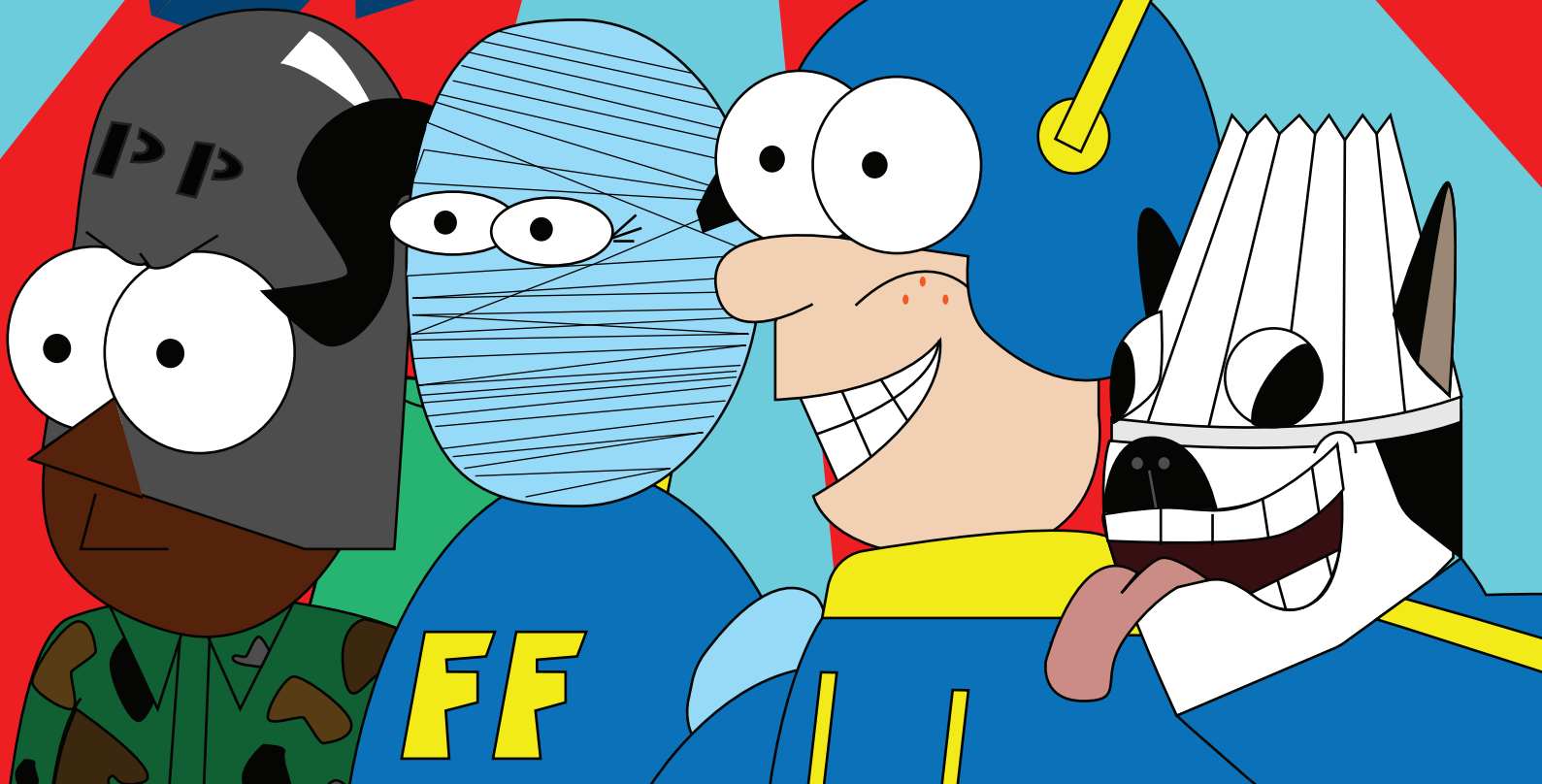
