

# 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 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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