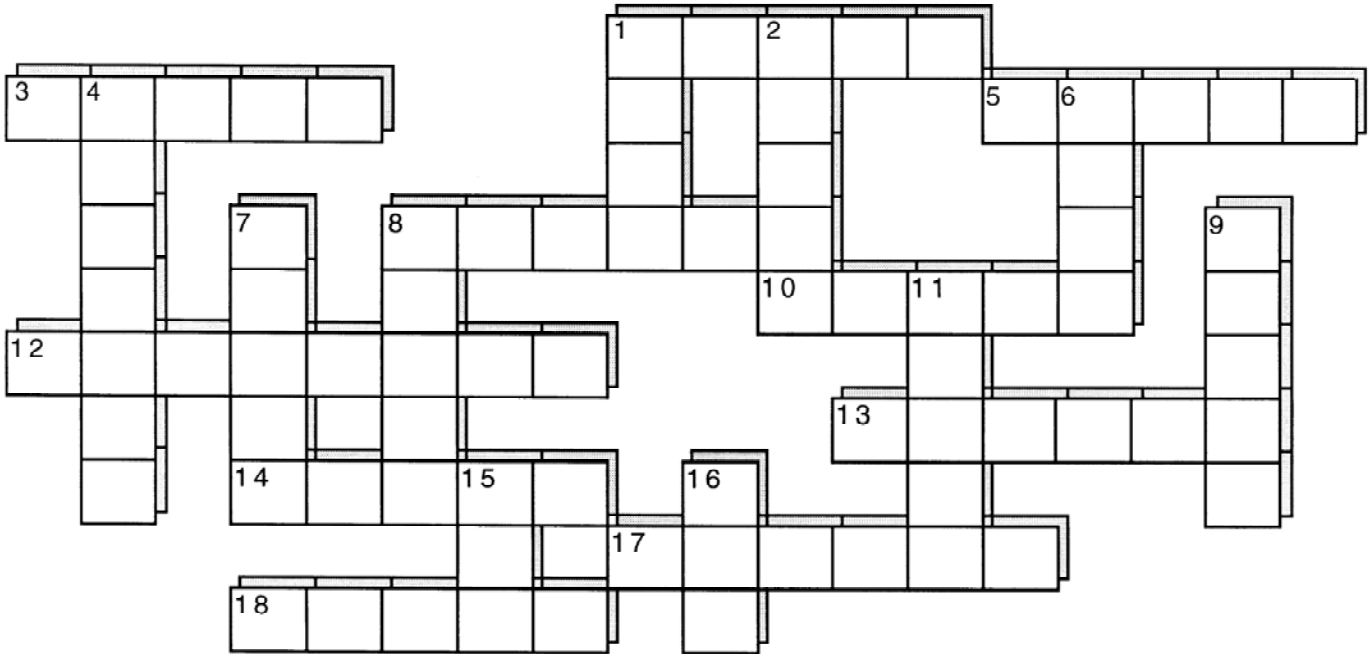


Stay Healthy and Solve the Crossword Puzzle!

Solve the crossword puzzle by reading the clues below then writing in the words across and down.



Across

- 1) To stay healthy, drink lots of ___ every day.
- 3) When your nose is stuffed, sometimes you can't ___.
- 5) Your doctor listens to your ___ beat.
- 8) Wear a ___ when it's cold out .
- 10) Wash your ___ after you use the bathroom.
- 12) Only take ___ that your doctor or your parents give to you.
- 13) Eat lots of ___ and vegetables every day.
- 14) Be sure to get lots of ___ each night so you won't be tired the next day.
- 17) If you smoke cigarettes, you could get lung ___.
- 18) If you ___ smoking, it can be very hard to stop.

Down

- 1) You can take a ___ around your block to get some exercise.
- 2) Go to the dentist if you have a ___ ache.
- 4) Wear ___ on your hands to keep them warm in the winter.
- 6) If you try to read something in the dark, you could hurt your ___.
- 7) It's not healthy if you eat too many greasy french ___.
- 8) Drink a glass of orange ___ with your breakfast.
- 9) Use a tooth ___ to clean your teeth.
- 11) If you feel sick at school, go see the ___.
- 15) Don't put anything in your ___ or you won't be able to hear.
- 16) If you are sick, you could take a ___ to get some rest.

Answers to the crossword puzzle

1) water	10) hands	17) cancer	8) jacket
3) smell	12) medicine	18) start	5) heart
4) eyes	13) fruits		14) sleep
2) tooth	14) sleep		9) brush
7) fries	15) nurse		16) nap
1) walk			
6) eyes			
4) mittens			
2) tooth			
8) juice			
15) ear			
7) fries			
16) nap			

Down

Across