



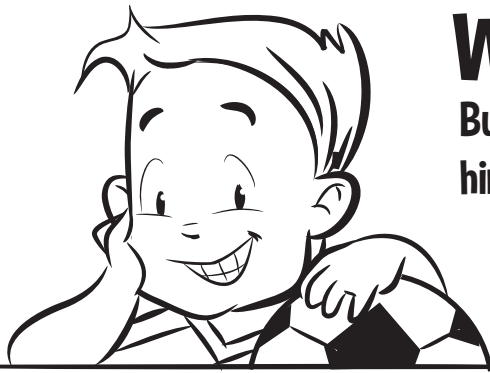
Make it a habit!

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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What to choose?

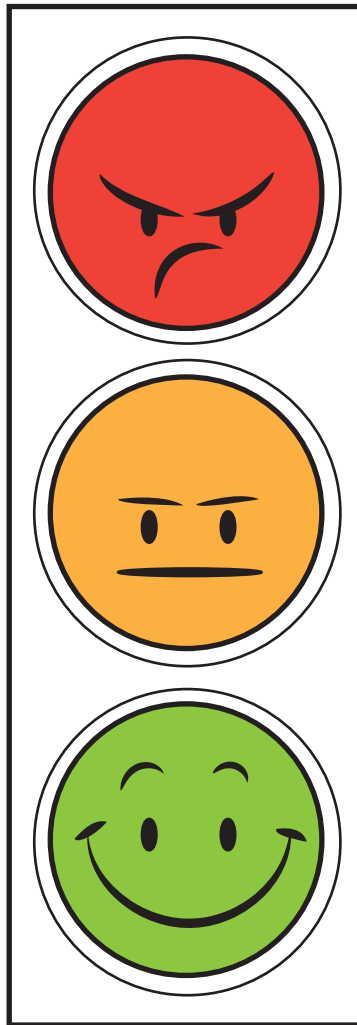
Buck is very thirsty after his soccer game. Can you help him select the best choices to satisfy his thirst?

