



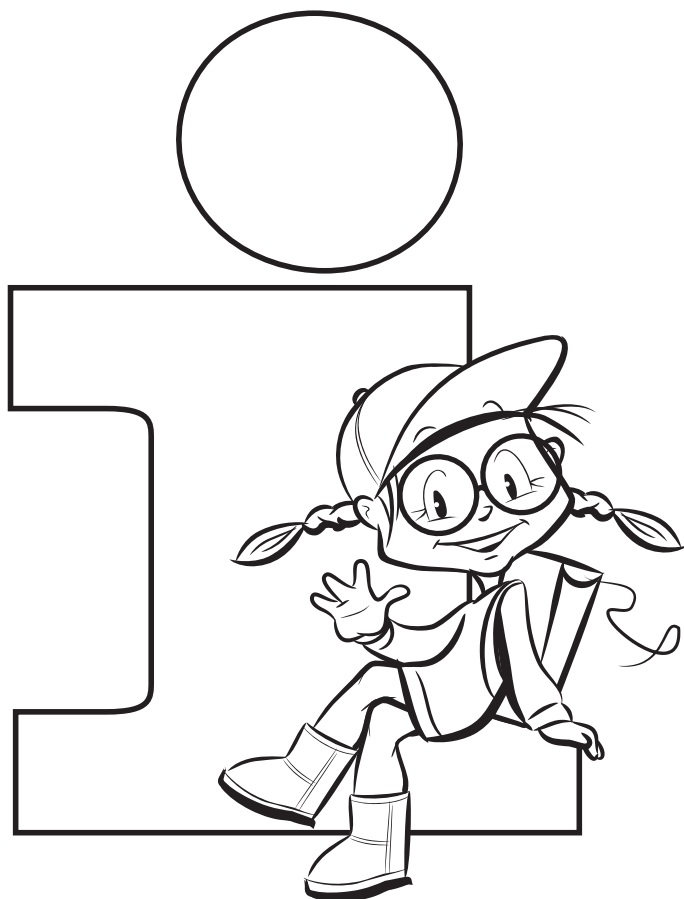
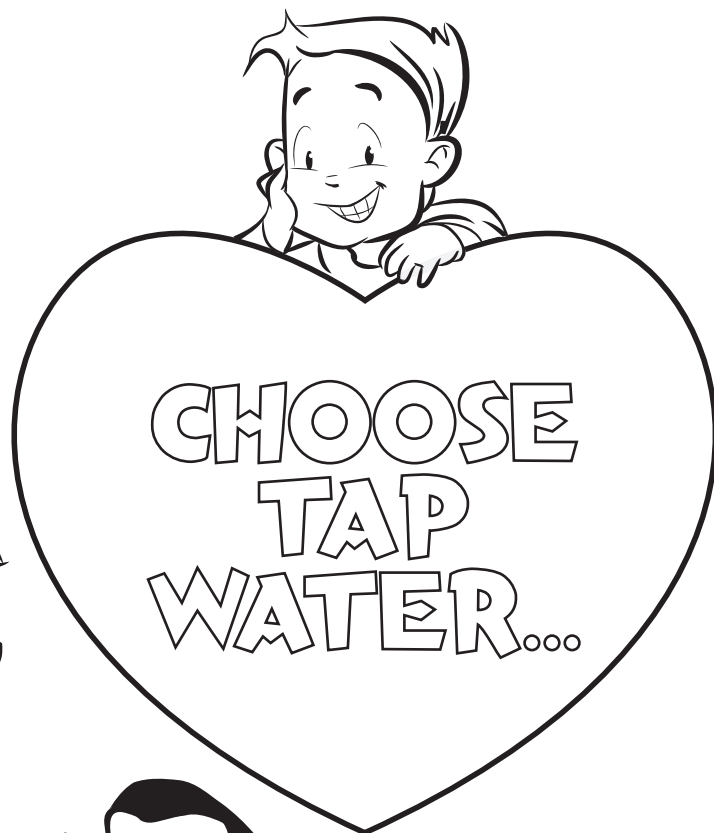
Make it a habit!

Brushing your teeth 2 minutes 2 times a day keeps your mouth healthy and smile bright.

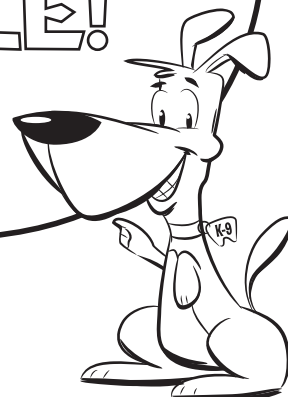
And when you're thirsty, choose tap water. Make it a habit for a great smile!

Fill in the calendar dates in the corner then check off each of the 2 boxes every time you brush.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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...FOR A
SPARKLING
SMILE!

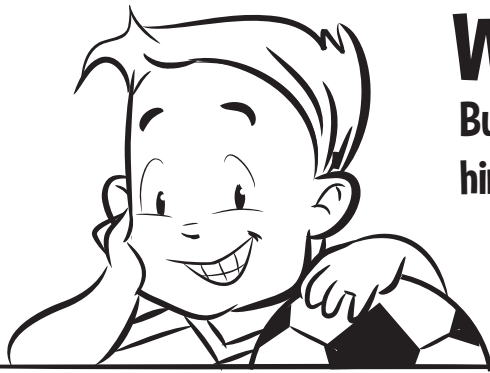


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What to choose?

