**Secondary school № 490**

**PROJECT**

**«HOW TO STAY HEALTHY»**

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**Introduction.**

Do you know how to stay healthy?

For a healthy life, you need to protect your body.

Your body needs exercise and the right food. Most people can do some exercise. Some people have disabilities, but they can do exercise, too. You don`t need lots of time or equipment to do exercise. Things that you do every day can help you to stay healthy, like walking to the supermarket or to school.  
 Some people need medicines every day to stay healthy. A long time ago, there were no medicines for sick people. Today, there are medicines, but there`s a new problem - people are getting fatter. Many people eat too much. A lot of food today is unhealthy, for example, fast food. Many people don`t do much exercise outdoors. They watch television, use the computer, and play computer games. They travel by car a lot, too.

Think about the exercise that you do and the food that you eat; about your rest - how much time do you sleep or how much time do you spend time outdoors? Exercise, fresh air, water, healthy dream and the right food help you to live longer.

1. **YOUR BODY.**

Your body is amazing. It helps you to walk, work, and play. It helps you to eat, read, listen to, and learn. Inside your body, there are many different parts. They help you to stay healthy.

***Brain.***

The brain tells you what your eyes see! The brain tells you what you see, hear, and touch. It tells your muscles when to move. It helps you to write, speak, draw, and do puzzles. Your brain is amazing!

The brain works all day and at night when you sleep! At night it makes you breathe and it makes your heart work. At night your brain helps you to remember things that you learn in the day.

Protect your brain! Wear a helmet when you ride a bicycle.

***Eyes and Ears.***

Your eyes help you to see the world around you. They open and close many times every day. This is called blinking. When your eyes blink, they wash dirt out of your eyes.

At night your eyes close so you can sleep.

Eyes blink about 15 times every minute!

Your ears help you to listen to music. They help you to listen for cars in the street. Your ears can hear things when you sleep, too!

Protect your eyes and ears! On sunny days, wear sunglasses to protect your eyes. Don’t listen to very loud music – it’s bad for your ears.

***Skin and Hair.***

You have skin everywhere on your body. Your skin helps you to touch things. It helps you to know when things are hot or cold. Skin stops water getting into your body when it’s rainy and when you swim.  
 Hair grows out of your skin. Hair on your arms and legs stands up when you’re cold. Your skin makes sweat when you’re cold. This stops your body getting too hot.

Protect your body! Wash every day, so you can get dirt and sweat off your skin and hair.

***Bones.***

There are bones under your skin.   
 These bones make your skeleton.   
 Your skeleton helps you to stand up.

There are joints in your skeleton, too. Bones meet at joints. Elbows and knees are joints. Joints help you to move. Knee joints help you to jump and kick.  
 A baby has small bones. Bones grow and they make you big and tall.

Your bones stop growing when you are about 20 years old. Then there are 206 bones in your body!

Protect your bones! When you ride a skateboard, wear pads to protect your bones and joints. Wear a helmet to protect your head, too.

***Muscles.***

Muscles! Muscles pull your bones to move your body. Muscles in your legs help you to ride a bicycle. Muscles in your arms help you to row a boat.

There are more than 600 muscles in your body!

Running, swimming, dancing, and riding a bicycle are types of exercise. Exercise makes your muscles, bones, and joints strong, too. We need do exercise every day.

***Nose and Mouth***

You breathe through your nose and mouth. Your nose and mouth take air into your body. You breathe about 15 times every minute.

After exercise, people breathe fast. They can breathe 40 times every minute!

Your nose helps you to smell things. Your mouth helps you to talk and eat. Your teeth bite food so you can eat it. Your body uses food to live and grow.

Protect your teeth! Brush your teeth after breakfast and after dinner, and don’t eat lots of candy.

1. **THE RIGHT FOOD.**

You need to eat the right food. Carbohydrates give your body energy. Fiber helps to move food through your stomach and intestines. Brown bread and brown rise have lots of fiber. Fruit and vegetables also have fiber, and vitamins that help you to stay healthy.

Proteins help your muscles to grow. Meat, fish, and eggs have proteins. Dairy food like milk, yogurt, and cheese have proteins, fat, and calcium. You need calcium for healthy bones. You need iron for healthy blood. Meat, eggs, and green vegetables have iron.

