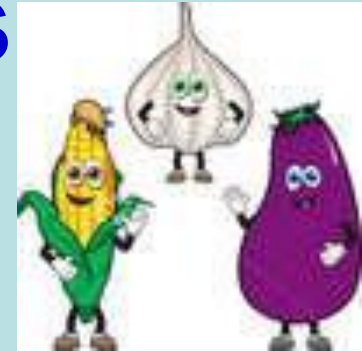
	From (contain)	For
<b>Carbohydrates</b>	<b>Bread, pasta, cereals, fruits, vegetables (potatoes, cabbage)</b>	<b>Give energy</b>
<b>Protein</b>	<b>Meat, fish, nuts, cheese, milk</b>	<b>Helps your body grow and be healthy and give your energy</b>
<b>Fat</b>	<b>Milk, cheese, butter, meat</b>	<b>give your energy</b>
<b>Fibre</b>	<b>Fruits, vegetables, beans, nuts, brown, breads</b>	<b>Fills your stomach when you are hungry</b>
<b>Vitamins A,B,C,D</b>	<b>Fresh fruits and vegetables</b>	<b>Help your body be healthy</b>
<b>Minerals</b>	<b>Fresh fruits and vegetables</b>	<b>Help your body be healthy</b>
<b>Calcium (Ca)</b>	<b>Dairy products (milk, cheese)</b>	<b>Strengthens your bones, help your heart work</b>
<b>Iron (Fe)</b>	<b>Pommes, granattes, green apples, liver, meat</b>	<b>help your blood be better</b>

# **Popular ways to lose weight and avoid gaining it.**

- 1. Cut out snacks and desserts.**
- 2. Eat less of everything.**
- 3. Cut down on fat.**
- 4. Don't eat at night .**
- 5. Eat more fruit and vegetables.**
- 6. Count calories.**
- 7. Eat less red meat .**
- 8. Use low-calorie foods.**
- 9. Follow a diet.**



# Good products



**Garlic prevents heart disease**

**Apricot is good for your skin**

**Green tea protect your teeth**

**Onion is good for your nerves**

**Eating fish helps to gain strength**

**Milk strengthens your bones**

**Banana is good for your muscles**

**Cabbage may help prevent the development of cancer**

**Cranberry helps soothe your tired eyes**

**Carrots are good for your eyesight**

**Milk is very good for children.**



# Health quiz

- 1 What do bad habits make?
- 2 What disease do bad habits cause?
- 3 Name please popular ways to lose weight?
- 4 Name please the 7 worst health habits
- 5 What beauty products help people look great?
- 6 How do you take care of your health?
- 7 What kind of food is useful for health?
- 8 Name several factors which have an influence on our health
- 9
- 10 How do you understand this proverb? «Early to bed and early to rise makes a man healthy, wealthy and wise».
- 11 How to be in good health?
- 12.Why must we eat vegetables and fruits?
- 13.What is calorie?
- 14.What measures does our state take against bad habits?

# Answers

- 1 Bad habits make teeth yellow, clothes and hair smell, skin unhealthy, brain centers sleep, speech unclear.
- 2 Bad habits cause cancer, heart disease, blood disease, headache, pneumonia, blood disease, brain disease, slow reactions, loss of memory.
- 3 You must eat low-fat food, more fruit, vegetable, less sweets, do morning exercises, have healthy diet.
- 4 There are drugs, smoking, drinking alcohol, sleeping too much or too little, snacking and skipping ,physical inactivity.
5. Colgate toothpaste, Nivea cream help us look good.
- 5 Banana, apricots, cabbage, and other fruit and vegetables.
- 6 I get up early ,do morning exercises, I wash myself in the morning and in the evening with cold water. I clean my teeth twice a day. I have a healthy diet, I don't smoke , I eat high fibre food (fruits and vegetables).
- 7 It is necessary to eat high fibre food, ( fruit and vegetables), whole meal bread ,low-fat food.

# Answers

8. First of all it is obesity and physical inactivity. We must not eat a lot, we can't eat a lot of sugar and sweets. Smoking, drinking much alcohol is not useful for our health. It is bad when we eat at night, don't follow a diet, eat high-calorie foods and don't move a lot.
- 9 I get up early, do morning exercises, I wash myself in the morning and in the evening with cold water. I clean my teeth twice a day.
10. You must spend a lot of time in the open air. It is useful to go for a walk before going to bed.
- It is necessary to eat high fibre food, ( fruit and vegetables), wholemeal bread, low-fat food.
11. We must eat vegetables and fruits because they contain fibre.
12. A calorie is the energy value of food.

