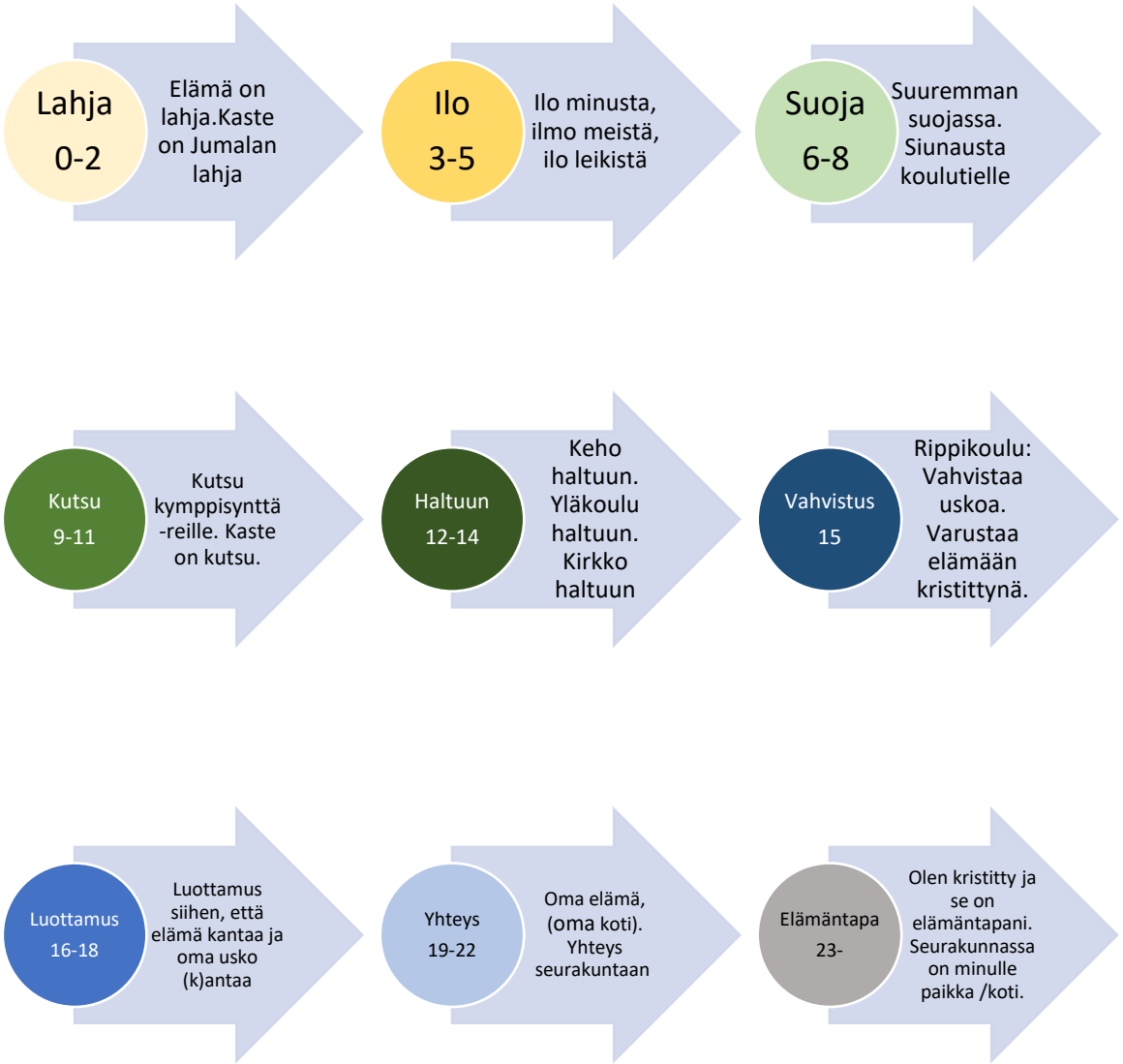Kasvun polun ikäkaudet (etapit) ja teemat