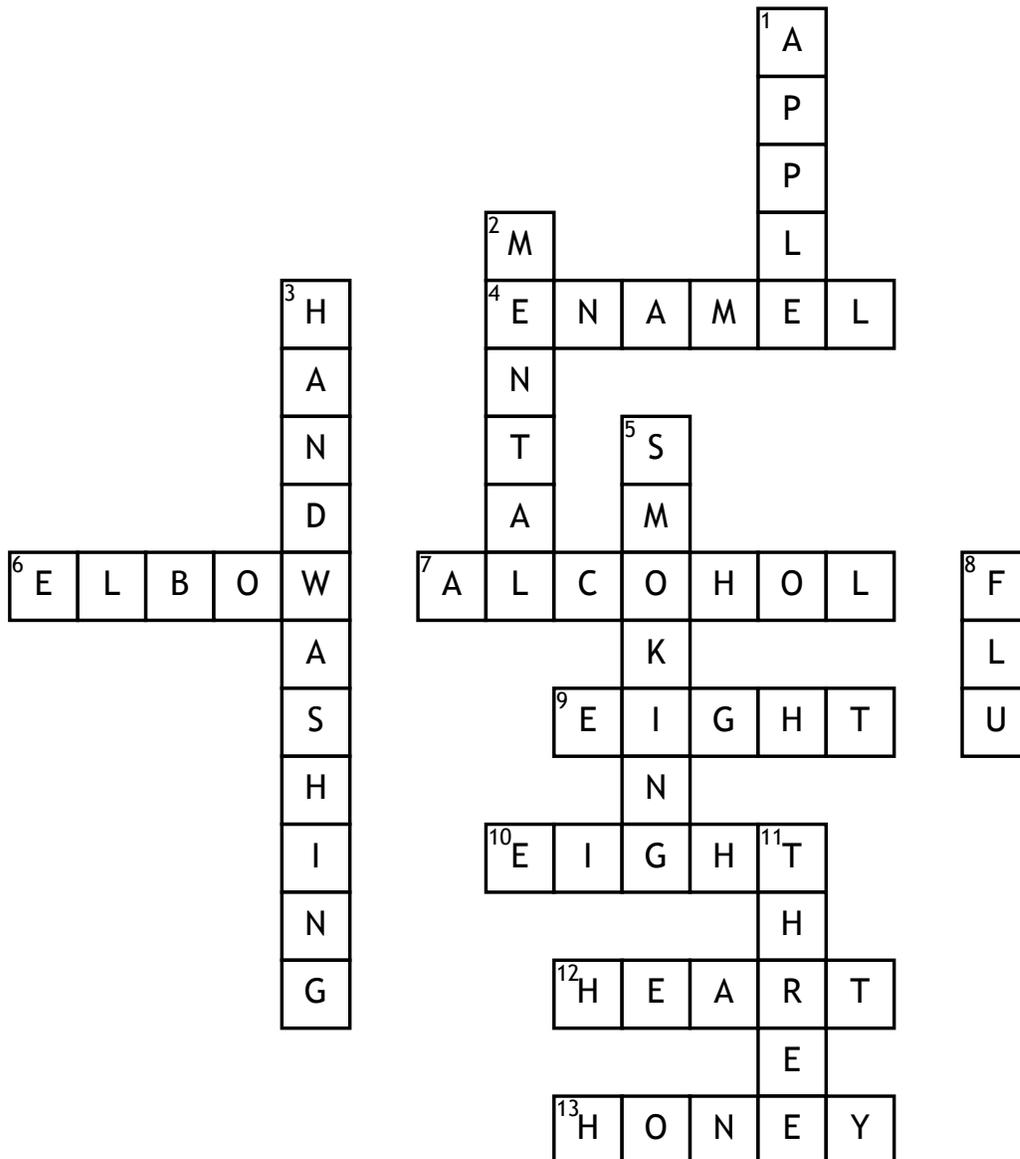


Name: _____

Date: _____

Health and Wellness Crossword Puzzle



Across

- 4. aa
- 6. You should always cough into this (Not your hands!)
- 7. Drinking this is bad for your liver.
- 9. About how many hours of sleep should you get a night?
- 10. You should drink ___ glasses of water a day.

- 12. Swimming and running are good for your ___?
- 13. Using this as a sweetener in tea can help with sore throats and coughing, and it is healthier than sugar.

Down

- 1. "An ___ a day keeps the doctor away"
- 2. This type of health is as important as physical health.

- 3. This is the best way to prevent the spread of germs.
- 5. This can cause lung cancer and kills 20% of people.
- 8. You should get this vaccine every year.
- 11. The average brain weighs ___ pounds.