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 _____

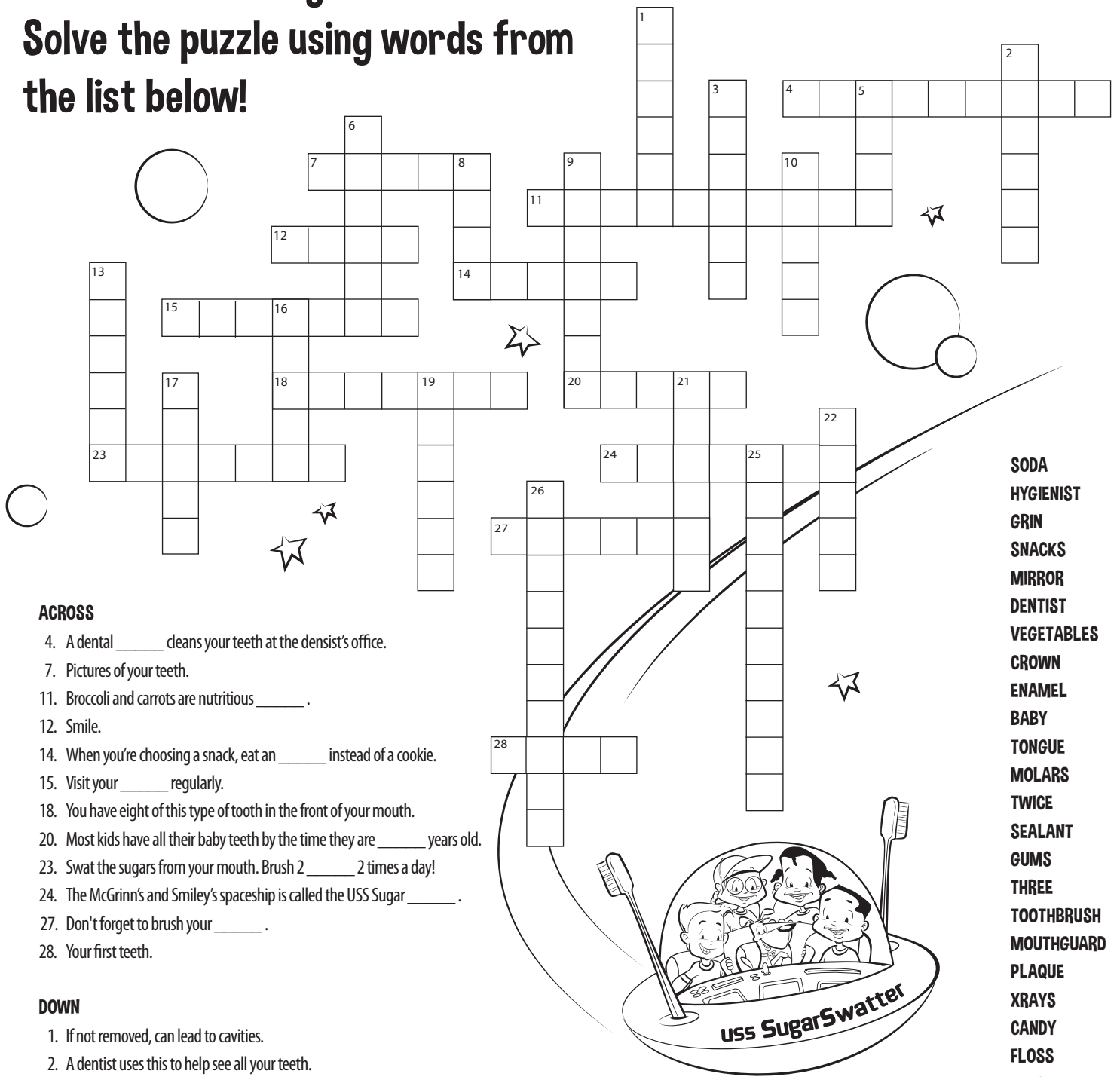
FRUIT PUNCH _____

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

Help the crew of the USS SugarSwatter keep the galaxy free of destructive Sugars!

Solve the puzzle using words from the list below!



ACROSS

4. A dental _____ cleans your teeth at the dentist's office.
7. Pictures of your teeth.
11. Broccoli and carrots are nutritious _____.
12. Smile.
14. When you're choosing a snack, eat an _____ instead of a cookie.
15. Visit your _____ regularly.
18. You have eight of this type of tooth in the front of your mouth.
20. Most kids have all their baby teeth by the time they are _____ years old.
23. Swat the sugars from your mouth. Brush 2 _____ 2 times a day!
24. The McGrinn's and Smiley's spaceship is called the USS Sugar _____.
27. Don't forget to brush your _____.
28. Your first teeth.

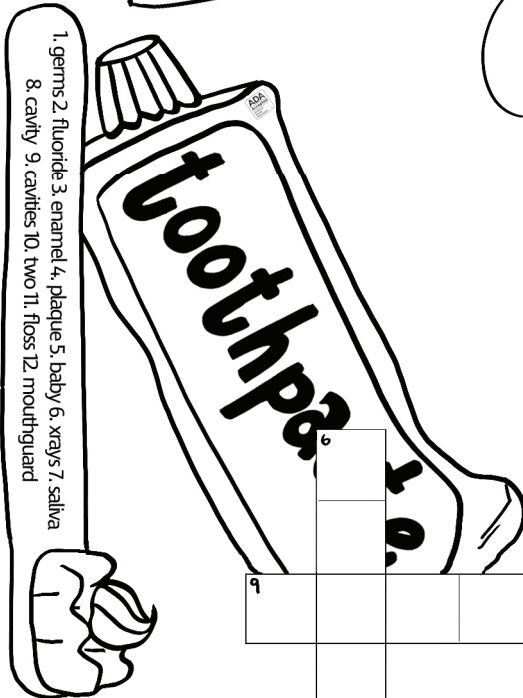
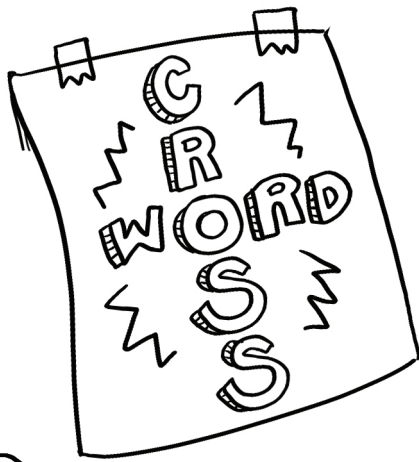
DOWN

