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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Personal Hygiene

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|  |  |  |  | 3T |  |  |  |  |  |  |  |  |  I |  |  |  |  |  |  |
| 4D |  E |  O |  D |  O |  R |  A |  N |  T |  |  |  |  |  L |  |  |  |  |  |  |
|  |  |  |  |  O |  |  |  |  |  | 5A |  |  |  S |  |  |  |  |  |  |
| 6T |  |  |  |  T |  |  | 7P |  |  |  N |  |  |  |  |  |  |  | 8C |  |
|  W |  |  | 9T |  H |  R |  E |  E |  |  | 10T |  O |  O |  T |  H |  D |  E |  C |  A |  Y |
|  E |  |  |  |  E |  |  |  R |  |  |  I |  |  |  |  |  |  |  |  L |  |
|  N |  | 11D |  E |  N |  T |  I |  S |  T |  |  P |  | 12F |  L |  O |  S | 13S |  |  C |  |
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|  Y |  |  |  |  M |  | 14U |  N |  D |  E |  R |  W |  E |  A |  R |  |  I |  |  U |  |
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| 17S |  O |  C |  K |  S |  |  |  E |  |  | 18T |  W |  I |  C |  E |  |  |  |  |  |
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| **Across****2.** Regular cleansing helps prevent the accumulation of this**4.** Minimizes smell under armpits**9.** Change your tooth brush after this many months**10.** Sugary foods and drinks like soda and candy cause**11.** Who should you go to every 6 months?**12.** Beside brushing your teeth, you should also do this**14.** Every day you should change into clean...**15.** Cells consume food and make waste products left on your skin, mouth, underarms and private areas causing?**16.** After using the bathroom, always...**17.** You should change what on your feet at least once a day**18.** You should brush your teeth at least this many times a day**19.** Should include the use of soap, water, and a clean dry towel | **Down****1.** Trim these weekly**3.** The hardest material in your body**5.** Lessens the amount you sweat**6.** For hand washing, the minimum amount of time taken to lather and scrub hands **7.** The care an individual gives to his or her to stay clean and healthy**8.** This is essential for strong teeth and bones(Milk, cheese, yogurt)**13.** The body's first line of defense against germs, bacteria, and viruses |