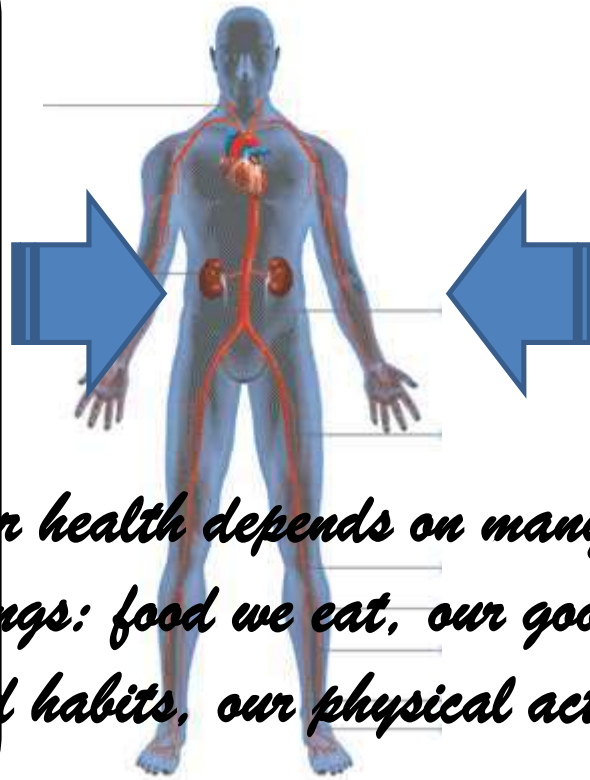


Do you care about your health?

Project is made by Ann Voytova,
the pupil of the 9th form.
The leader: Voytova E. M.

DOES YOUR HEALTH DEPENDS ON YOU?

**Influence
of bad
habits**



**Healthy
living guide**

Our health depends on many things: food we eat, our good habits, our physical act

Interviewing: Do you care about your health?

- I'm not going to be a supermodel. But I think it's very important to be fit and healthy and look great. 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, and to eat more fruit and vegetables which are rich in vitamins and I try to eat less sweets. I don't smoke. I don't want to have unhealthy skin and teeth. Besides, I have been doing jogging for two months, I feel great myself and all my friends think I look great. More than I can't stand when my friends smoke or drink beer. To my mind it's not pleasant to communicate with a girl, or a guy who smokes.



- I think people should choose for themselves if they want to be healthy – it's their life. They are free to decide. I consider it isn't so good to think too much about your appearance but it's good idea to think about your health. I don't pay much attention to my friend's health habits. Some of my friends smoke, so what? They are very clever and sociable and we enjoy together. I like to have different people with different likes and dislikes as my friends.



I have no problems with my health, though I'm a smoker. I'm fond of smoking. It helps me to relax. I have been smoking since I was 13. Now? I'm 16. My friends almost are smokers. I don't to be the odd one out. I know all the facts, but you live only ones, don't you? So? Why don't enjoy yourself? As for dieting, I think it's silly and dangerous too. You are what you are. It's impossible to change something. Besides, I like sweets. Why should I give up such tasty things? Eat only cucumbers? Never! I've some problems, of course with my skin and hair, but I don't want to change something.

MODERN DEADLY SINS

BIGMakc [moxcom@hotmail.ru]

• The Bible contains Seven Deadly Sins. Among them pride, envy, anger and others.

Modern Deadly Sins are smoking, drinking alcohol and taking drugs.



Taking drugs crushes your life, destroys your family, gives a trouble to your relatives and closed friends.



