

A collection of fresh vegetables is arranged on a white background. On the left, there are several green beans. Next to them is a small red tomato and a yellow bell pepper. In the center is a whole yellow corn cob. To the right of the corn is a large red bell pepper, and on the far right is a yellow squash.

2. Skills of healthy life

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Many things affect our health

Genes

Way of
life

Coincidence

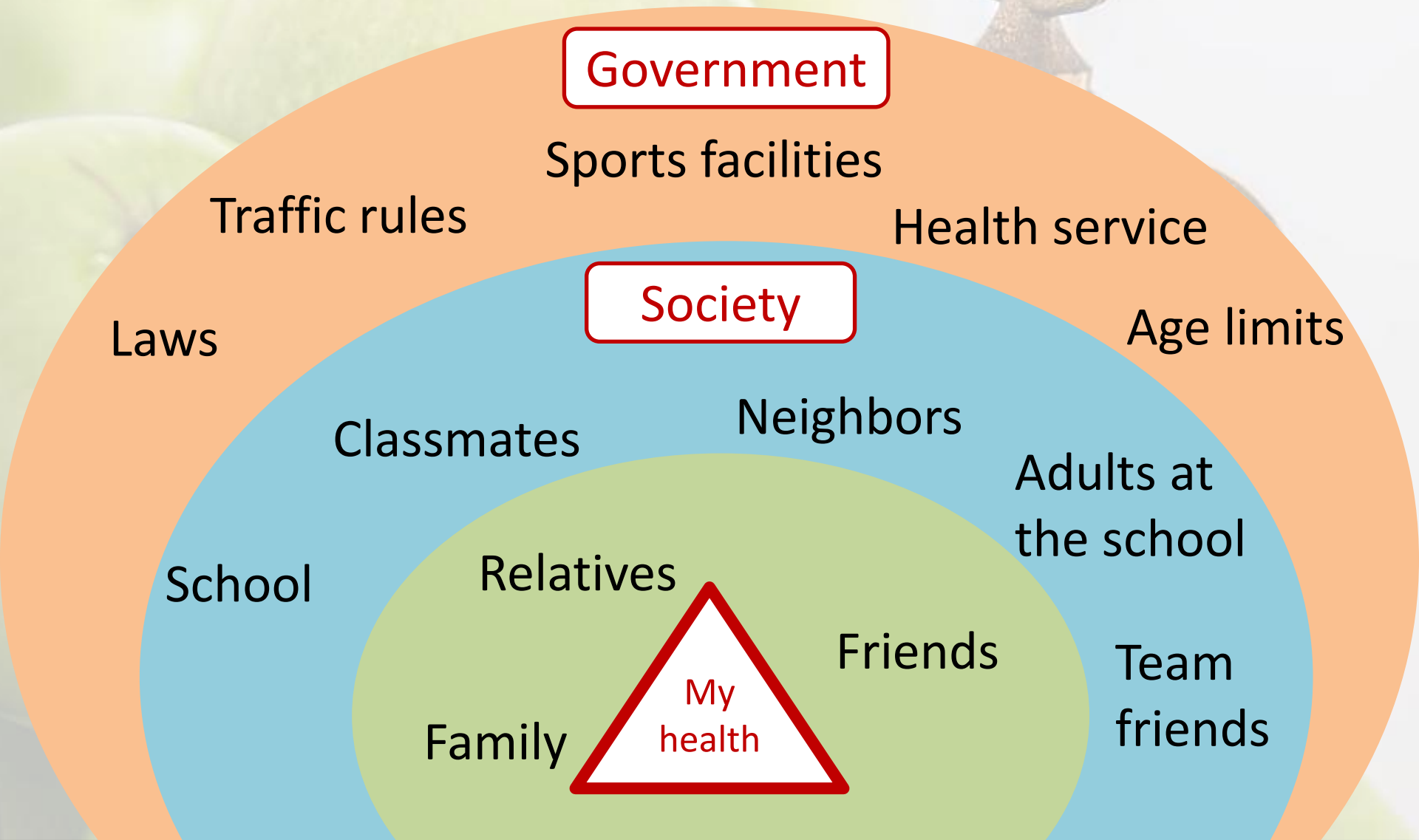


Environment

Know-how of healthy life



Society as the upholder of health



Ponder this...

- Why is it important to be skeptic when making decisions that affect your health?
- Which sources can you trust?

