

Always Changing & Growing Up

Activity Sheet 5

Myths and Facts about personal care

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.

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