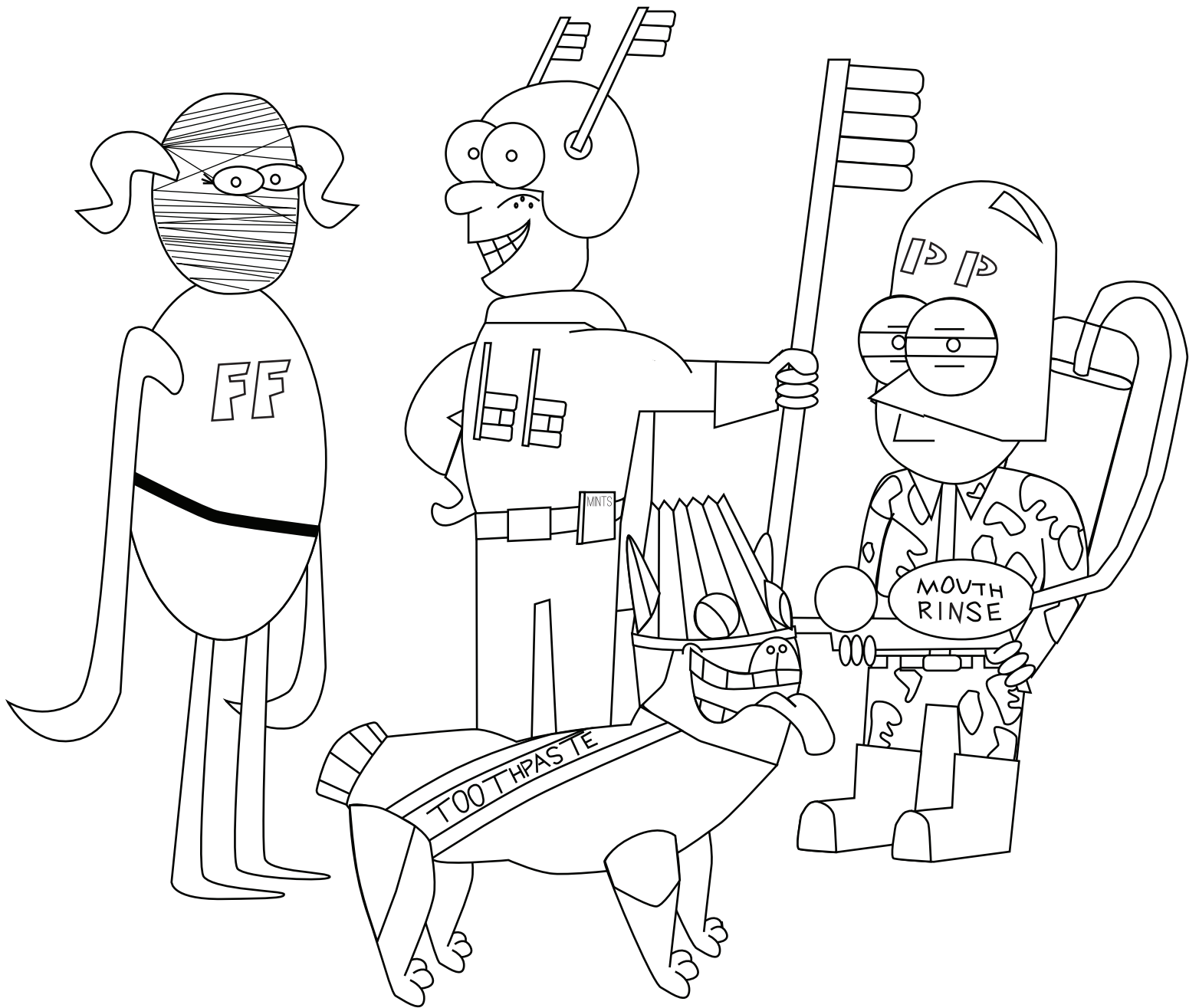


