Scrambled Words
Here’s a fun way to remember important facts about health and grooming.
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.

Puberty is the perfect time to get in great physical ___ ___ ___ ___ ___.