Unhappy family, unhealthy children, los of feature



ONE DAY IN THE LIFE OF AMERICAN TEENAGERS

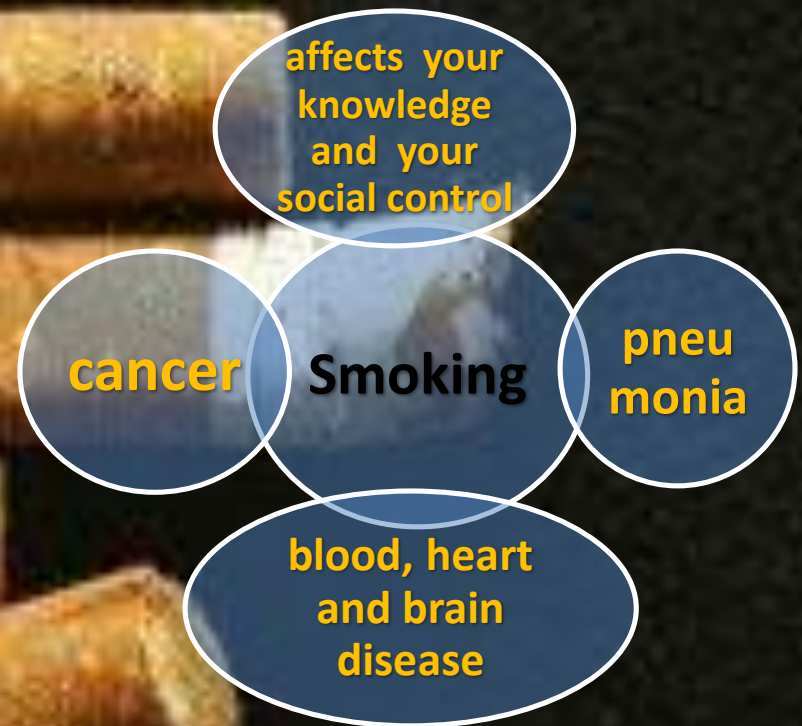
- 2,795 teenagers get pregnant.
- 1,106 teenagers have abortions.
- 10 children die from guns
- 6 teenagers commit suicide
- 211 teenagers are arrested for drug addiction.
- 437 teenagers are arrested for drinking or drunken driving.
- 3,288 children run away from the home
- 1,629 children are in adult jails.

Why do teenagers choose smoking or drinking alcohol?

- Unfortunately a cigarette or a can of beer became a symbol of cool nowadays.
- The main reason of bad habits among pupils of 9-11 forms
- To look cool
- To look older
- Don't want to be odd one out
- Drinking alcohol too little helps to relax and to feel fan
- I smoke/drink alcohol when I have problems in private life (absence of the second half, loneliness, lack of pocket money or parents' misunderstanding)
- Nothing else to do
- Poverty at the home

Smoking

- Medical research has found that smoking is a major contributing factor towards many human health problems, especially lung cancer, heart attack, and other disorders. Research also showed that smoking is an important cause of premature death worldwide.
- Passive smoking (also known as environmental tobacco smoke, involuntary smoking or secondhand smoke) occurs when the exhaled smoke from one person's cigarette is inhaled by other people. Involuntary smoking involves inhaling toxic components. Numerous studies have suggested that passive smoking can be harmful to human health.



Girl with a cigarette...

184 thousand women of the post climacteric period took part in research during seven years, which shows that those women who smokes a cigarette per day are risking develop cancer by 7%. Those who used to smoke two cigarettes increase the risk by 32%.

Daily Telegraph



Shocked facts and the main affects of drinking alcohol

- Alcohol affects every organ in the body.
- Also drinking of alcohol drinks in youth age could be reflected in children psychology.
- There are a lot of professionals who were working in different areas of this big country, who then became alcohol addicted, which then led to scarceness of qualified workers.
- Not all methods and means of treatment of female alcoholism can guarantee result.