# SMILE SAVERS





## ***THE 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.

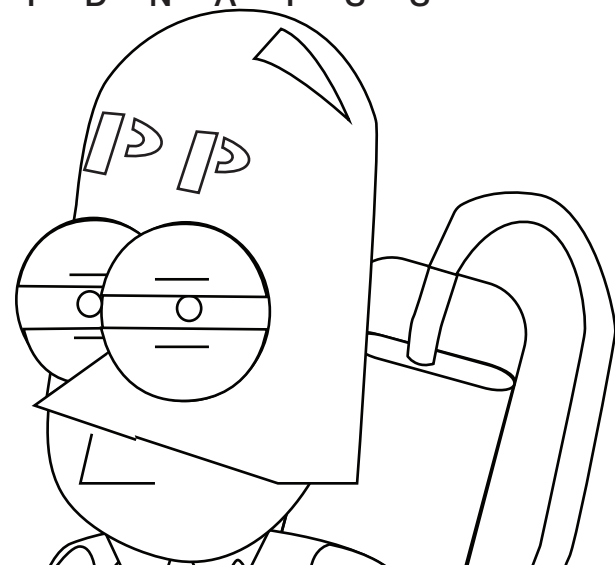
# WORD FIND

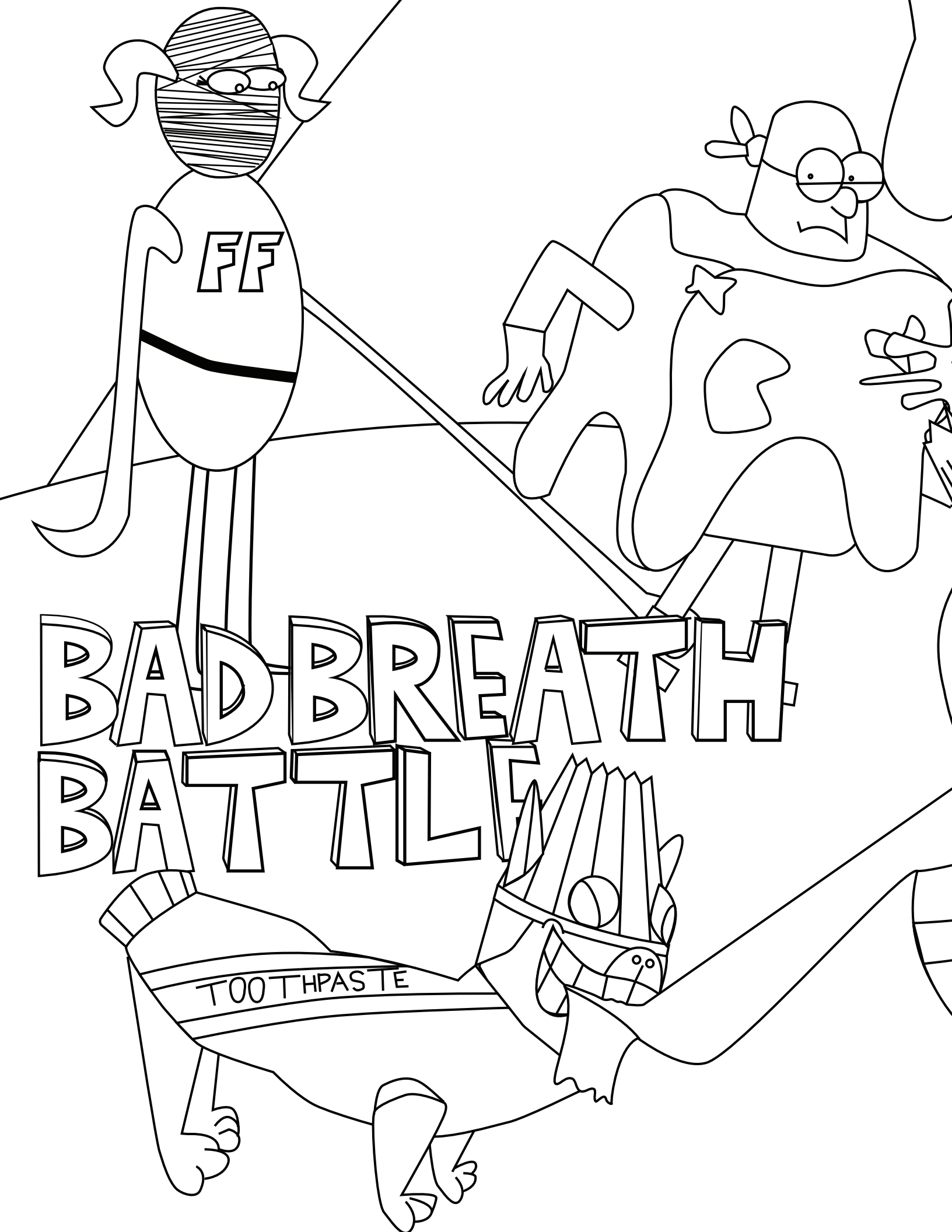
Help the Plaque Punisher learn about snacks that will keep his mouth and teeth healthy. Cross through unhealthy snacks with a line and circle healthy snacks. You can also circle or mark through words that describe the healthy or unhealthy snacks.