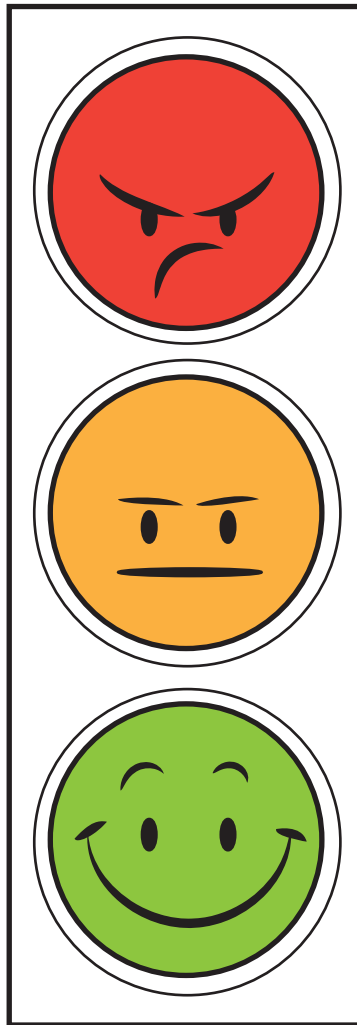
Buck is very thirsty after his soccer game. Can you help him select the best choices to satisfy his thirst?

HINT:

Drinks loaded with added sugar are not healthy choices and should be avoided! Draw a line connecting those drinks to the **RED LIGHT**.

Drinks with some added sugars and sweeteners should only be chosen occasionally. Draw a line connecting those drinks to the **YELLOW LIGHT**.

The healthiest beverages have no added sugar or artificial sweeteners. Draw a line from the healthiest drinks to the **GREEN LIGHT**.



Tap Water



Milk



Sweetened coffee drink



Fruit smoothie



Low-calorie sports drink



Regular soda



Sports drink



Lemonade



Unsweetened soy 'milk'



Fruit punch



Energy drink



Flavored milk

BONUS! Can you guess how many teaspoons of added sugar are in a 12 oz. serving of each of these drinks?