# Do you care about your health?

Helen: I am not going to be a supermodel. But I think it is very important to be fit and look nice. Some firms don't employ people who are overweight or who are smokers. I agree with that because smoking affects other people's life, too. I pay a lot of attention to my health. I try to eat only low-fat food, more I don't smoke. I don't want to have unhealthy skin and teeth. Besides, I have been doing aerobics for a year. I feel great. And all my friends think I look great.

# Do you care about your health?

Bob: I have no problems with my health though I am a smoker and a bit overweight. I like smoking. It helps me to relax. I have been smoking since I was 12. All my friends are smokers. I don't want to be the odd one out. I know all the facts, but you only live once, don't you? So why not enjoy yourself? As for dieting I think it is very dangerous. You are what you are. It is impossible to change. Besides, I like chocolate bars, ice creams and the like, why should I give up such tasty things? Eat only cucumbers? Never! Of course I have some problems with my skin and hair, but I don't want to change.



# Do you care about your health?

Katy: I think people should choose for themselves if they want to be healthy – it's their life, it's their bodies. They are free to decide. It is not very good to think too much about your appearance but it is good to think about your health. My friends Willie likes sweets, he is pleasantly fat and I like him, he is very clever. He is good at the computer. And Dennis is very sporty. He has been exercising all his life. He isn't as clever as Willie but he is nice. I like to have different people with different likes and dislikes as my friends.

# People like to think that life was better in the past

- People like to think that life was better in the past. The air was cleaner, the water was purer, life was safer and, certainly, it was cheaper. But were the good old days really so good? Probably not. Many of today's problems existed in the past, and there were other problems then that we rarely face today.
- Pollution was a very important problems for city governments in the 19th century, particularly with regards to water supplies. They had some idea that water could be polluted, but they didn't know how. Trying to get pure water was a big problems.
- The cities of the 19th century were dirty. There was a lot of pollution from horses and other animals. And people were careless about throwing out litter. Communicable diseases were a big
- Problem. There was malaria, cholera, and typhoid. A lot of children died when they were very young. While there were no cars to kill people, there were many fatalities and injuries caused by runaway horses.
- The old days were not as good as some people think they were good as some people think they were.

***Ordinary aspirin is consider to be one of the most popular all-purpose medicines.***

**What is its history and uses?**

- Aspirin is one of the safest and most affective drugs ever invented. Many people take aspirin when they have a headache. It is effective in relieving other pains, too. Aspirin, in short, is truly the 20th among children. It has side effects that although relatively mild, are largely unrecognized among users.
- Although aspirin was first sold by a German company in 1899, it has been around much than that. Hippocrates, in Ancient Greece, understood the medical value of the leaves and tree bark which today are know to contain calculates , the chemical in aspirin. During the 19th century, there was a lot of experimentation in Europe with this chemical and it led to the development of aspirin. By 1915, aspirin tables were available in the United States.
- A small quantity of aspirin can relieve minor pain. It also reduces fever by interfering with some of the body's reactions. Basically, aspirin seems to slow down the formation of chemicals that cause pain and the complex chemical reactions that cause fever.
- Aspirin is very irritating to the stomach and many aspirin takers complain about upset stomachs. The is a right way and a wrong way to take aspirin. The best way is to chew the tablets before swallowing whet with water, but few people can stand the better taste. Some people suggest crushing the tablets in milk the orange juice and drinking that.

*Ordinary aspirin is consider to be one of the most popular all-purpose medicines.*

**What is its history and uses?(Test)**

- **Why is aspirin called the 20th century wonder drug, according to paragraph 1?**
  - Only aspirin can help when a headache.
  - Aspirin helps in many when you don't feel well.
  - Aspirin can help to cure children of drug poisoning.
- **What does paragraph 2 say about the history of aspirin?**
  - People didn't know about the medical value of aspirin until the 19th century.
  - The medical qualities of the chemical in aspirin were known in ancient times.
  - Aspirin was first produced and used by famous Hippocrates.
- **How does aspirin work, according to paragraph 3?**
  - It works against chemical processes that cause pain and fever.
  - It helps to drop the body's temperature if taken in a small quantity.
  - It slows down all processes in a human organism which is ill.
- **What is bad about aspirin, according to paragraph 4?**
  - It is very hard and difficult to chew.
  - It must always be taken with milk.
  - It can make your stomach hurt.