

## TAKING CARE OF YOURSELF

SUGAR  
WATER  
UNPLEASANT  
NOISE

GROW  
LOSE  
DENTIST  
TEETH

JUNE  
EIGHT  
FRAMER A

SOFT  
PLEASANT  
LYING

1. \_\_\_\_\_ is good for the eyes.

2. For better results \_\_\_\_\_

3. A frequent source \_\_\_\_\_

4. Drink at least 8 glasses of \_\_\_\_\_ a day.

5. Sleep at least \_\_\_\_\_ hours a day.

6. A \_\_\_\_\_ makes \_\_\_\_\_ sound.

7. Goggles make \_\_\_\_\_