1. If not removed, can lead to cavities.
2. A dentist uses this to help see all your teeth.
3. _____ are the teeth in the back of your mouth used for grinding food.
5. They hold your teeth in place.
6. Eating _____ and vegetables builds strong bodies and bright smiles!
8. When you're thirsty drink water instead of _____.
9. What your dentist applies to protect teeth from decay.
10. Clean between your teeth with dental _____.
13. The third set of molars are called _____ teeth.
16. Brush your teeth at least _____ a day.

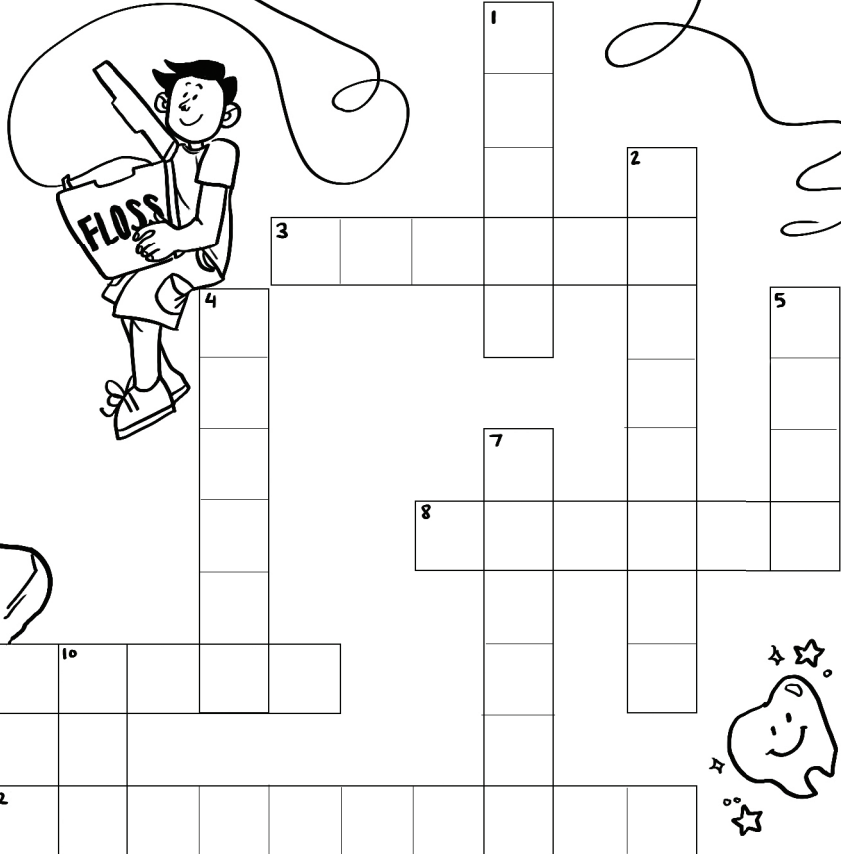
17. Only eat sparingly to keep your smile healthy.
19. Limit between meal _____.
21. The hard outer layer of a tooth.
22. The part of a tooth that you can see is called the _____.
25. Use this to keep teeth clean.
26. Wear this while playing sports.

