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**УЧЕБНО-ОБРАЗОВАТЕЛЬНЫЙ ПРОЕКТ**

**«ЗДОРОВЫЙ ОБРАЗ ЖИЗНИ»**

**(HEALTHY LIFESTYLE\*)**

***\*проект выполнен на английском языке***

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**INTRODUCTION**

Health is the main value of any person. Good health allows you to achieve many serious goals, while poor health forces its owner to spend a significant part of his life on healing and restorative procedures. Therefore, in order to have good health, you need to lead a healthy lifestyle. To do this, from early childhood, you need to follow a healthy lifestyle.

The purpose of our work is to develop children’s' knowledge of a healthy lifestyle.

Tasks: to find out the factors influencing the state of health; to offer practical recommendations for leading a healthy lifestyle in English.

The object of the study is elementary school students.

The subject of the study is a healthy lifestyle of schoolchildren.

Research methods: literature analysis.

**MAIN PART**

Human health is influenced by a whole group of various factors - heredity, the environmental situation, the level of development of medicine. However, the main factor is the lifestyle that a person adheres to. Fortunately, this is exactly the area that we have the power to regulate ourselves. A healthy lifestyle is one of the hot topics of our time. More and more people, schoolchildren with new technologies, heavy workloads, disrupted daily routines, lead the wrong way of life.

A healthy person is happy - he feels great, gets satisfaction from his work, achieving youthful spirit and inner beauty. The lifestyle includes food, daily routine, working conditions and material and living conditions. These factors are the most important.

The environment is the natural and climatic conditions that depend on the geographical location, as well as the environmental conditions of our home and place of work and their protection from various adverse effects.

**The main factors affecting our health**

**Balanced diet**

Nutrition - the process of consuming and utilizing food for the growth, restoration and vital activity of the body. The human body needs more than 40 essential nutrients that it cannot provide itself and therefore must receive them from outside. Rational nutrition of a child of any age is one of the most important conditions for his health and activity.

**Physical activity**

Physical activity is physical exercises that a person performs during the day, week, month. Motor activity is a biological need of living organisms, no less important than the need for food, water, and sleep.

**Daily routine**

The daily routine is the optimal schedule of work, rest, sleep, nutrition, exercise and any other activities during the day, strictly observed for a long time. Its significance lies in the maximum minimization of energy consumption and in increasing the efficiency of the body, which contributes to health promotion.

**Negative Factors Affecting Health**

1. overeating
2. sedentary lifestyle
3. lack of sleep
4. stress

**CONCLUSION**

Health is the greatest value for a person. Our health is influenced by many factors: climate, politics, economics, and much more. Something we cannot change. But a lot depends on us. To be healthy, to live happily ever after, you need to lead a healthy lifestyle. And this is within the power of every person. You just need to understand that a healthy lifestyle is not some kind of temporary action, these are daily rules adopted for life.

In this study, we have listed practical recommendations, designed them in a presentation.

We would really like our classmates and other schoolchildren to follow the principles of a healthy lifestyle.

Results: In this study, we have listed practical recommendations, designed them in a presentation.