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

## SNACK LIST

Oranges	Nutritious	Sweet tea
Candy bar	Seeds	Celery
Nuts	Soft drink	Apple
Low fat milk	Grapes	Sugar free
Breath mint	Chewing gum	Banana
Popcorn	Cupcake	Ice cream
Vegetable	Carrot	

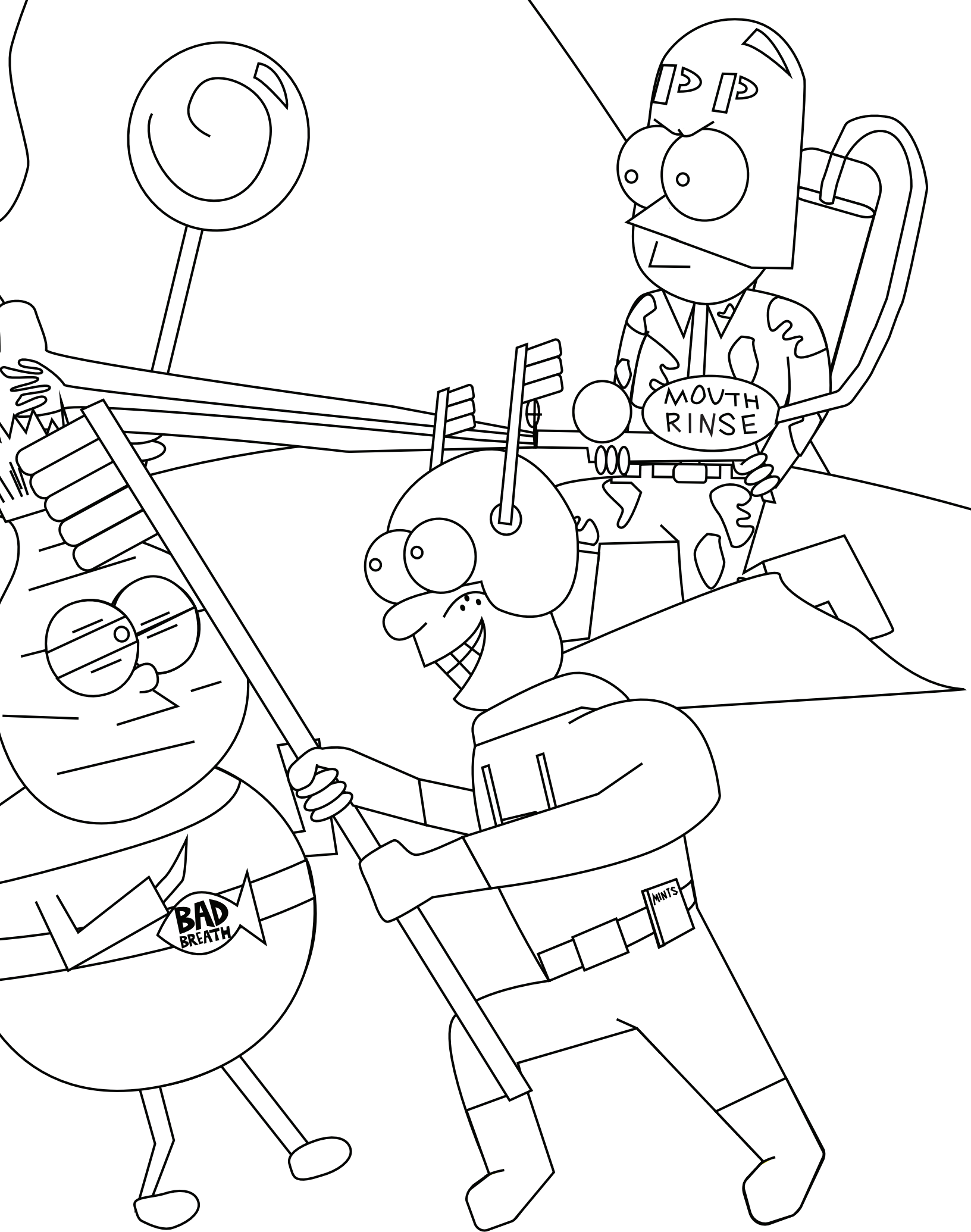




FF

# BAD BREATH BATTLE

TOOTHPASTE



# CROSSWORD

Help the Toothpaste Terrier complete these facts about maintaining healthy teeth and gums.

