

# Health Education Puzzle #2

Find the words in the list hidden in the puzzle grid below.

A	F	T	E	X	E	R	C	I	S	E
Z	D	E	H	B	H	L	X	Y	Z	I
W	V	O	O	T	F	C	T	I	C	H
I	O	J	L	E	W	I	F	D	U	Y
E	D	A	I	E	S	Y	J	A	Z	G
U	E	L	U	E	S	Z	J	I	T	I
H	E	L	B	E	L	C	X	P	C	E
R	I	O	V	E	W	G	E	P	K	N
P	L	A	Q	U	E	P	L	N	Z	E
U	B	J	O	U	R	N	A	L	C	K
A	B	S	T	I	N	E	N	C	E	E

The transition from being a child to an adult

Stress management program discussed in class

One way to relieve stress is to write about it in a...

A good, physical, way to relieve stress

The science of health

Physical & Mental well-being and freedom from disease

The body needs a good balance of proteins, carbohydrates, and \_\_\_\_\_

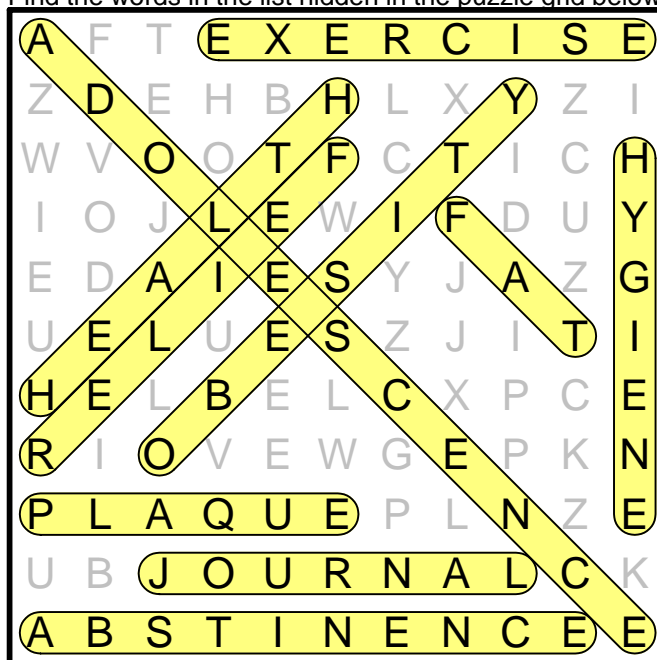
Word meaning "excessive body fat"

Soft bacteria deposits in the mouth is known as Dental \_\_\_\_\_

The only sure method of preventing STDs

## Health Education Puzzle #2

Find the words in the list hidden in the puzzle grid below.



The transition from being a child to an adult

\*Adolescence

Stress management program discussed in class

\*Relief

One way to relieve stress is to write about it in a...

\*Journal

A good, physical, way to relieve stress

\*Exercise

The science of health

\*Hygiene

Physical & Mental well-being and freedom from disease

\*Health

The body needs a good balance of proteins, carbohydrates, and \_\_\_\_\_

\*Fat

Word meaning "excessive body fat"

\*Obesity

Soft bacteria deposits in the mouth is known as Dental \_\_\_\_\_

\*Plaque

The only sure method of preventing STDs

\*Abstinence