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

Personal Hygiene

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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 |