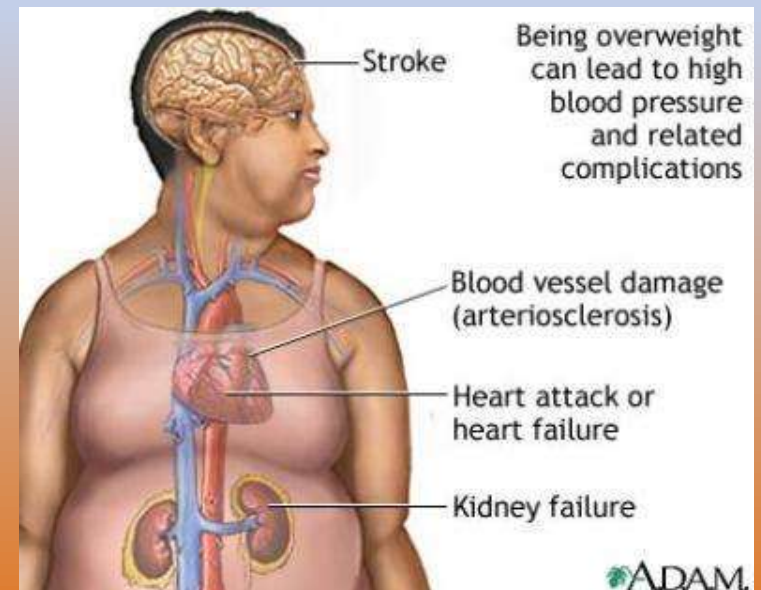
Computer Vision Syndrome

- If you spend all day in front of the computer, you may be at risk for computer vision syndrome (CVS), also called occupational asthenopia. CVS encompasses all eye or vision-related problems suffered by people who spend a lot of time on [computers](#). According to the American Optometric Association, symptoms of CVS include headaches; dry, red, or burning eyes; blurred or double vision; trouble focusing; difficulty distinguishing colors; sensitivity to light; and even pain in the neck or back. As many as 75 percent of computer users have symptoms of CVS due to glare, poor lighting, and improper workstation setup. To overcome CVS, keep your monitor about two feet away from you and six inches below eye level, and be sure it's directly in front of you to minimize eye movement. Adjust lighting to remove any glare or reflections. You can also adjust the brightness on your monitor to ease eyestrain. Even simple steps can help, like looking away from your monitor every 20 or 30 minutes and focusing on something farther away. And you can always use eyedrops to perk up your peepers!



Obesity

- Being obese isn't minimally an issue of having to buy bigger sized clothes or having to formulate superfluous effort when moving, but to a certain extent it presents a larger health risk that may possibly in due course show the way to death.
- Obesity is frequently associated with:
 - cardiovascular diseases
 - type 2 diabetes
 - sleep apnea
 - certain types of cancer
 - certain types of osteoarthritisThis problem is typical of the USA, many European countries and even Japan, China and Russia too.
- What factors lead to the obesity?



SAD FACTS ABOUT EATING HABITS OF OUR SCHOOLCHILDREN



- 4 children in 10 skip breakfast
- 64% snack
- 17% don't regular meals
- 31% eating high fat food
- 40% eating sweets, eating late at night
- 62% prefer fizzy drinks to mineral water or fruit juice
- 3 children in 10 cut out vegetables salads
- 2 children don't drink milk and don't eat fish

Pupils say:

Valeeva Dina



•“In school canteen I eat only low fat food. I understand it's good for my health to follow healthy balanced diet, but I'm a vegetarian that's why I cut out meat and fish...”



“I hate drinking milk! When any dish is cooked from milk I simply skip school-breakfast...”



Karsakbaeva Laure

“I'm from Kirovo that's why I come back home late and often buy fizzy drinks and different crisps or chips. I don't believe it is harmful for my health”



Volkova Irina





“Vegetable salad! I can stand it! I know vegetables are rich in vitamins. But it isn’t tasty at all!...”



Bukatnikova Nastya

“When I sit down to watch TV suddenly it is a commercial interruption. That is the time for me to rush to the refrigerator. I prepare a snack and come back...”



