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.

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 _____.

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