SODA
HYGIENIST
GRIN
SNACKS
MIRROR
DENTIST
VEGETABLES
CROWN
ENAMEL
BABY
TONGUE
MOLARS
TWICE
SEALANT
GUMS
THREE
TOOTHBRUSH
MOUTHGUARD
PLAQUE
XRAY
CANDY
FLOSS
APPLE
FRUITS
MINUTES
SWATTER
INCISOR
WISDOM

ACROSS: 4. DENTIST; 7. PICTURES; 11. VEGETABLES; 12. SMILE; 14. SNACK; 15. DENTIST; 18. MOLARS; 20. TEETH; 23. SWAT; 24. SUGAR SWATTER; 27. TOOTHBRUSH; 28. MILK TEETH.
DOWN: 1. PLAQUE; 2. MIRROR; 3. MOLARS; 5. GUMS; 6. FRUITS; 8. SODA; 9. SEALANT; 10. FLOSS; 13. INCISORS; 16. BRUSH; 17. SUGAR; 19. LIMIT; 21. ENAMEL; 22. CROWN; 25. FLOSS; 26. MOUTHGUARD.



1. germs 2. fluoride 3. enamel 4. plaque 5. baby 6. xrays 7. saliva
8. cavity 9. cavities 10. two 11. floss 12. mouthguard



ACROSS

DOWN

3. The hard outer layer of a tooth is _____.
8. A _____ is a hole in your tooth.
9. Use toothpaste with fluoride to help prevent _____.
11. Clean between your teeth with dental _____.
12. Wear a _____ while playing sports to protect your teeth and mouth from injury.

1. Bacteria is another name for _____.
2. _____ helps protect your teeth from cavities.
4. _____ is a sticky film that if left on your teeth can lead to cavities.
5. _____ teeth are your first teeth.
6. Special pictures of your teeth that the dentist takes are called _____.
7. _____ washes away food and particles from your teeth and gums.
10. Brush your teeth for _____ minutes two times a day.

Visit MouthHealthy.org/ToothTeam for more activity sheets.

HEALTHY SMILE TIPS



Brush your teeth twice a day with a fluoride toothpaste.



Clean between your teeth daily.



Eat a healthy diet that limits sugary beverage and snacks.



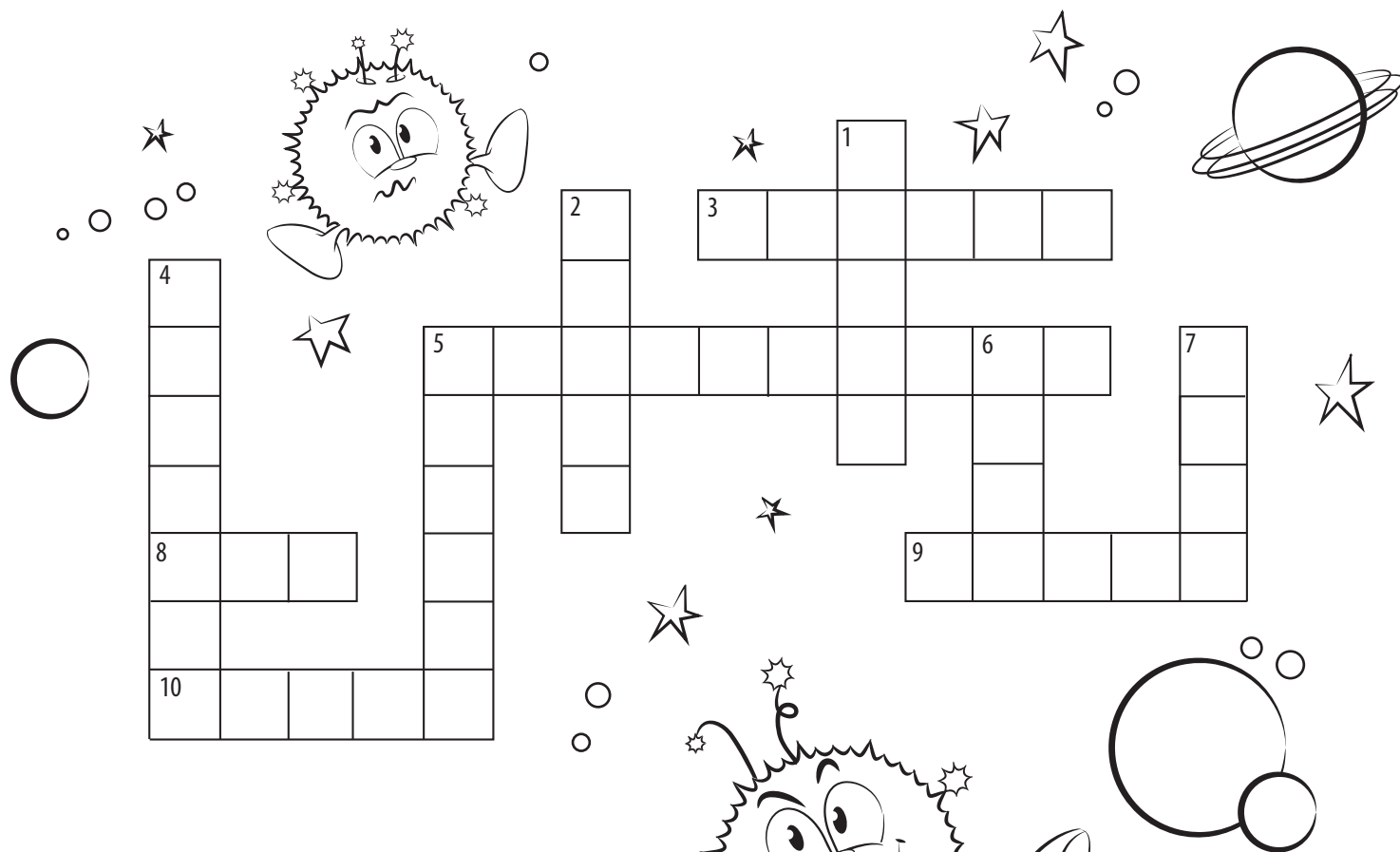
See your dentist regularly for prevention and treatment of oral disease.



