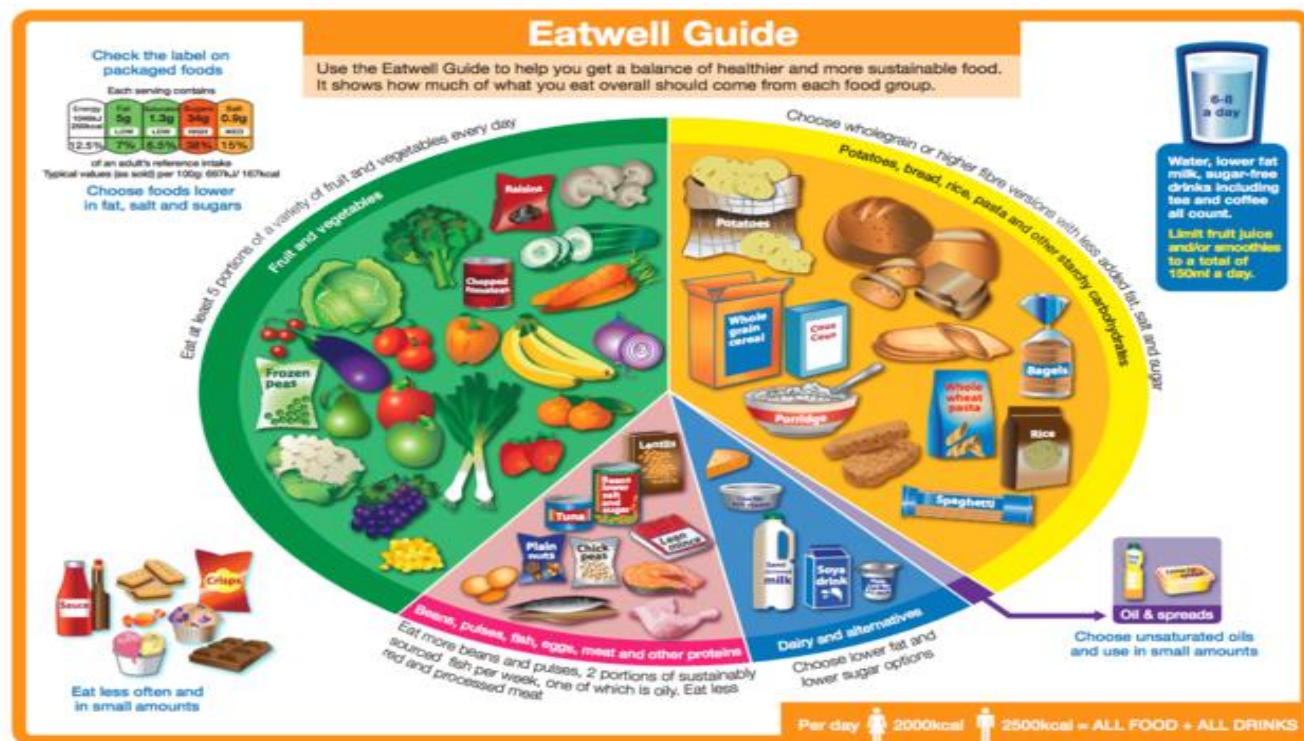




Healthier Choices

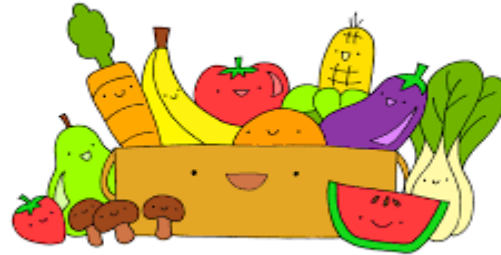


Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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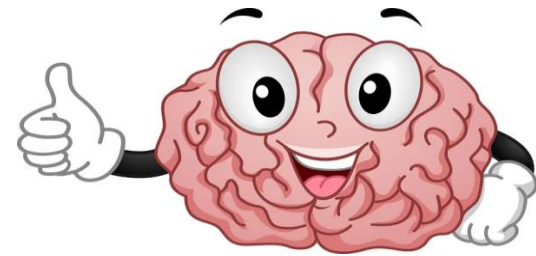
What things can help our body to be healthy

- Healthy foods
- Physical activity
- Sleep/rest
- Drinking water
- Brushing our teeth
- Washing our hands and body
- Learning new things
- Making healthier choices



Why is it important to look after our body

- To help our body to grow and develop
- To help protect our body from illness
- To help our body to recover from illness or injury
- To have energy for our brain and our body
- To take care of our self – physical and mental wellbeing



Things that can be harmful to our body



Smoking



Growing Tobacco - effects on the environment

Deforestation - **It's estimated that 600 million trees are cut down every year to produce tobacco products.**

Cigarette-manufacturing machines use up to **four miles of paper an hour** to roll and package cigarettes.



What is Vaping?

E-cigarettes - Vaping



Disposable Vapes

Approximately 1.3 million disposable vapes are thrown away every week in the UK: enough to cover 22 football pitches.



The Law around Smoking and Vaping

- It is illegal to smoke in a car with someone who is under 18.
- It is illegal for anyone under 18 to buy cigarettes or vapes.
- Shop keepers can be fined for selling cigarettes or vapes to someone under 18.

**IT'S ILLEGAL TO SMOKE IN A
VEHICLE WITH ANYONE
UNDER 18**



**IT IS ILLEGAL
TO SELL TOBACCO
PRODUCTS TO
ANYONE UNDER
THE AGE OF 18**



True or False

Vaping is meant to help people that smoke to quit smoking



True or False

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The age when people can buy cigarettes or vapes is 18



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Cigarettes have over 4,000 chemicals



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