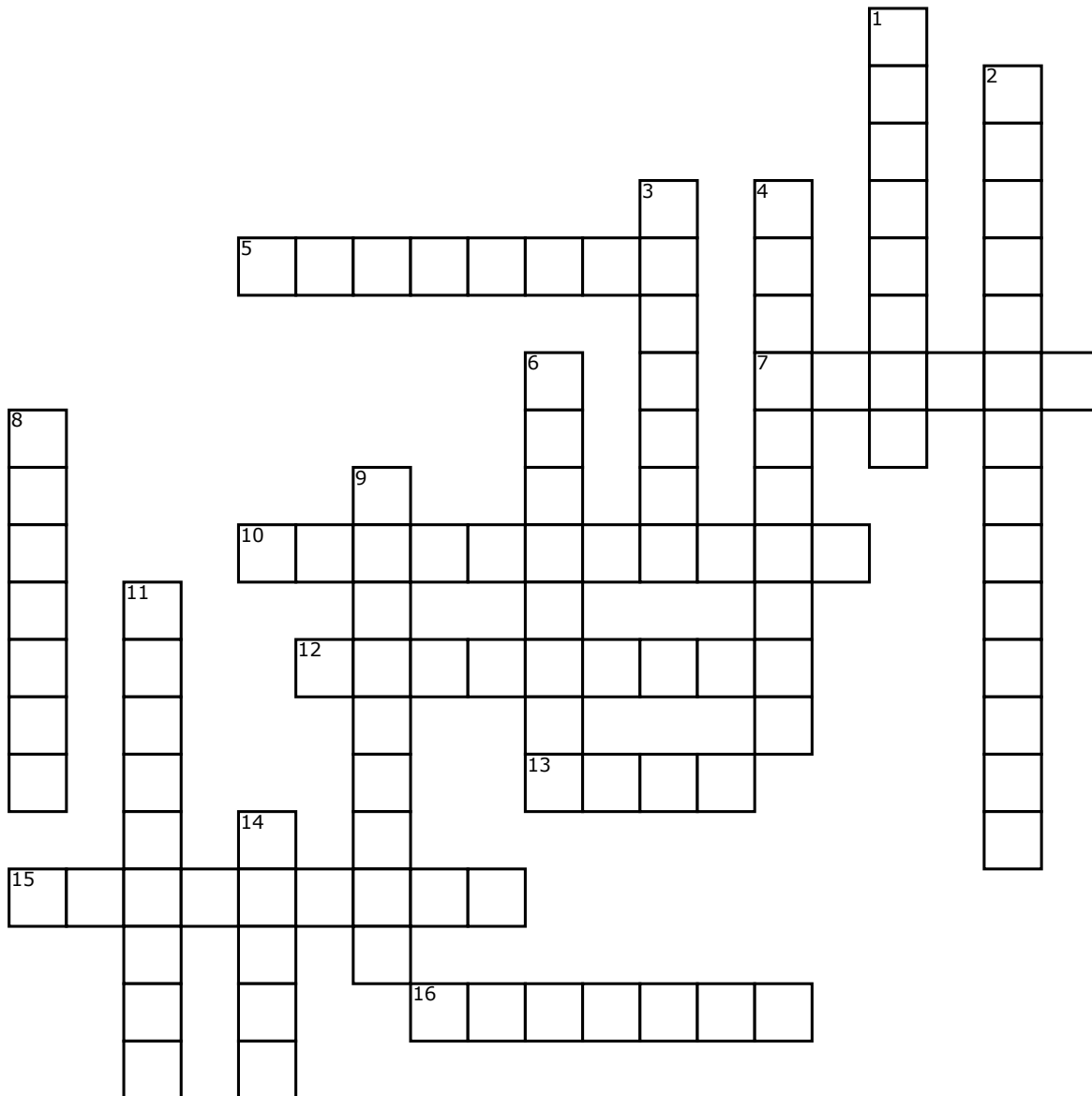


# Personal Hygiene



## **Across**

**5.** You should use this every time you take a shower.

**7.** Do this everyday to keep your body smelling good and feeling good.

**10.** Use this on your hair every time you wash it to keep it soft.

**12.** Rinsing your clothes is not enough, use this to make sure they are clean.

**13.** These are bumps you can get on your face or body as you get older caused by bacteria deep in your pores.

**15.** This makes your armpits smell good.

**16.** Fingernails and toenails need to be \_\_\_\_\_

once per week.

## **Down**

**1.** This is sure to happen if you don't practice good personal hygiene.

**2.** This decreases the amount of sweat in your armpit.

**3.** Rinsing your hair is not enough, use this to keep it clean and shiny.

**4.** Do this twice a day to keep the plaque away.

**6.** \_\_\_\_\_ mixes with sweat to produce body odor.

**8.** This is the time in your life when your body begins to change and develop.

**9.** You need to wear clean \_\_\_\_\_ every single day.

**11.** When we don't brush or floss our teeth we are certain to suffer from this.

**14.** It is very important to put on clean, dry \_\_\_\_\_ everyday.