ADA American Dental Association®

This crossword is out of this world!

Use the words in the list to complete the puzzle!

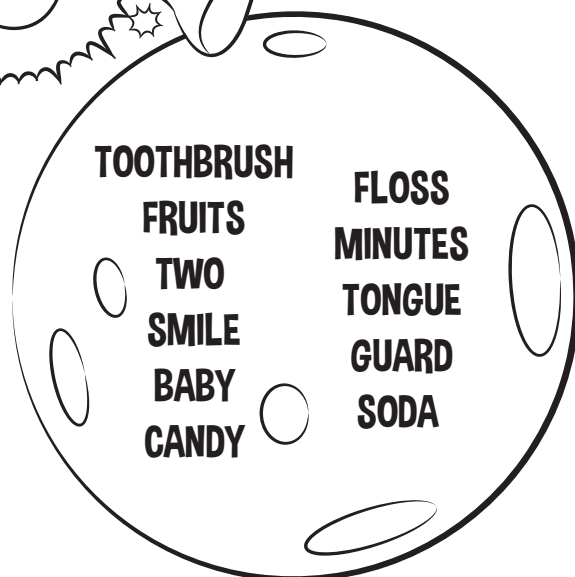


ACROSS

3. Eat lots of healthy _____ and vegetables.
5. Use a _____ to clean your teeth.
8. Visit your dentist _____ times a year.
9. For a healthy smile don't eat a lot of _____.
10. Another word for grin.