TAP WATER _____

MILK _____

UNSWEETENED SOY 'MILK' _____

LOW-CALORIE SPORTS DRINK _____

FLAVORED MILK _____

FRUIT SMOOTHIE _____

REGULAR SODA _____

ENERGY DRINK _____

SPORTS DRINK _____

SWEETENED COFFEE DRINK _____

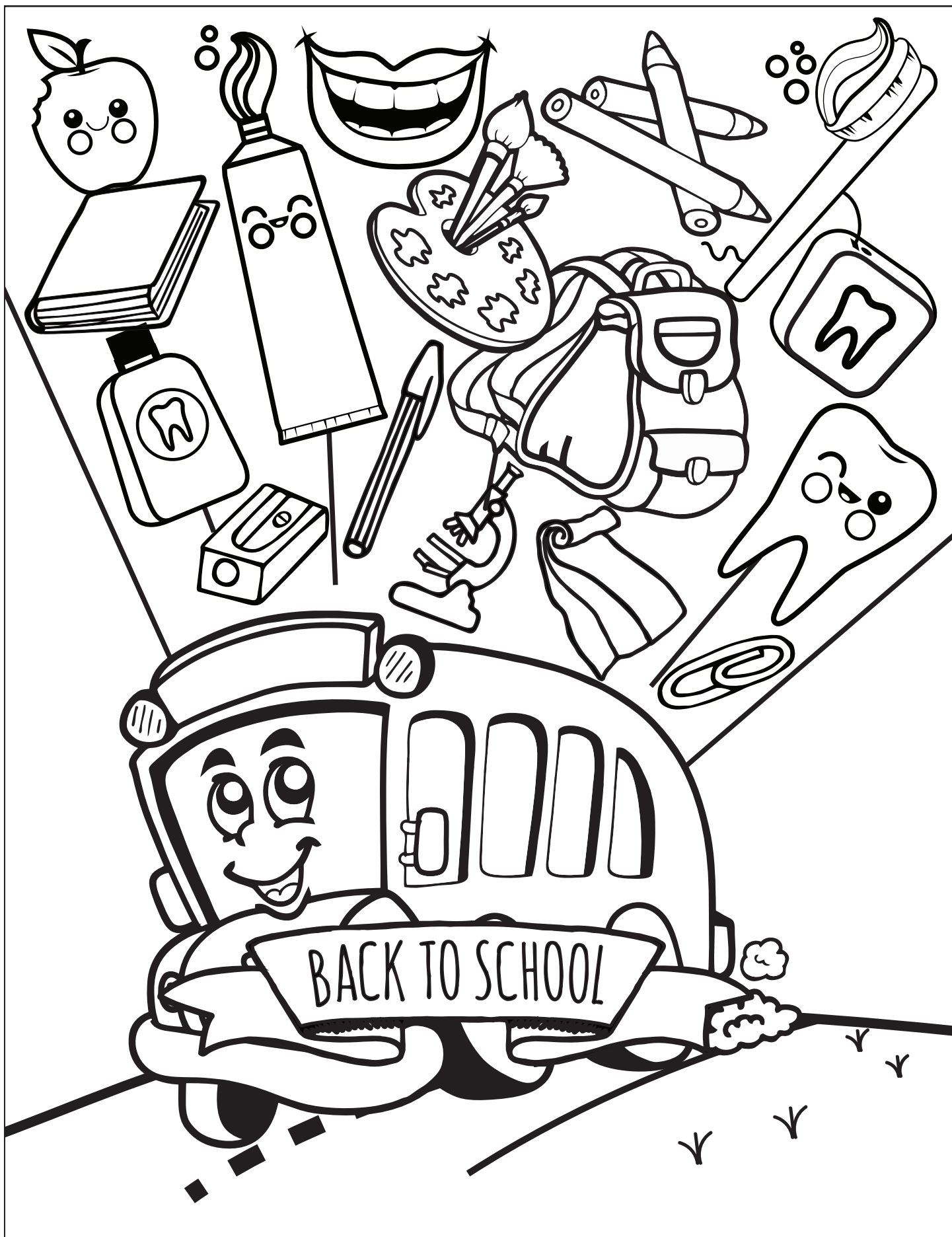
SWEETENED ICE TEA _____

FRUIT PUNCH _____

LEMONADE _____

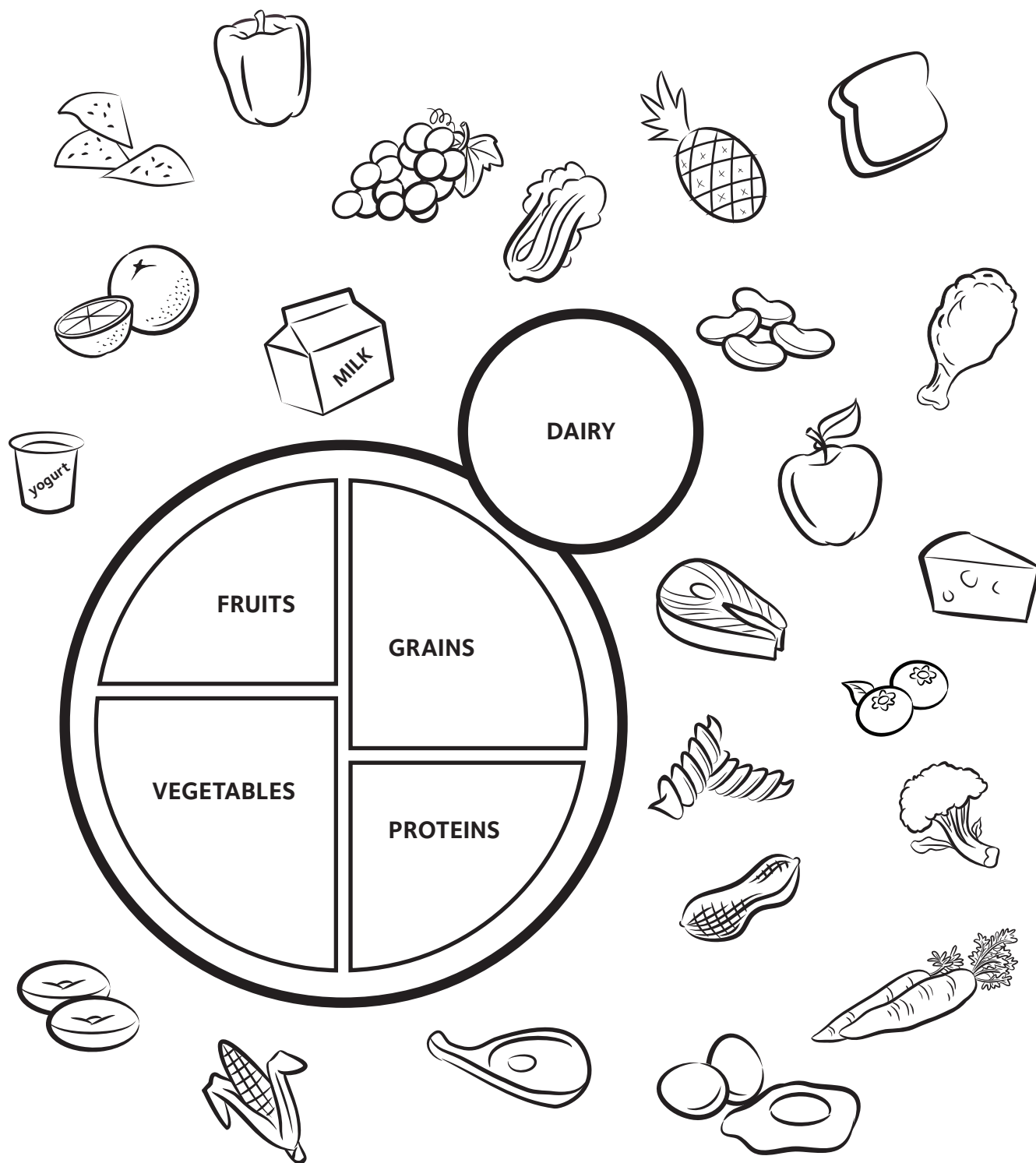
ANSWERS: Tap Water, 0; Milk, 0; Unsweetened soy 'milk', 0; Low-calorie sports drink, 1.5; Flavored low fat or skim milk, 4; Fruit smoothie, 11; Regular soda, 10; Energy drink, 12; Sports drink, 7; Sweetened coffee drink, 14; Sweetened ice tea, 8; Fruit punch, 11; Lemonade, 10





Fuel Your Healthy Smile!

A healthy smile depends on good nutrition! Draw a line from the food items to their proper place on the plate. For a super smile remember to limit sweets, soda and fats. Choose whole grains and lean proteins. And eat all the colors of the rainbow!



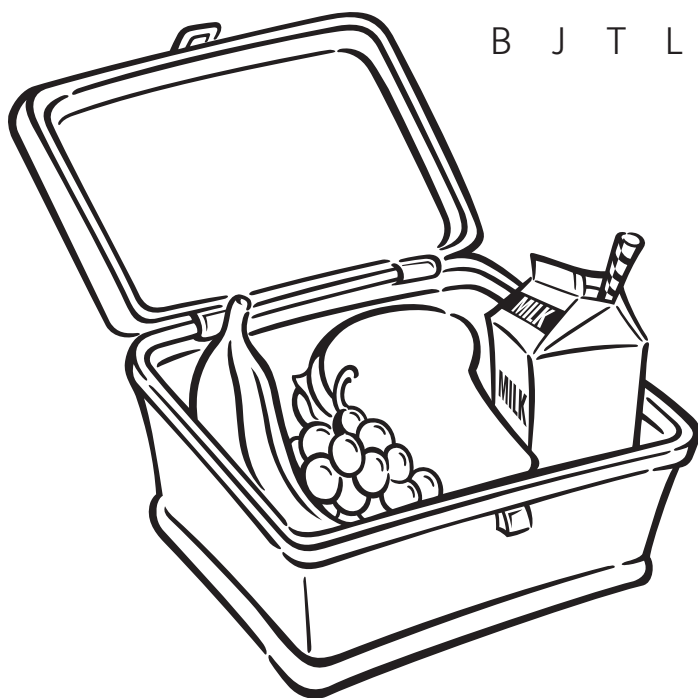
Word Search

To have a sparkling smile,
it helps to choose healthy
foods rather than sugary
treats.

Can you find all the hidden
words? Circle the healthy
foods and draw a line
through the sugary treats.