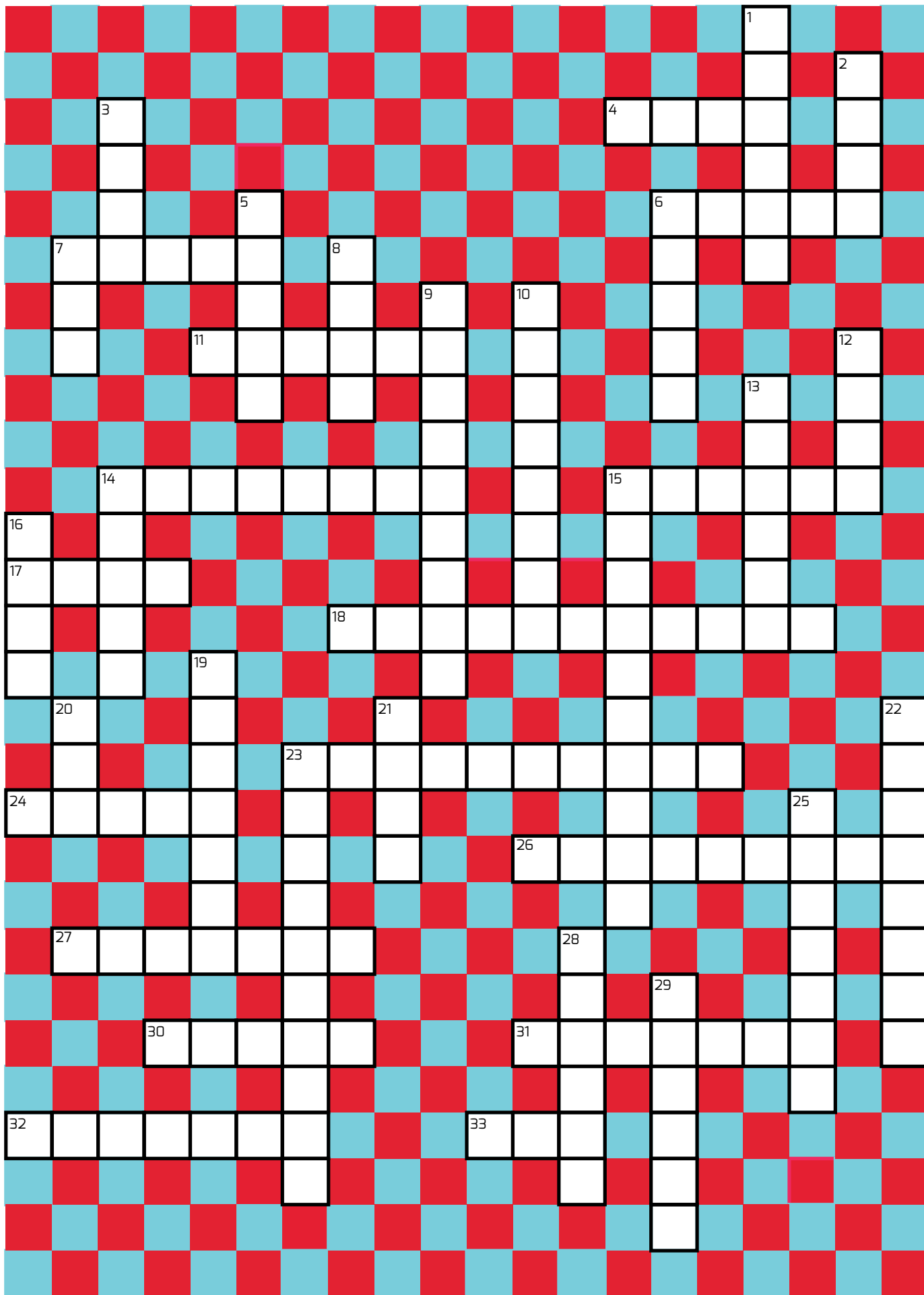
## DOWN

1. Drinking milk will make your teeth \_\_\_\_\_.
2. The first set of teeth are called \_\_\_\_\_ teeth.
3. We need teeth to \_\_\_\_\_ our food.
5. Acid acts on the tooth enamel and leads to tooth \_\_\_\_\_.
6. The part of your tooth above the gums is called the \_\_\_\_\_.
7. You grow \_\_\_\_\_ sets of teeth in a lifetime.
8. Sugar reacts with plaque to create \_\_\_\_\_.
9. At a dentist's office a dental \_\_\_\_\_ may clean your teeth.
10. Taking care of your teeth will make them last a \_\_\_\_\_.
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.
19. Fluoride is a \_\_\_\_\_ and is found naturally in rocks, soil, water, and other sources.
20. Plaque is also responsible for this type of disease.
21. Your toothbrush should be made of \_\_\_\_\_ bristles.
22. Certain \_\_\_\_\_ live in plaque on our teeth.
23. For good home care of teeth, use a fluoride \_\_\_\_\_.
25. You should visit this person twice per year.
28. An unclean mouth (not brushed and flossed) causes bad \_\_\_\_\_.
29. The strong outer covering of the crown of the tooth.