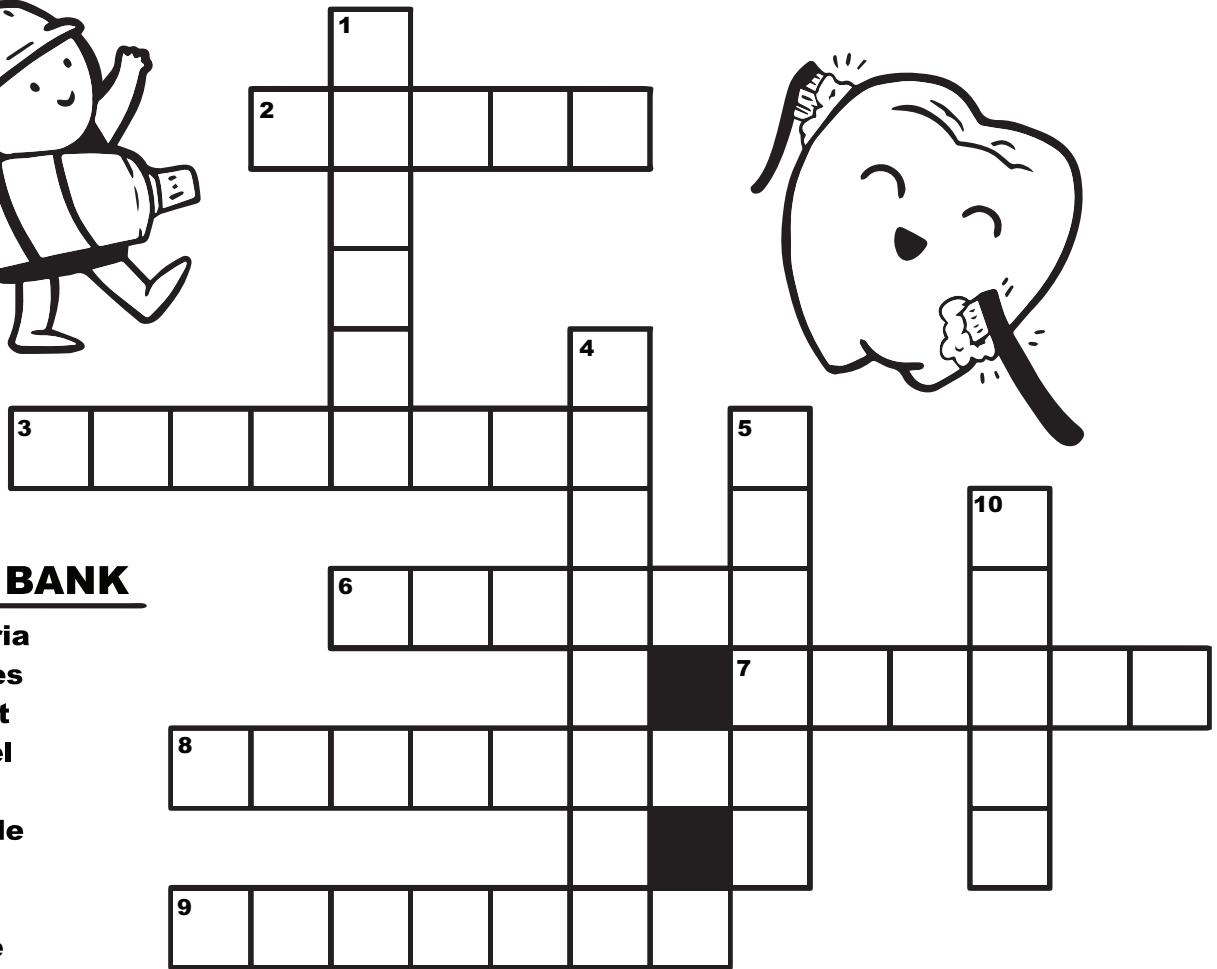
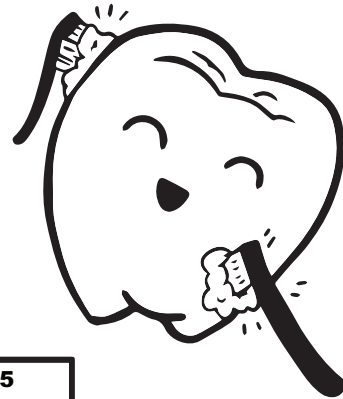
DOWN

1. Don't forget to wear a mouth _____ when playing sports.
2. Use _____ to clean between your teeth.
4. Brush your teeth two _____ two times a day.
5. When you brush your teeth, don't forget to brush your _____.
6. Better to have a drink of water when you're thirsty than _____.
7. Your first teeth are called _____ teeth.



