



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

МАТЕРІАЛИ

**XIV ВСЕУКРАЇНСЬКОЇ
НАУКОВО-ПРАКТИЧНОЇ КОНФЕРЕНЦІЇ
СТУДЕНТІВ, АСПІРАНТІВ ТА ВИКЛАДАЧІВ
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ
КАФЕДРИ ІНОЗЕМНИХ МОВ**

«TO MAKE THE WORLD SMARTER AND SAFER»

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**Суми
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WHY IS WATER SO IMPORTANT FOR YOUR HEALTH?

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Nowadays a healthy lifestyle is very popular. Everyone should take care of his health because human well-being, good mood and even the longevity of our life depends on the state of our health.

As we all know a human body consists of 60-70% of water, 24-34% of organic matter and 6% of inorganic substances on the average.

Each of us consumes a large amount of liquid every day namely tea, coffee, milk, various juices, etc. but not pure water unfortunately. As a result our body becomes dehydrated and we feel worse and gain weight. There is a special formula which can help us to use enough water every day.

To find out how much water you have to drink per day, you need to multiply your weight by 35.

3 reasons why it is important to drink water

1) Weight loss

One of the most popular reasons why people start drinking water is their desire to lose weight. One of the main stages of weight loss is the replacement of sugary drinks, juices or alcohol with pure water. Drinking water you can suppress your appetite because most often people are thirsty but they mistakenly think that they are hungry. With the help of water you will be able to control the feeling of hunger. Everyone should have a habit of drinking a glass of cold water in 20-30 minutes before eating.

Why should we drink cold water? Because such water will not cause enlargement of the blood vessels of the stomach and thus will not activate digestion. The stomach will not enlarge and the feeling of fullness will come much sooner afterwards.

2) Healthy heart

Drinking a certain amount of water every day the norm of which is different for each person can reduce the risk of a heart attack. For many years US scientists have been explaining the cause of longevity and they have found that people who drink five or more glasses of water can reduce their risk of heart attack.

3) No headache

The headache that bothers us as we often think for no reason really is caused by dehydration of our body. Most often if you have a headache, the most possible reason for it is the lack of water.

I want to conclude that enough water in our organism is one of the main conditions to implement our desire to have a slim body, good mood and healthy internal organs.

HEALTHY ENVIRONMENT FOR OUR FUTURE

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"Environmental pollution" is a phrase with sounds almost everyday because this problem is very urgent now. It's the greatest trouble of people of all nations. Our planet must be saved. We must do something to prevent the pollution. But few people worry about our environment. Although the consequences of our indifference are terrible. The life of future generations depends on our decisions.

The sustainability discourse started in the 1970s, and the 1992 UN Conference on the Environment and Development recognized intergenerational equity as central for policymaking that safeguards the future. This principle is now found in the constitutions of many countries. But its implementation in the world policy-making, however, is rare. The World Commission on Environment and Development states, "We borrow environmental capital from future generations with no intention or prospect of repaying. We act as we do because we can get away