

Name

Date

LESSON 1

Develop Vocabulary

Caring for Your Body

Directions: Use the clues to complete the puzzle.

Across

5. Taking care of your body and appearance
7. A series of tests that measure your health status

Down

1. A lotion or cream that blocks the sun's harmful rays
2. The steps your body goes through during sleep
3. A curving of the spine to one side of the body
4. The way you hold your body as you sit, stand, and move
6. The stage of sleep when you dream
8. A skin disorder in which clogged pores become inflamed, or swollen

Vocabulary

acne
grooming
medical checkup
posture
REM
scoliosis
sleep cycle
sunscreen

