

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ  
КАФЕДРА ІНОЗЕМНИХ МОВ  
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ ЦЕНТР**

**МАТЕРІАЛИ  
VIII МІЖВУЗІВСЬКОЇ НАУКОВО-ПРАКТИЧНОЇ  
КОНФЕРЕНЦІЇ  
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ  
КАФЕДРИ ІНОЗЕМНИХ МОВ**

**“TO LIVE IN A SAFER WORLD”**

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The eighth scientific practical student`s, postgraduate`s and teacher`s  
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## WHAT IS HEALTHY LIVING?

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Healthy living refers to involving yourself in habits that improve your general well being to maintain a functional and metabolic efficiency. Making healthy food choices, staying physically active and maintaining a healthy weight are essential for good health of all people.

Community development is practices of civic activists, involved citizens and professionals to build stronger and more resilient local communities.

Economic development generally refers to the sustained, concerted actions of policy makers and communities that promote the standard of living and economic health of a specific area.

Millions of people fall ill and many die as a result of eating unsafe food.

Genetically modified foods are foods derived from organisms whose genetic material has been modified in a way that does not occur naturally.

Tobacco products are products made entirely or partly of leaf tobacco as raw material.

The consumption of alcohol carries a risk of adverse health and social consequences related to its intoxicating, toxic and dependence-producing properties.

Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure.

Ionizing radiation is the energy or particles produced by unstable atoms of radioactive materials.

Chernobyl accident was a disaster that affected not just Ukraine, Belarus and Russia but the whole world, changing attitudes to nuclear safety on a global scale.

Air pollution is contamination of the indoor or outdoor environment by any chemical, physical or biological agent that modifies the natural characteristics of the atmosphere.

Healthy lifestyle is an important part of our life.