They can be up, down,
diagonal, backward
and forward!

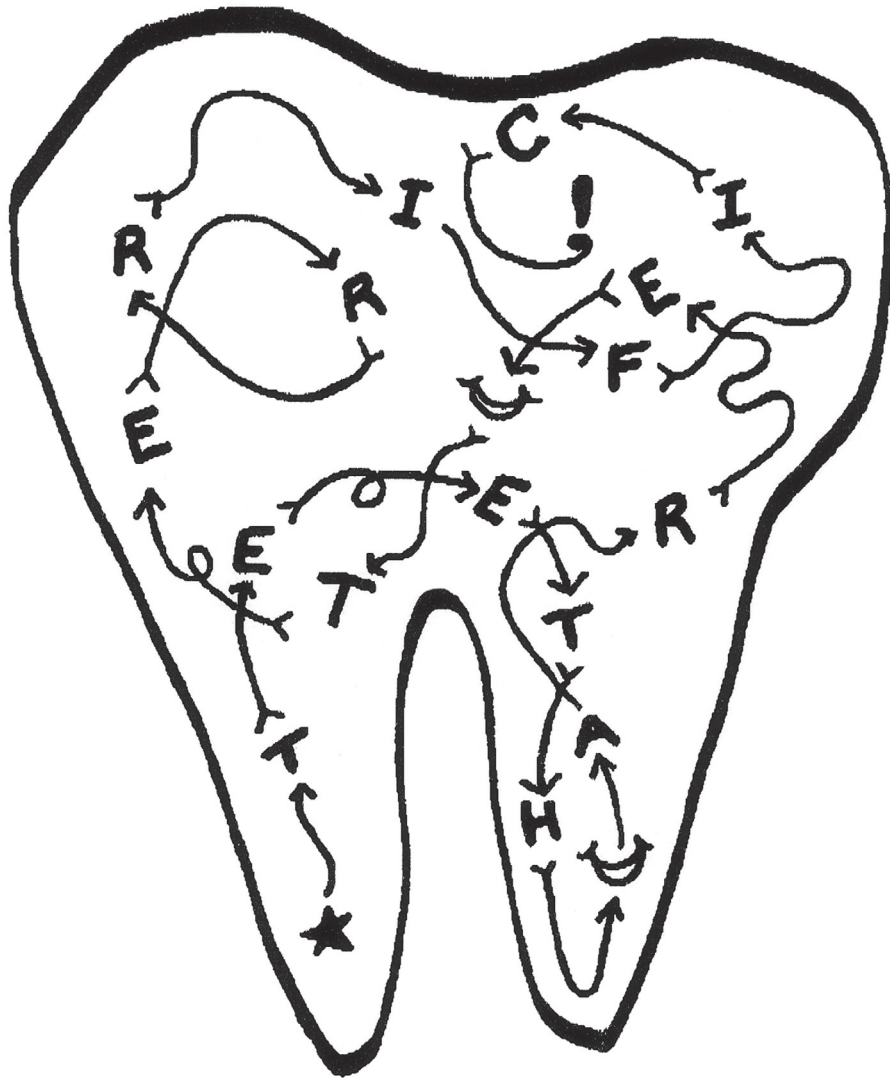
O	K	O	R	A	N	G	E	E	M	W	N	R	O	S
R	L	B	R	E	A	D	S	H	A	U	S	Q	C	T
A	I	Z	T	S	L	T	I	T	D	C	A	P	E	R
N	M	Y	A	Q	O	J	E	G	B	D	N	R	L	A
G	R	E	T	R	Y	R	K	V	A	S	A	E	E	W
E	F	P	R	G	M	F	O	N	E	K	N	T	R	B
J	S	A	Z	E	U	A	B	I	Y	L	A	T	Y	E
U	C	M	L	P	L	C	R	E	J	A	B	U	Z	R
I	Y	O	E	M	V	R	K	E	S	V	I	B	O	R
C	N	X	O	W	E	R	Y	C	E	O	C	T	T	I
E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



TURKEY	ALMONDS
PEANUT BUTTER	APPLE
STRAWBERRIES	AVOCADO
CARROTS	LETTUCE
BANANAS	ORANGE JUICE
MILK	TOMATO
CHEESE	YOGURT
GRAPES	BREAD
CELERY	WATERMELON
BLUEBERRIES	ORANGE

A-MAZE-ing Message

There is a message hidden in the tooth. Start at the star and follow the arrows.
Write down the letters on the spaces below as you come to them.
A smile means the end of a word. The next letter starts a new word.



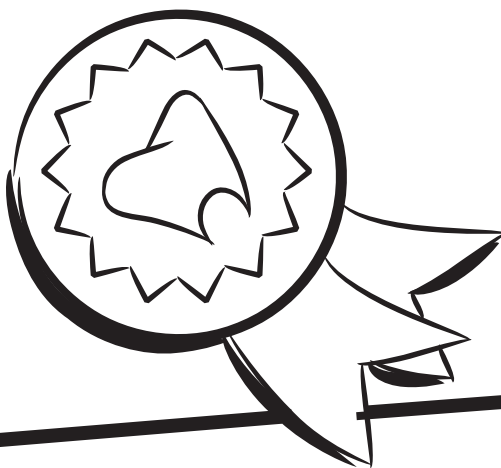
_____!

