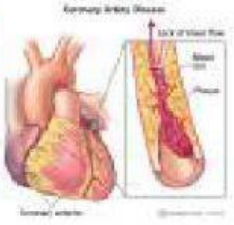
CARDIOVASCULAR DISEASES

➢What is serious cardiovascular disease?

Cardiovascular disease is a term for conditions affecting the heart or blood vessels. It's usually associated with fatty deposits inside the arteries.





➢ What are the risk factors for cardiovascular disease?

Unhealthy diet, physical inactivity, tobacco use, alcohol abuse, living in stress.

➢ Match the images and the risk factors.



alcohol abuse



tobacco use



physical inactivity



living in stress



unhealthy diet

LIVEWORKSHEETS

➢**Watch the video and answer the questions**



What causes the death of coronary cells?

A.Lack of oxygen.
B.Too much oxygen.

Lifestyle choices ...

A. They do not matter.
B. Have little effect on health.
C. They are key.

What is the biggest culprit in heart attack?

A.Lazy cells
B.Plaque
C.Too much oxygen

LIVEWORKSHEETS

Bad health habits

➢ Listen to the audio and fill in the blank.



Sedentarism

Increases overweight and , hypertension, diabetes and blood cholesterol.



Overfeeding

Increases gastroesophageal reflux, gastroenteritis, excess food, or .



Alcoholism

Causes loss of consciousness, , impulsivity, brain development problems, emotional disorders, psychosis.



Drug addiction

Causes depression, , bipolar disorder, attention deficit hyperactivity disorder, antisocial personality disorder.



Gaming disorder

Causes fear of Missing Out, the irrational of battery or leaving home without a cell phone.



Smoking

Causes cancer, , stroke, lung diseases, diabetes and many other diseases.

LIVEWORKSHEETS

Healthy alternatives

➢Drag each tip and drop it into its image.



1. Stay active



2. Maintain good hydration



3. Eat foods with high nutritional value



4. Do sport daily



5. Take care of your personal hygiene



6. Cultivate your social relations

LIVEWORKSHEETS

7. Help others



8. Go offline



9. Learn new things



10. Sleep well



11. Seek your mental balance



12. Avoid additions



LIVEWORKSHEETS