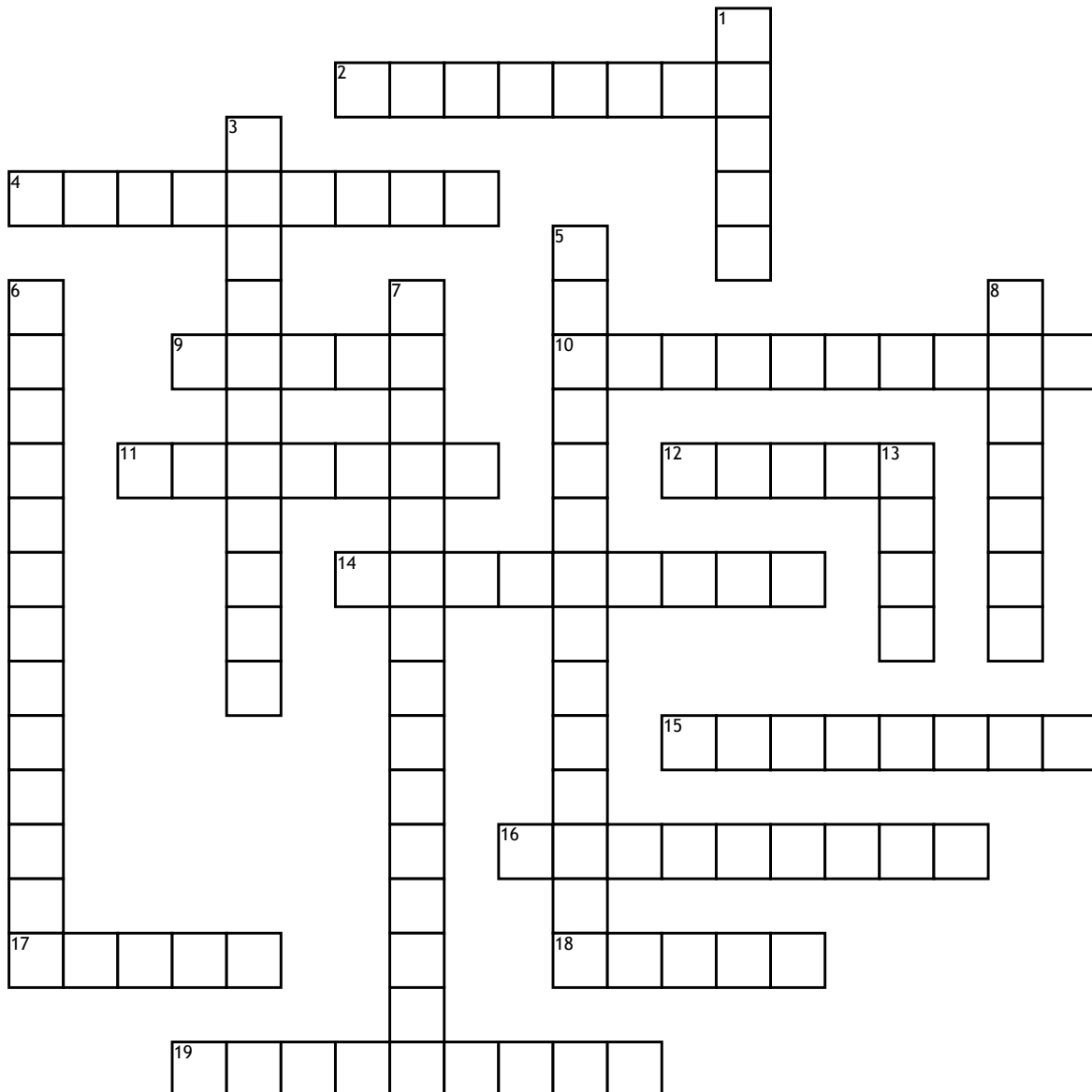


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Personal Hygiene



## Across

- 2. Regular cleansing helps prevent the accumulation of this
- 4. Minimizes smell under armpits
- 9. Change your tooth brush after this many months
- 10. Sugary foods and drinks like soda and candy cause
- 11. Who should you go to every 6 months?
- 12. Beside brushing your teeth, you should also do this
- 14. Every day you should change into clean...

- 15. Cells consume food and make waste products left on your skin, mouth, underarms and private areas causing?
- 16. After using the bathroom, always...
- 17. You should change what on your feet at least once a day
- 18. You should brush your teeth at least this many times a day
- 19. Should include the use of soap, water, and a clean dry towel

## Down

- 1. Trim these weekly

- 3. The hardest material in your body
- 5. Lessens the amount you sweat
- 6. For hand washing, the minimum amount of time taken to lather and scrub hands
- 7. The care an individual gives to his or her to stay clean and healthy
- 8. This is essential for strong teeth and bones(Milk, cheese, yogurt)
- 13. The body's first line of defense against germs, bacteria, and viruses