**FLOSSY AWARDS THIS
HEALTHY SMILE
CERTIFICATE**

TO:

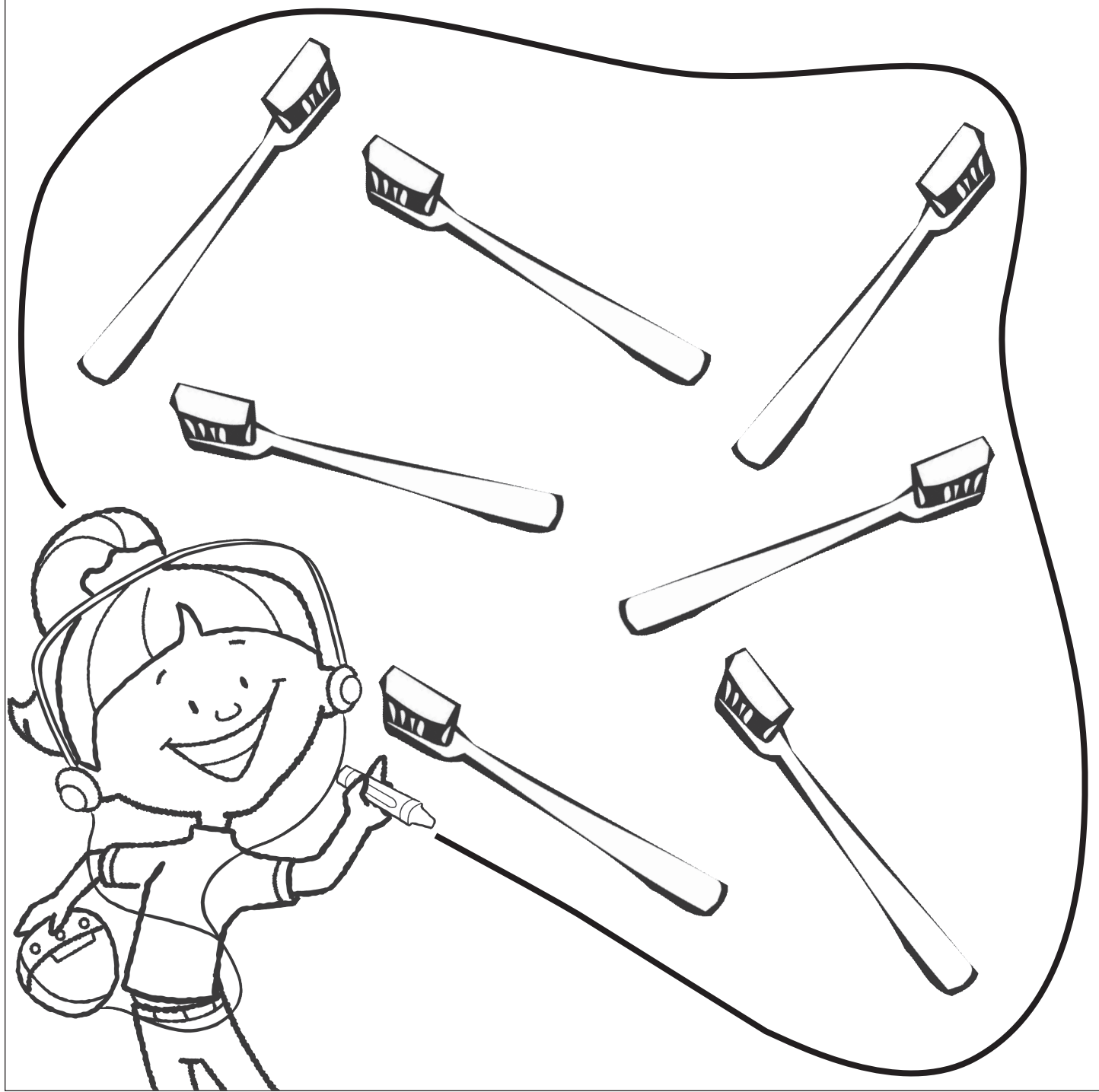
PRESENTED BY:

DATE:



