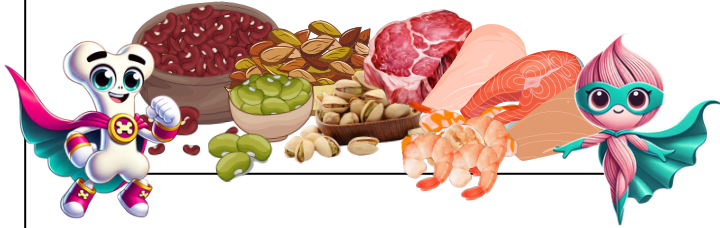


SUPER STRENGTH



Lean meats, fish, beans, and nuts that help build strong muscles.

BRAIN POWER



Eggs, blueberries, whole grains, and leafy greens that help you think and learn.

ENERGY BOOST



Bananas, oats, and whole grain bread that give quick energy for playing and running.

IMMUNITY SHIELD



Oranges, capsicum, yoghurt, and garlic that help fight off germs.

HYDRATION HERO



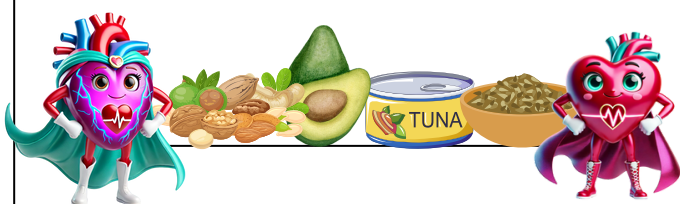
Water, milk, and watery fruits like watermelon or cucumber to keep your body cool and hydrated.

BONE BUILDER



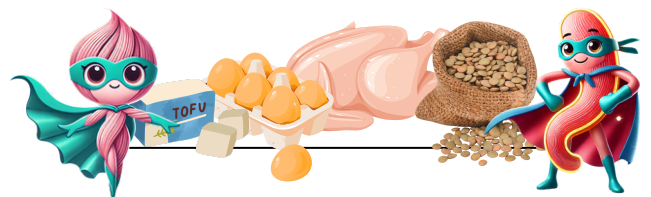
Dairy products, fortified plant milks, almonds, and broccoli to keep bones strong.

HEART HELPER



Oily fish, avocados, nuts, and seeds that keep your heart healthy and strong.

MUSCLE MENDER



Chicken, tofu, eggs, and lentils that repair and grow muscles after exercise