## ACROSS

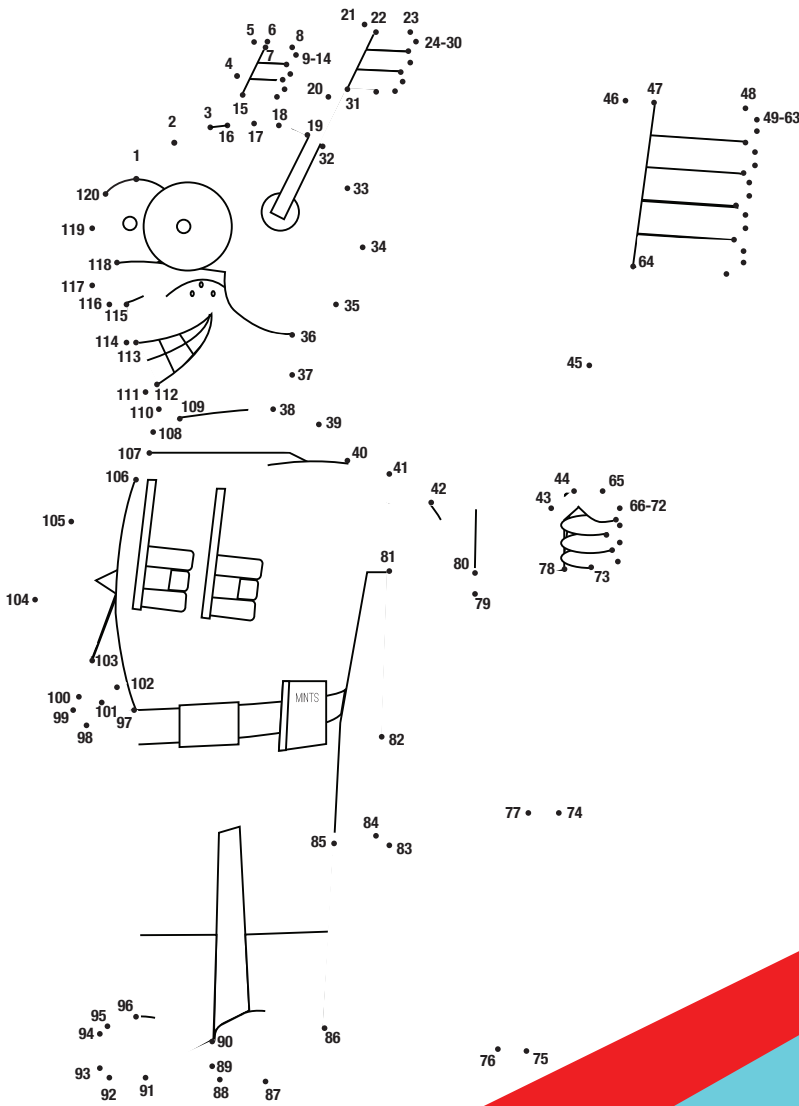
4. The cuspids located at the corners of the mouth are used to \_\_\_\_\_ food.
6. A \_\_\_\_\_ bar contains seven teaspoons of sugar.
7. I should brush my teeth \_\_\_\_\_ per day.
11. A hole in a tooth.
14. This natural substance helps harden teeth and protect them from decay and cavities.
15. Back teeth are called \_\_\_\_\_.
17. The part of your tooth normally below the gums is called the \_\_\_\_\_.
18. \_\_\_\_\_ drinks and snacks are the best for my teeth.
23. This instrument cleans only 60 percent of the tooth surfaces
24. Good teeth help you to have a pretty \_\_\_\_\_.
26. The second set of teeth are called \_\_\_\_\_.
27. Happiness is a \_\_\_\_\_ mouth.
30. Avoid snacks with a lot of \_\_\_\_\_ to help maintain a healthy smile.
31. A sign of gum infection is \_\_\_\_\_.
32. A dentist applies this to the grooves of the back of your teeth to prevent decay.
33. \_\_\_\_\_ 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!



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.

Designed by:  
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for <<dti.center>>



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

JANUARY 8, 2016

# ANSWER KEY

**ACROSS:**

- 4. Tear, 6. Candy, 7. Twice, 11. Cavity, 14. Fluoride, 15. Molars, 17. Root, 18. Unsweetened, 23. Toothbrush, 24. Smile, 26. Permanent, 27. Healthy, 30. Sugar, 31. Redness, 32. Sealant, 33. Eat

**DOWN:**

- 1. Strong, 2. Baby, 3. Chew, 5. Decay, 6. Crown, 7. Two, 8. Acid, 9. Hygienist, 10. Lifetime, 12. Nuts, 13. Plaque, 14. Floss, 15. Mouthguard, 16. XRay, 19. Mineral, 20. Gum 21. Soft, 22. Bacteria, 23. Toothpaste, 25. Dentist, 28. Breath, 29. Enamel