Mouthwash

ACROSS:

DOWN:

SMILE SAVERS
The Smile Savers are your friends and heroes in the bad breath battle. Brush boy and his canine sidekick, the Toothbrush Terrier, fight cavities, bad breath, and plaque by brushing twice a day for at least two minutes. The Fantastic Flosser finds those bits of food and plaque between your teeth that brushing misses. She has an endless supply of dental floss and always flosses between each pair of teeth. The Plaque Punisher fights plaque by choosing food and snacks that are healthy and low in sugar. Plaque uses sugar to create acid that eats away at the enamel of your teeth, causing tooth decay. For a healthy mouth and teeth that will last you a lifetime, join the Smile Savers as they battle plaque, cavities, and bad breath.
**WORD FIND**

Help the Plaque Punisher learn about snacks that will keep his mouth and teeth healthy. Cross through unhealthy snacks with a line and circle healthy snacks. You can also circle or mark through words that describe the healthy or unhealthy snacks.

**SNACK LIST**

<table>
<thead>
<tr>
<th>Snack</th>
<th>Healthy</th>
<th>Unhealthy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oranges</td>
<td>Nutritious</td>
<td>Sweet tea</td>
</tr>
<tr>
<td>Candy bar</td>
<td>Seeds</td>
<td>Celery</td>
</tr>
<tr>
<td>Nuts</td>
<td>Soft drink</td>
<td>Apple</td>
</tr>
<tr>
<td>Low fat milk</td>
<td>Grapes</td>
<td>Sugar free</td>
</tr>
<tr>
<td>Breath mint</td>
<td>Chewing gum</td>
<td>Banana</td>
</tr>
<tr>
<td>Popcorn</td>
<td>Cupcake</td>
<td>Ice cream</td>
</tr>
<tr>
<td>Vegetable</td>
<td>Carrot</td>
<td></td>
</tr>
</tbody>
</table>
BAD BREATH
BATTLE
TOOTHPASTE
Help the Toothpaste Terrier complete these facts about maintaining healthy teeth and gums.

**DOWN**
1. Drinking milk will make your teeth _____.
2. The first set of teeth are called _____ teeth.
3. We need teeth to _____ our food.
4. The part of your tooth above the gums is called the _____.
5. Acid acts on the tooth enamel and leads to tooth _____.
7. Sugar reacts with plaque to create _____.
8. At a dentist’s office a dental _____ may clean your teeth.
9. Fluoride is a ______ and is found naturally in rocks, soil, water, and other sources.
10. Certain _____ live in plaque on our teeth.
11. For good home care of teeth, use a fluoride _____.
12. A hole in a tooth.
13. A sign of gum infection is _____.
15. Certain _____ live in plaque on our teeth.
16. For good home care of teeth, use a fluoride _____.
17. A hole in a tooth.
18. _____ drinks and snacks are the best for my teeth.
19. A hole in a tooth.
20. Plaque is also responsible for this type of disease.
21. Your toothbrush should be made of _____ bristles.
22. A _____ bar contains seven teaspoons of sugar.
23. An unclean mouth (not brushed and flossed) causes bad _____.
24. The second set of teeth are called _____.
25. You should visit this person twice per year.
26. The second set of teeth are called _____.
27. Happiness is a _____ mouth.
28. Avoid snacks with a lot of _____ to help maintain a healthy smile.
29. The strong outer covering of the crown of the tooth.

**ACROSS**
4. The cuspids located at the corners of the mouth are used to _____ food.
6. A _____ bar contains seven teaspoons of sugar.
7. I should brush my teeth _____ per day.
8. A hole in a tooth.
9. This natural substance helps harden teeth and protect them from decay and cavities.
10. Back teeth are called _____.
11. The part of your tooth normally below the gums is called the _____.
12. ______ are a healthy snack. (Squirrels eat them.)
13. This is a sticky mass of harmful bacteria found on tooth surfaces.
14. Removes plaque and debris from between the teeth.
15. Wear this to protect your teeth while playing sports.
16. This machine takes pictures of your teeth.
17. Wear this to protect your teeth while playing sports.
18. The part of your tooth normally below the gums is called the _____.
19. This instrument cleans only 60 percent of the tooth surfaces.
20. Good teeth help you to have a pretty _____.
21. A hole in a tooth.
22. A dentist applies this to the grooves of the back of your teeth to prevent decay.
23. This machine takes pictures of your teeth.
24. Good teeth help you to have a pretty _____.
25. A dentist applies this to the grooves of the back of your teeth to prevent decay.
26. A hole in a tooth.
27. Happiness is a _____ mouth.
28. Avoid snacks with a lot of _____ to help maintain a healthy smile.
29. A sign of gum infection is _____.
30. A dentist applies this to the grooves of the back of your teeth to prevent decay.
31. _____ the right foods to keep your mouth healthy.
**CONNECT THE DOTS**

Brush Boy knows that brushing teeth twice a day is the first step to protecting your teeth from harmful plaque!

**ANSWER KEY**

**ACROSS:**

**DOWN:**

This activity book was created by the Oral Health Office, Alabama Department of Public Health in partnership with dti.troy design program at Troy University.

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**WITH INSTRUCTION, ACTIVITIES RECOMMENDED FOR KINDERGARTEN - 4TH GRADE**