**Who am I?**

Match the description to the item/person.

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| Someone can make an appointment to see me if they are worried about their health. |  | Alcohol |
| You should use me to protect your skin. I have an SPF number. |  | Dentist |
| 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. |  | Cigarettes |
| Some people don’t like visiting me, but I’m very important to help care for a specific part of your body. |  | Salt |
| 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. |  | Age-limit |
| 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. |  | Immunisation or vaccines |
| 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. |  | Exercise |
| 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. |  | Sun cream |
| 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. |  | Doctor |