

# Always Changing & Growing Up

## Activity Sheet 5

### Myths and Facts about personal care

A lot of changes that occur during puberty are hidden – they happen inside your body, or you can't see them because they have to do with how your body is developing or feeling. See if you can find the following words – they all have to do with hidden changes.

#### 1. Skin Care

- a. A daily skin-care plan can help control pimples.
- b. Stress can contribute to skin problems.
- c. A lot of sun is good for acne.
- d. Chocolate and greasy foods cause pimples.
- e. Scrubbing your face helps eliminate blemishes.
- f. Some people can get pimples by frequently resting their face in their hands.

**True**

**False**

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#### 2. Dental Care

- a. Daily flossing removes food between teeth that can cause bad breath.
- b. Gums that are red, swollen and bleed are healthy.
- c. Tobacco and caffeinated drinks do not stain teeth.
- d. Fluoride toothpaste helps to prevent tooth decay.

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#### 3. Staying Fresh and Dry

- a. Deodorants reduce the amount of odour causing sweat.
- b. Antiperspirants and deodorants work best on clean skin.
- c. Daily washing or bathing helps reduce the bacteria that can lead to odour.
- d. Eccrine glands produce perspiration that can lead to odour.
- e. Sweat serves no useful function to the body.
- f. The apocrine glands become active during puberty.
- g. Drinking water reduces the concentration of perspiration.
- h. There are 24 eccrine glands in the body.
- i. Males tend to produce more sweat than females.

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