HEALTH AND WELLBEING

How can we

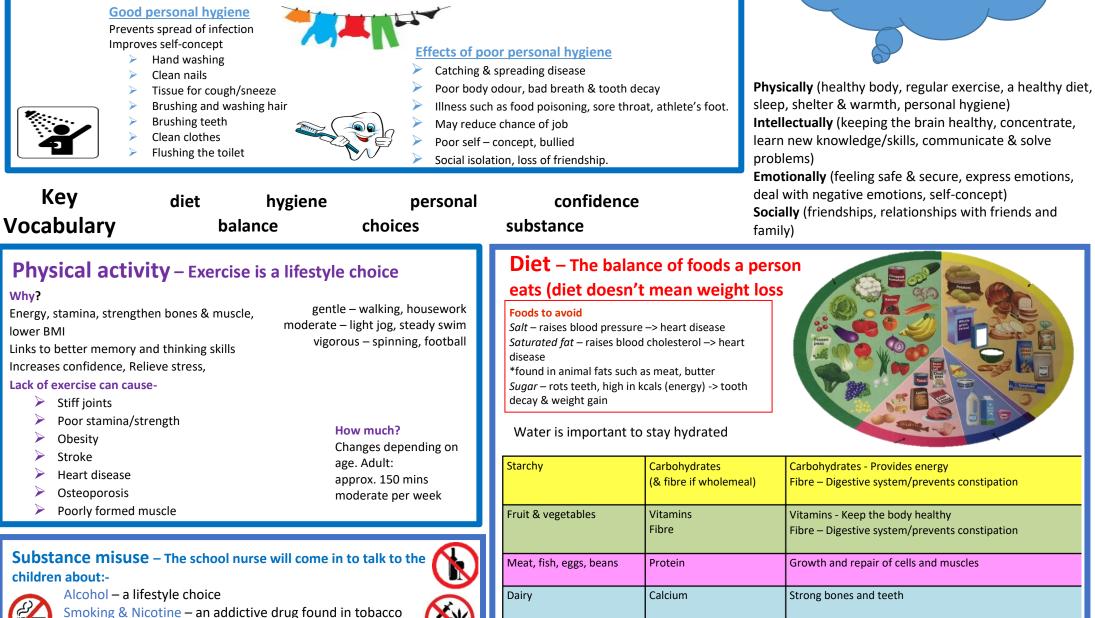
keep healthy as

we grow?

Reduces cholesterol, Keeps the body warm, Protects organs



Drugs - including legal and illegal



Oils

Unsaturated fats