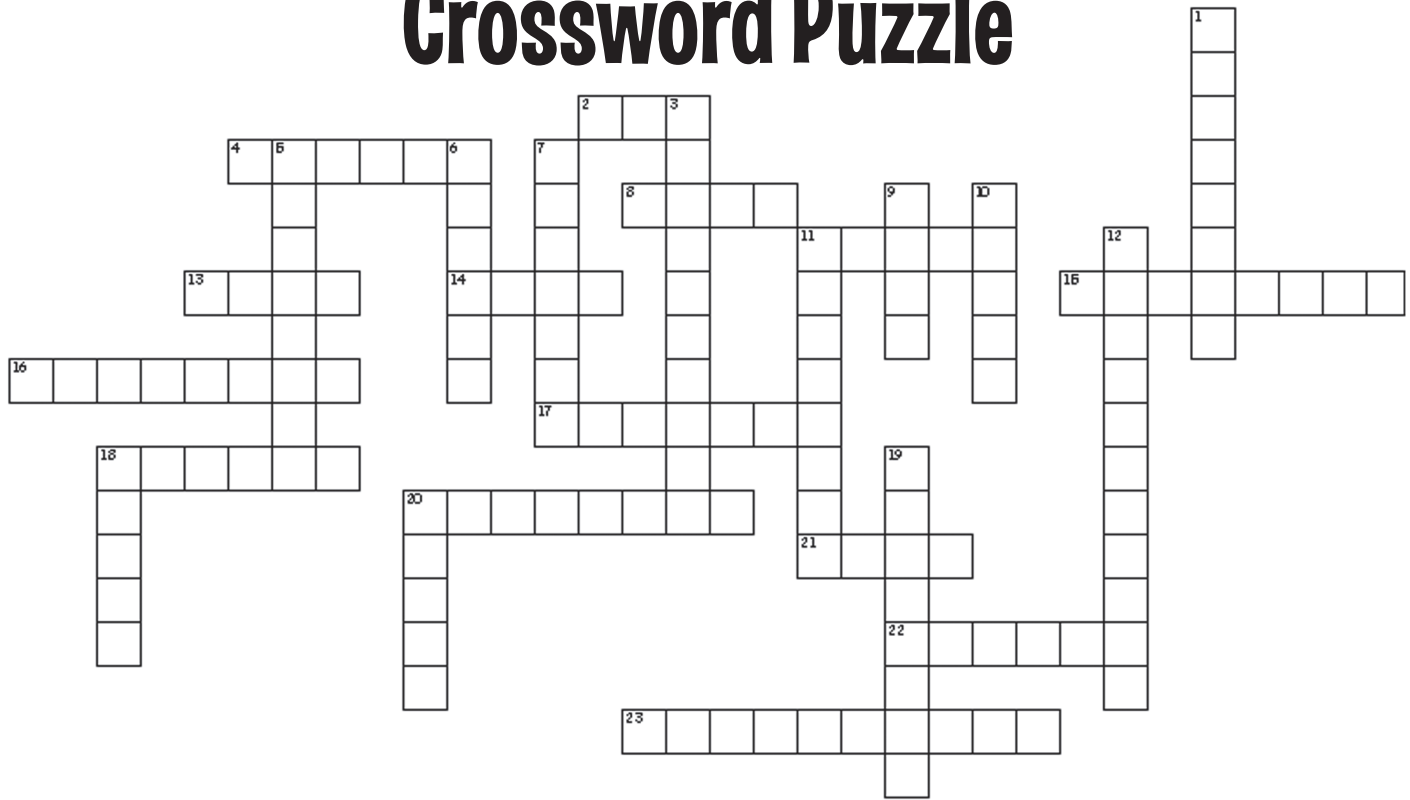
Count and Color

Chris has been very busy drawing pictures of toothbrushes! Count the toothbrushes. Draw a pea-sized ball of toothpaste on each toothbrush. Color the toothbrushes bright, happy colors!



Watch Your Mouth!

Crossword Puzzle



Across

2. A food, deep yellow inside, belonging to the vegetables group
4. A primary cause of cavities and gingivitis
8. The innermost tissue of a tooth
11. With good personal and professional care, you should keep your teeth as long as you are ____.
13. The unit you are studying is about ____ health.
14. A liquid containing calcium
15. The thin, hard covering of the root of a tooth
16. Most dentists recommend a tooth brush with soft ____.
17. A dangerous product that is bad for your total health
18. A food with a white inside, belonging to the vegetables group
20. A natural substance which can help prevent cavities
21. A member of the grains group, frequently eaten in Asian countries
22. A watery secretion that bathes teeth and promotes digestion
23. Used to remove plaque

Down

1. The most common dental disease among young people
3. Protects teeth during sports
5. The periodontal _____ holds the tooth in its bony socket.
6. The hard outer covering of a tooth
7. Coating that protects teeth from decay
9. The part of the mouth just outside the teeth
10. A good substitute for meat
11. The type of bone in which teeth are embedded
12. _____ disease can result in destruction of tissues surrounding the tooth.
18. A fuzzy-skinned member of the fruits group
19. The front teeth
20. Cleans between teeth

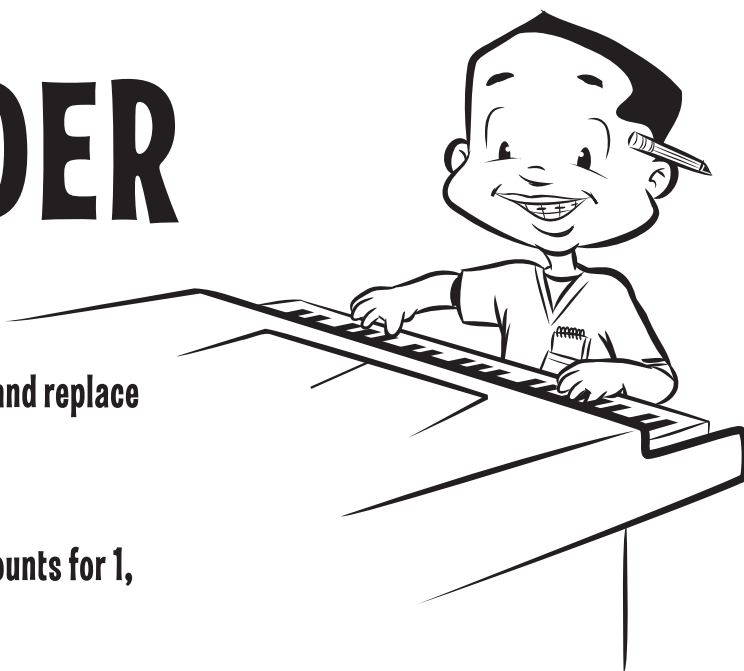
WORD DECODER

Den just wrote a song. Can you figure out the title?

Add up the numbers represented by each set of symbols and replace them with the corresponding letter.

For example, the first letter in the message is R.

A spiral counts for 10, a star counts for 5, and each dot counts for 1, so $10+5+3=18$ and the 18th letter of the alphabet is R.



