

Someone can make an appointment to see me if they are worried about their health. Who am I?

Doctor

**You should use me to protect your skin.
I have an SPF number. What am I?**

Sun cream

I am in some drinks. There is an age-limit because I am a drug. If people misuse me it can damage their health, especially the liver. Anti-social behaviour can result if people drink too much of me. What am I?

Alcohol

Some people don't like visiting me, but I'm very important to help care for a specific part of your body. Who am I?

Dentist

**I am used in food to improve the flavour.
Too much of me can damage a person's heart,
circulation and kidneys. I am labelled on some
foods so that people know how much of me
has been added. What am I?**

Salt

**I am written on lots of different things and also
am in lots of the country's laws. Video games
show me as a PEGI rating. I can help people
know how old they have to be to buy, use or
do something?**

Age-limit

I am given to babies and children to stop them from catching some illnesses. Adults need me too, for example when they travel abroad or to stop them from getting flu. What am I?

Immunisations/vaccines

I am a legal drug. I can damage a person's lungs and heart. Some people use me to look 'popular' or 'tough'. I make people's breath, clothes and hair smell stale, and their fingers go yellow.

Cigarettes

People should try to do me for 60 minutes every day. I can help a person's body stay fit and healthy. Too little or too much of me can damage a person's health. What am I?

Exercise