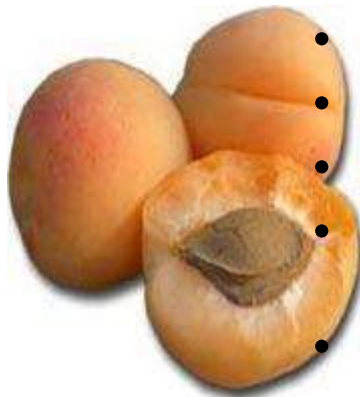
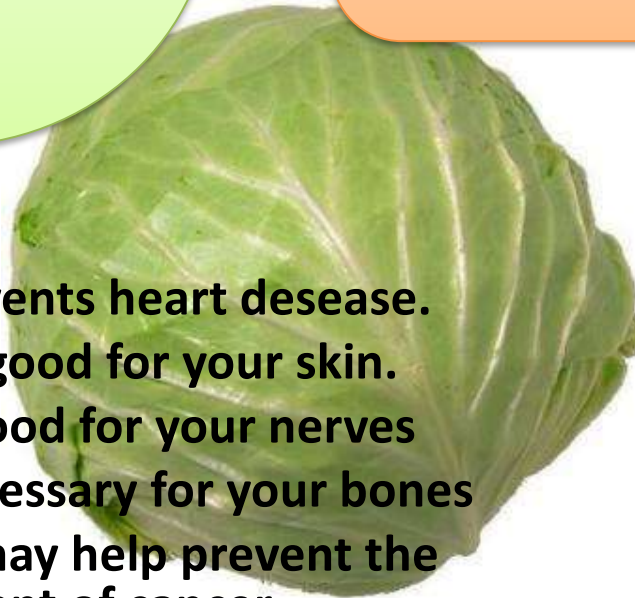
Demisenov Alpamis

DID YOU KNOW?



- Scientists say that if you want to say healthy you should eat five different portions of fruit and vegetables every day. Fresh, dried, frozen fruit and vegetables.

- A can of Coke contains about eight teaspoons of sugar
- Varieties of flavored crisps are full of chemical additives.



- Garlic prevents heart disease.
- Apricot is good for your skin.
- Onion is good for your nerves
- Milk is necessary for your bones
- Cabbage may help prevent the development of cancer
- Carrots are good for your eyesight.



Health and beauty



**Healthy
balanced
diet**



**Beauty
products**



**Feeling
free and
OK**

**How to look
grate?**

**Sleeping
enough**



**Physical
activity**

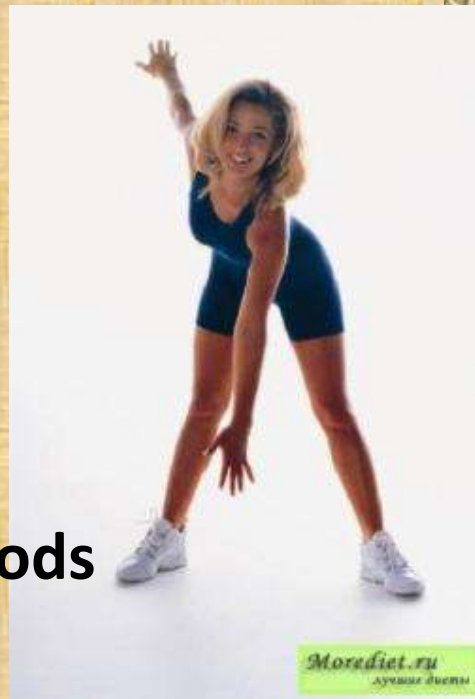


**Going info
sport**



Popular ways to lose weight and avoid gaining it

- Cut out snacks and desserts
- Eat less of everything
- Exercise more
- Cut down on fat
- Don't eat at night
- Eat more fruit and vegetables
- Count calories
- Eat less red meat
- Use Low-calorie foods
- Follow a diet



What are my classmates afraid of?



Koroleva Kristina
Form 9 "B"



KARSAKBAEV HADZH MUKAN



Kunurbaev Erlan
form 9 "B"

- "It is very difficult and stressful for me to prepare for exams..."
- "I am so afraid of taking the national state exams..."
- "Revising for exams can be really tiring ..."
- "... I should give up everything to spend my time studying..."
- "... so I tend to panic in exams"
- "...I get very stressed about exams and spend time worrying not studying... "
- "...Nothing can help me to get all my anxieties..."

For many students of our school, the run-up to important exams is a stressful time. They explain how they cope

Miheeva Alena:



- “Revising for exams can be really tiring, so I try to stay alert by drinking cups of coffee while I’m studying. But the most important thing for me is to make sure I sleep well the night before an exam. I need at least eight hours a night to feel really awake the next day. Before I go to sleep, I put on a CD of my favorite singer, or read a book or magazine – nothing to do with exam...”