1 = ●

5 = ★

10 = ☯

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26









































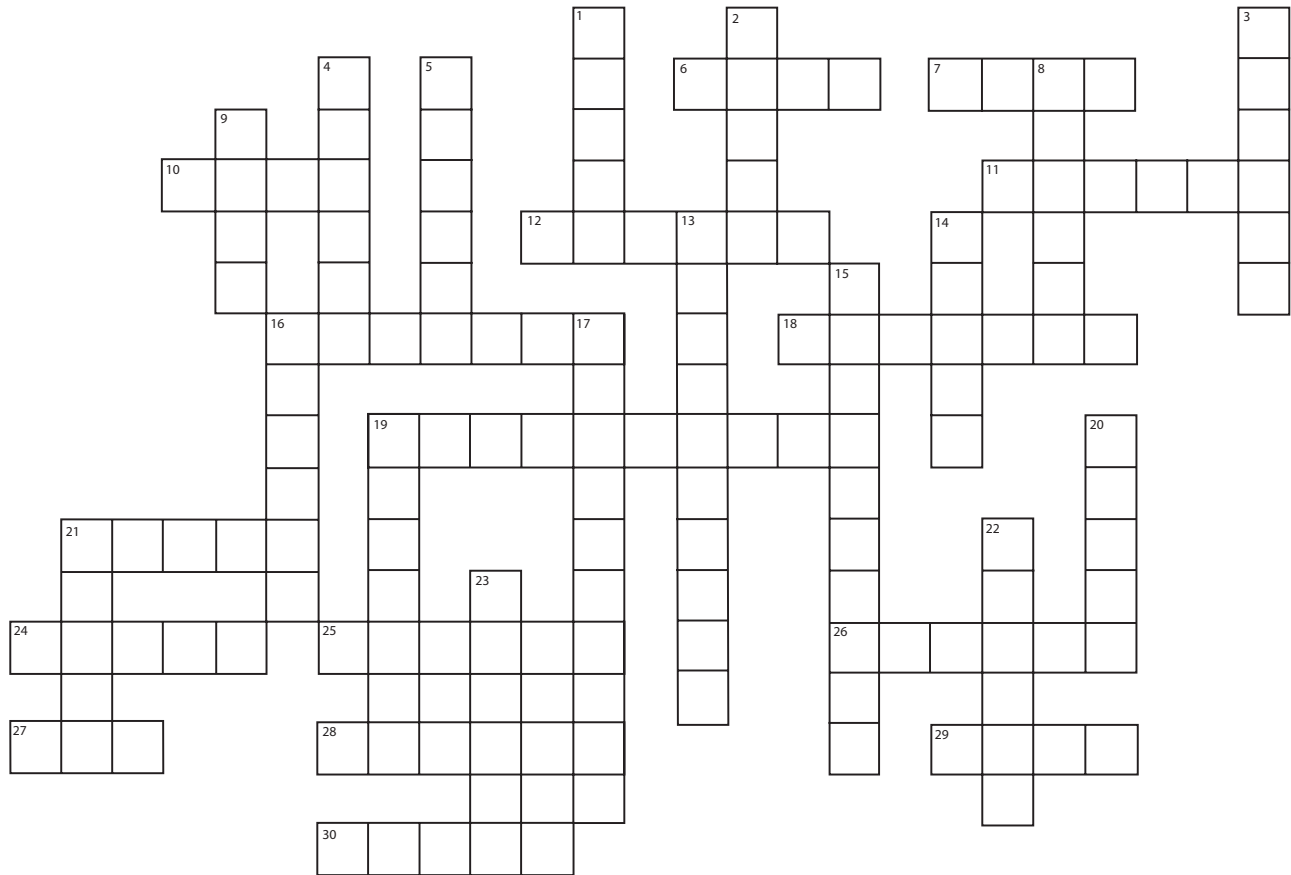


Finders Keepers

Color the things that help you keep your mouth healthy.



Gen and Flossy are putting their heads together to solve this crossword puzzle.



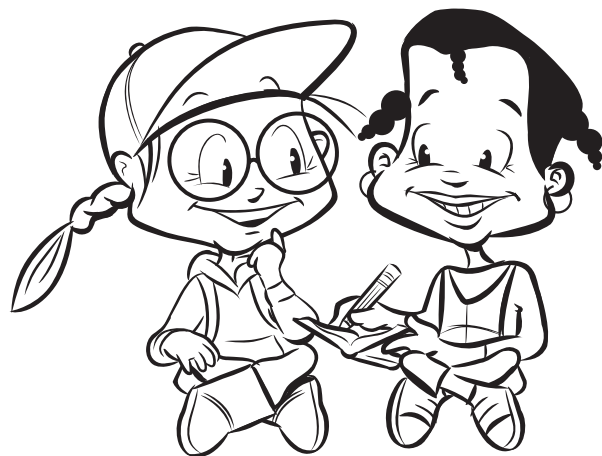
ACROSS

- 6 Your first teeth.
- 7 They hold your teeth in place.
- 10 Smile.
- 11 If not removed, can lead to cavities.
- 12 The hard outer layer of a tooth.
- 16 What your dentist applies to protect teeth from decay.
- 18 Visit your _____ regularly.
- 19 Sing into this to make your voice louder.
- 21 Brush your teeth at least _____ a day.
- 24 Pictures of your teeth.
- 25 A dentist uses this to help see all your teeth.
- 26 The words of a song.
- 27 Use only a _____-sized amount of toothpaste when you brush.
- 28 Limit between meal _____.
- 29 Musical group.
- 30 Clean between your teeth with dental _____.

DOWN

- 1 The part of a tooth that you can see is called the _____.
- 2 Den likes to break- _____.
- 3 Only eat sparingly to keep your smile healthy.
- 4 Don't forget to brush your _____.
- 5 A _____ hygienist cleans your teeth at the dentist's office.
- 8 _____are back teeth used for grinding food.
- 9 Bang on this to keep the beat!
- 13 Wear this to protect your smile while playing sports.
- 14 Drink this instead of soda pop.
- 15 Broccoli and carrots are nutritious _____.

- 16 Den and Gen's last name is _____.
- 17 Use this to keep teeth clean.
- 19 Buck and Flossy's last name is _____.
- 20 Flossy and Buck are _____.
- 21 Most kids have all their baby teeth by the age of _____.
- 22 Six-stringed instrument.
- 23 Den wears _____ to straighten his teeth.



ACROSS: 6 - BABY, 7 - GUMS, 10 - GRIN, 11 - PLAQUE, 12 - ENAMEL, 16 - SEALANT, 18 - DENTIST, 19 - MICROPHONE, 21 - TWICE, 24 - X-RAYS, 25 - MIRROR, 26 - LYRICS, 27 - PEA, 28 - SNACKS, 29 - BAND, 20 - FLOSS
DOWN: 1 - CROWN, 2 - DANCE, 3 - SWEETS, 4 - TONGUE, 5 - DENTAL, 8 - MOLARS, 9 - MOUTHGUARD, 14 - WATER, 15 - VEGETABLES, 16 - SMILEY, 17 - TOOTHBRUSH, 19 - MCGRINN, 20 - TWINS, 21 - THREE, 22 - GUITAR, 23 - BRACES

Rock Your Smile Word Search

Help Flossy find the words listed below.

Be sure to look backwards, forwards, up, down and on the diagonal!

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

TONGUE

XRAYS

DENTIST

MOUTHGUARD

BRACES

FLOSS

MOLAR

GUMS

PLAQUE

SEALANT

CROWN

TOOTHBRUSH

ENAMEL

SMILE

GUITAR

DRUM

SONG

LYRICS

BAND





Coloring Sheet



A HEALTHY SMILE IS PRETTY AS A PICTURE!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<div></div>						
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Something's Missing

All the vowels (a, e, i, o, u) are missing from these dental words.

