

Always Changing & Growing Up

Activity Sheet 7

Scrambled Words

Here's a fun way to remember important facts about health and hygiene.

Read the clue on the right, then unscramble the letters on the left and write your answer in the blank space.

Unscramble the circled letters, and complete the sentence at the bottom of the page.

1 R I O N T N T I U _____ You get this from the nutrients in food.

2 C (E) X I S E R E _____ A way to improve your strength and coordination.

3 P O O M S (H) A _____ You wash your hair with this.

4 O O E D (N) A R T D _____ Use this under your arms.

5 A L (G) S N D _____ These produce sweat and oil.

6 C N A E _____ Hormones, not chocolate, cause this.

7 T R (I) D _____ When this blocks pores, skin breaks out.

8 (E) U R T O P S _____ This is good when you are standing or sitting up straight.

9 (Y) C I V T A _____ This can happen if you don't take good care of your teeth.

Puberty is the perfect time to start practicing good _____.

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