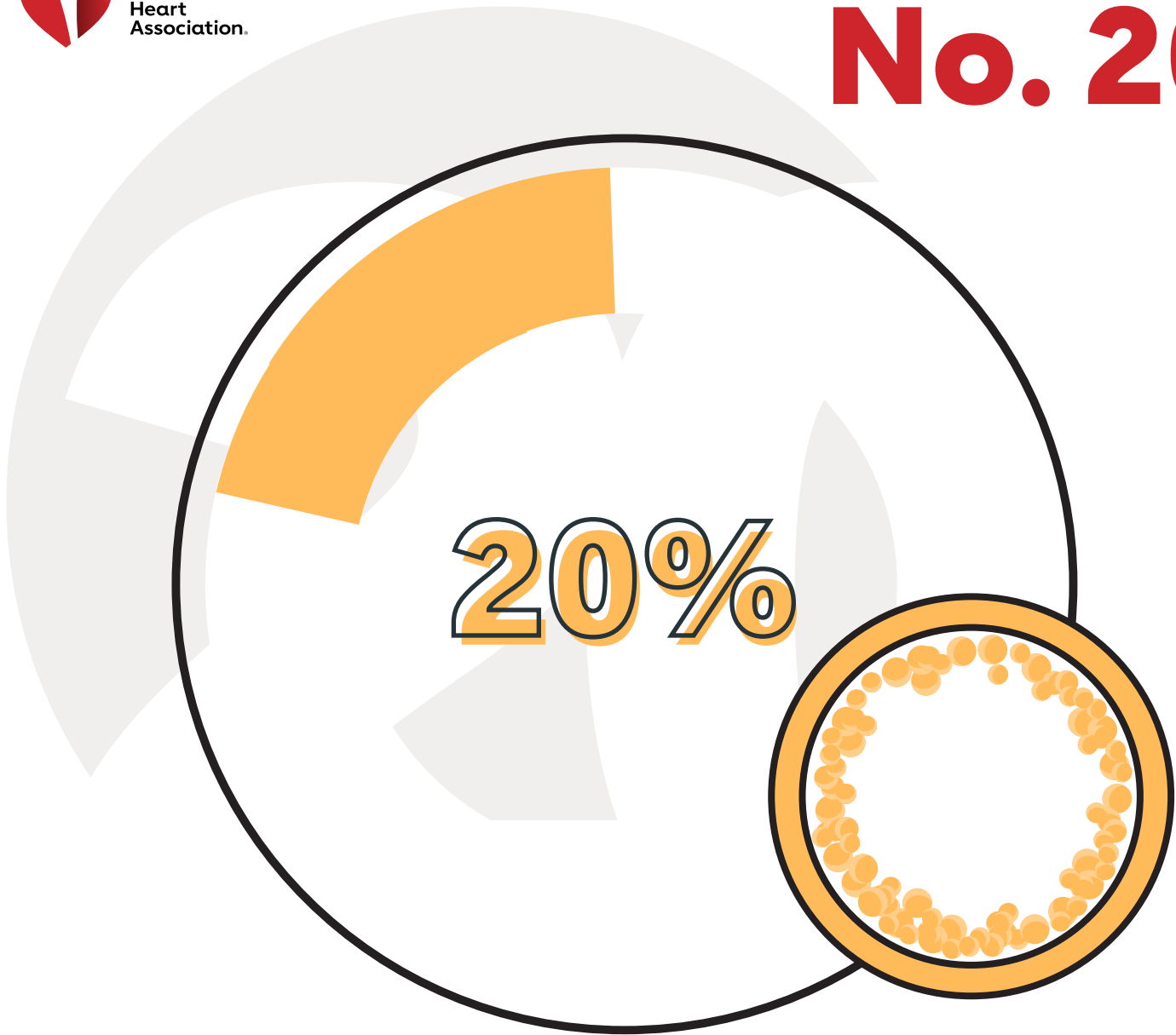


No. 20



Cholesterol isn't just something for older people to be aware of. About 20% of young people ages 12 to 19 have abnormal lipid levels.

No. 20

Directions:

Explain to students that cholesterol is a waxy, fat-like substance found in cells. The human body makes cholesterol, but it is also found in food. If a person has high cholesterol, it can lead to heart disease. Lead students in a discussion about why it is important to take care of their hearts and some ways they can do so.