How many can you complete in two minutes?

(The answers are at the bottom of the page.)

a

e

br _ sh

j _ w s

c _ v _ ty

m _ _ th

ch _ w

m _ _ th g _ _ rd

cl _ _ n

n _ tr _ t _ _ n

d _ c _ y

pl _ q _ _

d _ nt _ st

t _ _ th br _ sh

fl _ ss

sm _ l _

fl _ _ r _ d _

t _ _ th

f _ _ d

t _ _ th p _ st _

g _ m s

X - r _ y



u

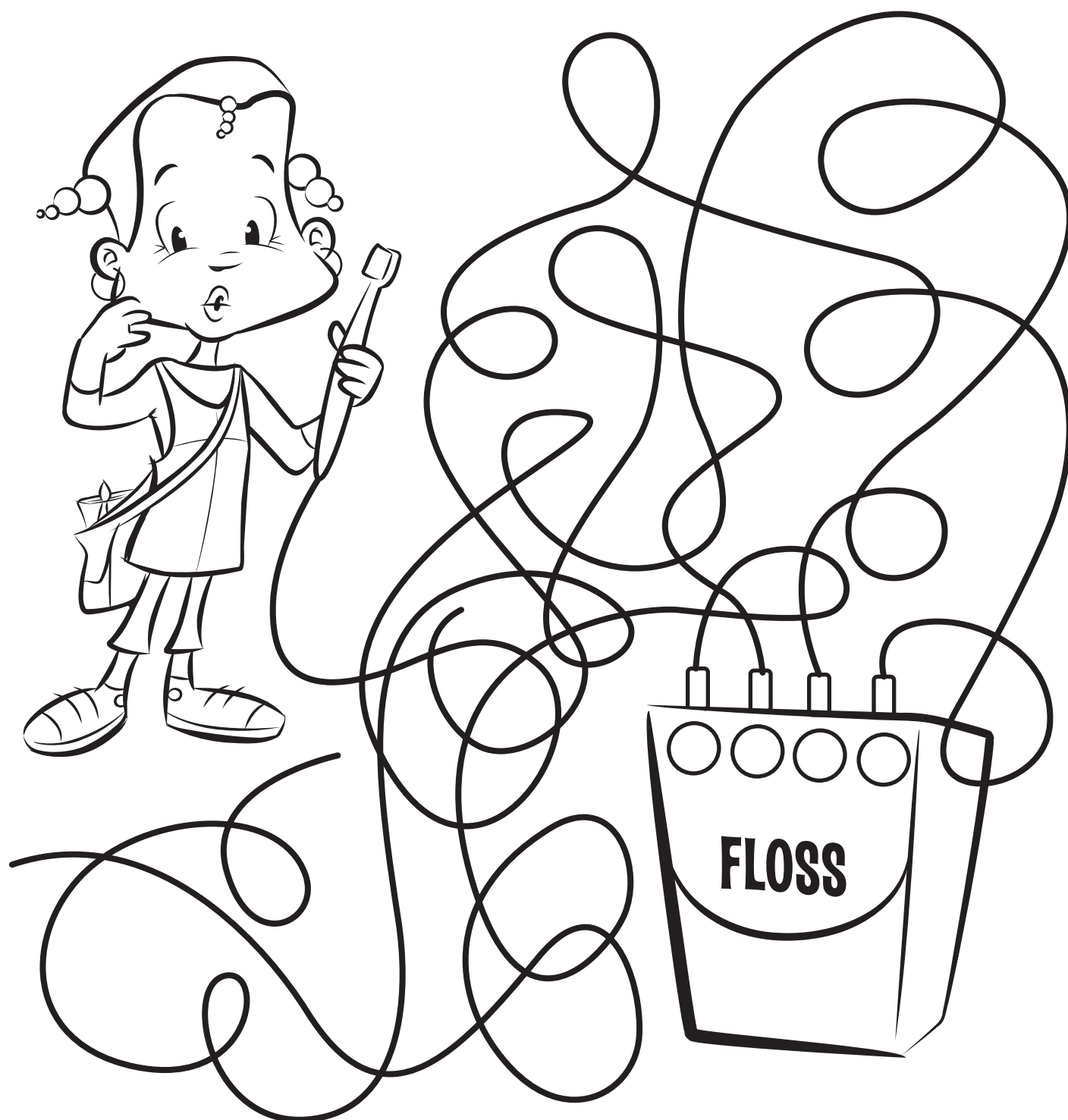
Answers: brush, cavity, chew, clean, decay, dentist, floss, fluoride, food, gums, jaws, mouth, mouthguard, nutrition, plaque, toothbrush, smile, tooth, toothpaste, X-ray

o

What a Tangle!

Can you follow the cord to see which one is connected to Gen's microphone?

Put an X in the button to turn it on.



Teeth to Treasure!

Word Search

See how many words you can find in 20 minutes!
Words go across, up, down, and diagonal.

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

CAVITY
DAILY
DENTIST
ENAMEL

FLOSS
FLUORIDE
FRUIT
GRAINS

GUMS
MEAT
MILK
MOUTHGUARD

PLAQUE
SEALANT
TOBACCO
TONGUE

TOOTH
TOOTHBRUSH
TOOTHPASTE
VEGETABLES

Teeth to Treasure!

Word Search Challenge

See how many words you can find in 20 minutes!

Words go across, up, down, and diagonal.

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

CAVITY
DAILY
DENTIST
ENAMEL
FLOSS
FLUORIDE

FRUIT
GRAINS
GUMS
JAW
LIPS
MEAT

MILK
MOUTHGUARD
ORAL
PLAQUE
PREVENTION
PRIMARY

ROOT
SEALANT
SUGAR
TOBACCO
TONGUE
TOOTH

TOOTHBRUSH
TOOTHPASTE
VEGETABLES
XRAY