Ivanov Maxim:

- “...During exams, I avoid all those negative people who are completely stressed out. I don’t believe in last-minute revision. We usually go for a walk or go round, watch a good video, preferably a comedy. When I go to bed, I simply glance through my notes and this helps me to feel ready for any things the next day...”



Kulmurzina Roza:

- “...I tend to panic in exams so, I have learnt that the best way to cope is to watch the time carefully throughout the exam. I plan how much time I’ll need for each question. Also I made some rough notes on the answer...”



Ten Trips for Coping with Stress

- Communicate
 - Try to plan your life
 - Meet new people
- Stay positive
 - Don't put things off
- Try to solve your problems
 - Breathe deeply
 - Try new things
- Exercise your body
 - Remember to have fun



A scenic waterfall cascading through a lush green forest. The water flows over several tiers of rocks, creating a soft, white mist. The surrounding vegetation is dense and vibrant, with many trees in full bloom, displaying bright pink flowers. The overall atmosphere is serene and natural.

Relaxation
pause

Nidergau's Kato:

Pretty girls answer the question: "How do you care about your appearance?"



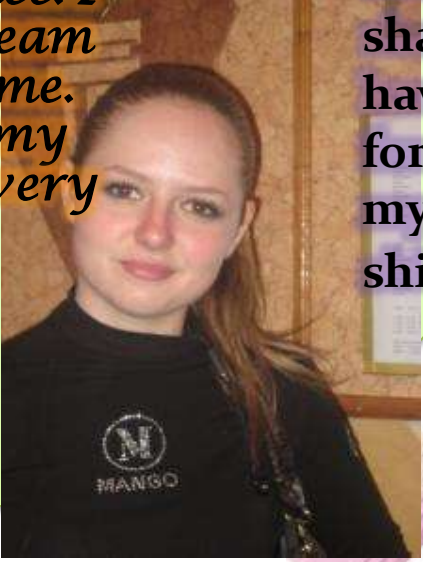
• "I discovered for myself beauty products by the firm "Mia". They contain only natural ingredients. It is very good for young skin..."

Globa Ksenya:

• "I usually wear extravagant hair-style and dye my hair rather often. That's why I wash my hair only with high quality shampoo. For example I have been using "Shauma" for six months. It leaves my hair fairly soft and shiny..."

Astrohenko List

• "...As for me I pay a lot of attention to my appearance. I have been using Nivea cream for younger's for a long time. And my friends consider my skin looks wonderful. It's very smooth..."



Going in for sport

- To be healthy we should not only avoid bad habits, we should go in for sport. Sport builds not only your body, but character too. It helps to be fit and strong, more than that it teaches you to be disciplined succeed. There are many top sportsmen in our school. It's definite they are the most popular and cool pupils in our school.
- But in case if you are not good at sport, don't worry! You can enjoy jogging, hiking, cycling, dancing, doing aerobics or elementary – doing morning exercises and walking in the fresh air before sleeping!



Sleeping plays a very important role for our health

• Some interesting facts from Sleep survey report:

- Sleeping more than 9 hours or less than 6 hours a night can shorten your life.**
- Lack of sleep is leaving millions of people without the energy to work.**
- Nearly half of population believe that the brain rests when the body sleeps. In fact the opposite is true.**
- Sleeping at the weekend instead of getting enough sleep during the week is wrong.**
- Sleeping 7 or 8 hours**
- Getting up early**
- To air the room before sleeping**
- To go for a walk before going to bed**

BAD ADVICE

- *If you want to stay awake all night, follow this advice:*

- Before going to bed, drink several cups of strong coffee.
- Watch horror films every evening.
- Quarrel with all members of your family before bedtime.
- Have supper very late in the evening and eat a lot of spicy and rich food.
- Listen to loud music (“hard rock” is most desirable).
- Lying in bed, ask your mother to tell you some creepy stories.
- Play or work on your computer as long as possible.
- Switch on all the lamps in your room.
- Enjoy your insomnia!*

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