Wash your hands with soap and water to get germs off your fingers. Wash your hands when it’s time to eat.

We need eat lots of fruit and vegetables, and food with proteins and carbohydrates. Don`t eat too much food with sugar, fat, and salt. You need a little fat to stay healthy, but too much fat can make you fat! Too much sugar and salt is unhealthy, too. Sugar is also bad for your teeth. It`s important to brush your teeth every day. When you eat food with sugar, the microbes on your teeth also eat the sugar. This can damage your teeth and make your teeth unhealthy. To keep your teeth healthy, brush them with toothpaste to wash away the microbes. Go to the dentist every year.

The human body contains lots of water. Our body consists of 70% water. We can live for four weeks without food, but we can't live for more than about three days without water. You should drink about seven glasses of water every day.

1. **EXERCISE AND YOUR BODY.**

Exercises help to make your bones and muscles stronger. It also protects you from health problems. It makes you feel good, and it even helps you to work better at school!

    Everyone needs to do exercise to stay healthy. Exercise isn`t only for young, healthy people. Older people and people with health problems or disabilities need exercise, too. Everyone can find an  exercise that they can do. It`s good to do some exercise every day, but you don`t need to go to the sports center all the time. You can play sports in the park and help with jobs at home. Swimming is a good exercise, and most people can do it.

Many people with disabilities can do team sports and athletics, too. Some of the world`s most amazing sports people have disabilities.

When you do exercise, your breathe faster. Your lungs take in more air to give your body more oxygen. Your heart beats faster, so it moves blood to your muscles faster. The blood takes oxygen and food for the muscles to use.

       Your muscles need oxygen to work well for a long time. When you walk, jog, cycle, or swim, you breathe faster to give your muscles the oxygen that they need. This exercise makes you more healthy.

    It`s good to spend time outdoors. Scientists think that it makes you feel happier and it helps you to stay healthy.

  When you are outdoors, it`s easy to do exercise and have fun at the same time. Many people do team sports at school. Cycling and walking are good exercises, too. Some people do exciting adventure sports in the mountains, like climbing or mountain biking.

    You need to spend some time outdoors because your skin uses the sun to make Vitamin D. Vitamin D is important for healthy teeth and bodes. Remember to wear sun cream because the sun can also damage your skin. Wear sunglasses to protect your eyes.

  Some people do the gardening in the countryside. It`s a good way to stay healthy.

1. **REST AND SLEEP.**

    It`s very important to rest. When you do exercise, small pieces of protein in your muscles break. Your body needs time to repair your muscles, and to make them bigger. Don`t make your body work too hard. When you do lots of exercise, it`s important to rest the next day.

    It`s also important to sleep well. Most people sleep between six and eight hours every night. Children need to sleep more than nine hours every night. You need to sleep so that your brain can rest. When you don`t sleep well, your brain can`t work well, and you feel tired and unhappy.

    Remember, you feel good and stay healthy when you do the right things-you should eat well, do exercise, and have lots of sleep.

1. **SMILE AND HEALTH.**

Smiling plays a very important role in your health. People who smile often live an average of 7 years longer than those who rarely smile.

Smile to [look younger](http://www.wikihow.com/Look-Younger)**.** The [muscles](http://www.wikihow.com/Build-Muscle) used to smile lift your face up, which makes people appear much younger.

Smile to stay positive. When you're stressed, try to put on a smile, as it will make you feel happy, and you will appear happy. When you're in [pain](http://www.wikihow.com/Get-Rid-of-Pain), physically or mentally, smile.

Smile to help your immune system work better. Smiling brings about a sense of [relaxation](http://www.wikihow.com/Ease-Depression-with-Relaxation-Techniques), and it is relaxation that helps your immune system to work more efficiently. You can reduce the risk of sicknesses such as the [cold](http://www.wikihow.com/Treat-a-Cold) and the flu by smiling.

Smile to seem more successful**.** People who smile appear more confident.

**Conclusion.**

Remember, you feel good and stay healthy when you do the right things:

* Eat food that`s good for you.
* Drink water every day to protect your body. Water gives you more energy.
* Go to the doctor when you get sick, and go to the dentist every year.
* Do exercise every day.
* Spend more time in the fresh air.
* It`s good to sleep when you are tired.
* Smile to stay positive and healthy.

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