ACROSS: 3. FRUITS; 5. TOOTHBRUSH; 8. TWO; 9. CANDY; 10. SMILE
DOWN: 1. GUARD; 2. FLOSS; 4. MINUTES; 5. TONGUE; 6. SODA; 7. BABY

CROSSWORD



WORD BANK

Bacteria
Cavities
Dentist
Enamel
Floss
Fluoride
Germs
Mirror
Plaque
Saliva

ACROSS

2. Cleans between your teeth.
3. _____ in plaque produce acid when you eat sugar which leads to cavities.
6. Washes away food and particles from your teeth and gums.
7. A dentist uses a mouth _____ to help him to see all of your teeth.
8. Helps protect your teeth from cavities.
9. It is important to visit your _____, regularly.

DOWN

1. A sticky film that if left on your teeth can lead to cavities.
4. Use toothpaste with fluoride to help prevent _____.
5. The hard outer layer of a tooth.
10. Bacteria is another name for _____.

Visit MouthHealthy.org/SmileBuilders for more activity sheets.

HEALTHY SMILE TIPS



Brush your teeth twice a day with a fluoride toothpaste.



Clean between your teeth daily.



Eat a healthy diet that limits sugary beverage and snacks.

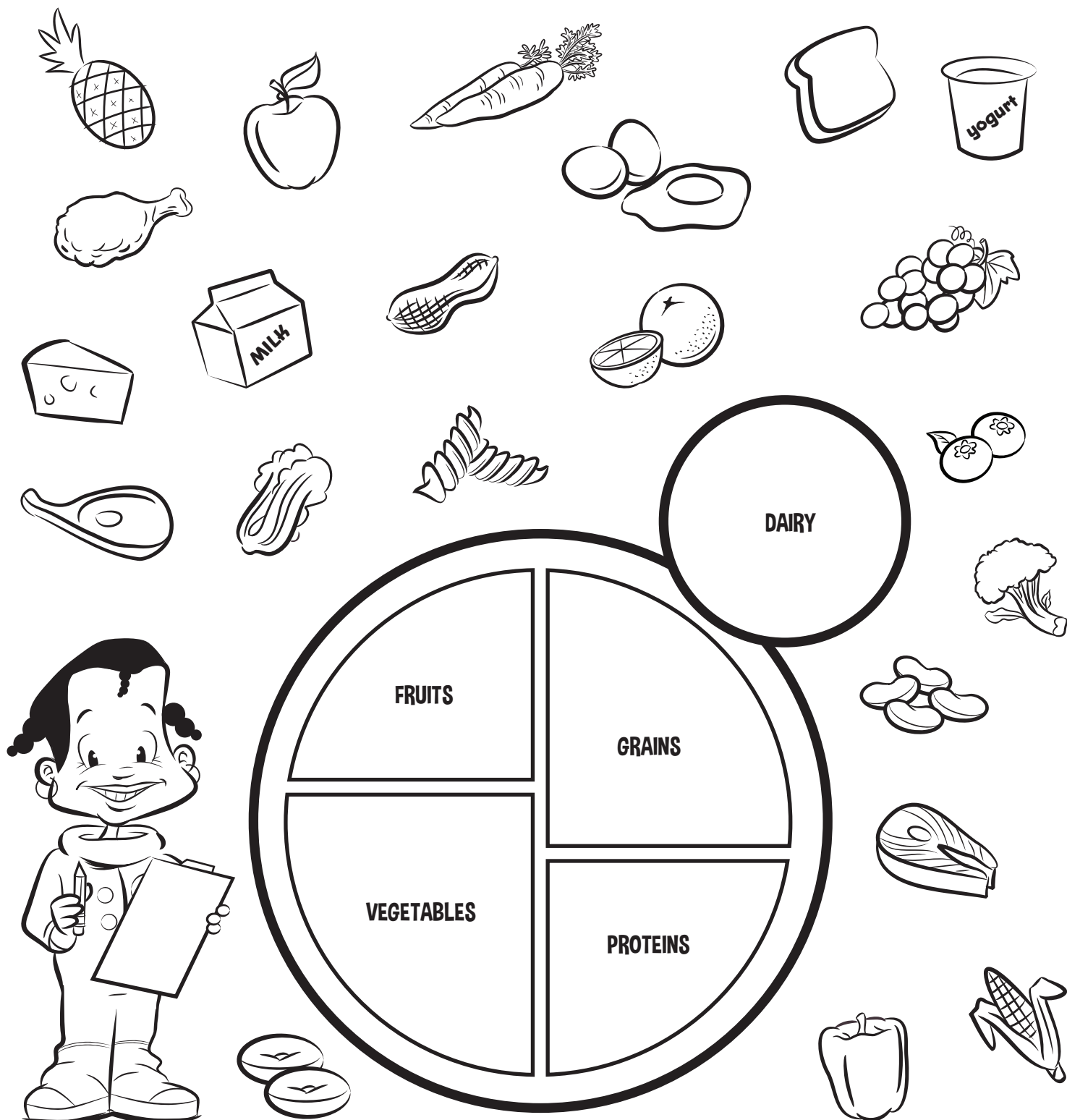


See your dentist regularly for prevention and treatment of oral disease.



ADA American Dental Association®

Gen is loading the USS SugarSwatter with healthy foods for their voyage. Help her sort the choices by drawing a line from each food to the proper compartment.



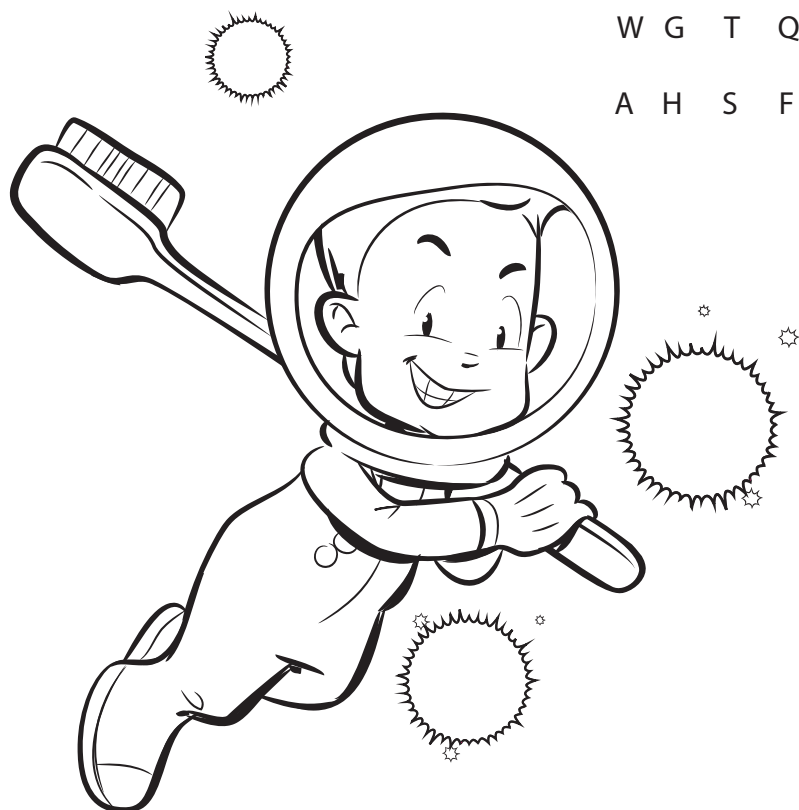
To have a sparkling smile it helps to choose healthy foods rather than sugary treats.

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!

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



BROCCOLI	GRAPES	CAKE
CARROTS	YOGURT	COOKIES
APPLE	MANGO	CHIPS
CELERY	SQUASH	CANDY
CABBAGE	TOMATOES	SODAPOP
CAULIFLOWER	YAMS	BROWNIES
WATER	BANANA	CHOCOLATE BAR
	MELON	