Bronze	Silver	Gold
fats	oxygen	circulate
baby	carbohydrate	hygiene
toddler	protein	pulse
child	dairy	decay
teenager	heartbeat	lifestyle
adult	balanced	
elderly	energy	
growth	exercise	
fruit	healthy	
vegetable	muscle	
clean	lungs	
teeth	active	
breathe	germs	
heart	diet	
mouth		
blood		
fit		
sugary		