Defeat Monster Mouth!

Oh no! The dreaded Monster Mouth - and The Plaqster has it!

Not to worry. Flossy and Buck McGrinn, Den and Gen Smiley, and their trusty pal K-9 are on the job! They know just how to attack Monster Mouth and get The Plaqster’s smile back on track.

To fight Monster Mouth and promote good oral health our friends follow this simple rule, “2min2x.” That’s code for “brush your teeth two minutes, two times a day.”

Flossy, Buck, Den, and Gen know the importance of good dental habits to keep their smiles bright. They brush their teeth when they get up in the morning and again before they go to bed at night. They also floss their teeth once each day. Because Den wears braces, he is especially careful about keeping his teeth healthy so he has a bright smile when the braces come off.

Defeating Monster Mouth takes a lot of energy so the McGrinns and Smileys do eat snacks between meals but very few sugary ones. They usually stick to fruit and other healthy foods, and they choose water when they are thirsty instead of soda pop.

You can defeat Monster Mouth, too! Join in the fun by playing the games and doing the activities to learn how to take good care of your teeth.

And remember the code “2min2x”! For a super smile and healthy mouth, brush your teeth two minutes, two times a day.
Just 2min2x - brushing just 2 minutes twice a day - that’s how The Plaqster defeats monster mouth! Use the grid as a guide to finish the picture and see his BIG sparkling smile!
The Plaqster says, Congratulations!

(name)

has defeated MONSTER MOUTH!

(date)

2min2x

Brush 2 minutes 2 times a day for good oral health!
The Plaqster and Flossy can use a little help! Can you find all the hidden words? They can be up, down, diagonal, backward and forward!

<table>
<thead>
<tr>
<th>CAVITY</th>
<th>MOLAR</th>
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<tr>
<td>DENTIST</td>
<td>PLAQUE</td>
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<td>ENAMEL</td>
<td>MOUTHGUARD</td>
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<td>FLOSS</td>
<td>TOOTHBRUSH</td>
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<td>SEALANT</td>
<td>TOOTHPASTE</td>
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<td>GUMS</td>
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<td>JAW</td>
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The Plaqster, Den and Buck are sure having fun! You can join in.
Can you find 25 differences between the two pictures?
Den and Buck are playing Hide and Seek with The Plaqster. Who will find him first? Using different colored buttons for markers, flip a coin to advance around the board. Heads moves you ahead 2 spaces, tails 1 place. Be sure to follow the instructions where you land!

- Instead of an apple snacked on a candy bar. Follow the arrow!
- Skipped the soda and had a drink of water. Move ahead 3 spaces!
- Reminded your mom to buy toothpaste. Your tube is almost empty. Move ahead two spaces!
- Only flossed your top teeth. Go back 3 spaces!
- Visited the dentist and didn’t have any cavities. Follow the arrow!
- Used a pea-sized amount of toothpaste. Move ahead two spaces!
- Forgot to wear your mouthguard playing sports. Follow the arrow!
- Brushed your teeth for two minutes in the morning and at bedtime. Move ahead two spaces!
- Brushed your teeth for two minutes in the morning and at bedtime. Move ahead two spaces!

FINISH

START
It’s a mystery!
Help K-9 and The Plaqster unscramble the words in these oral health messages!

1. Visit your _______________ twice a year.
   TTNSIDE

2. Eat plenty of fruits and _______________.
   SEEBEGVTAL

3. Brush your teeth two _______________ two times a day.
   SNEMIUT

4. Don’t forget to brush your _______________.
   GTUENO

5. Always wear a _______________ when playing sports.
   GTHUDARUMO
Gen LOVES crossword puzzles! You can help her. Use the word list below to complete the puzzle.

ACROSS
2  Your first teeth.
4  The hard outer layer of a tooth.
9  If not removed, can lead to cavities.
10 Wear this to protect your smile while playing sports.
12 Only eat sparingly to keep your smile healthy.
13 Pictures of your teeth.
14 What your dentist applies to protect teeth from decay.
16 Limit between meal _____.
17 Use this to keep teeth clean.
19 ____ are the teeth in the back of your mouth used for grinding food.
20 Use only a ____-sized amount of toothpaste when you brush.

DOWN
1 Drink this instead of soda pop.
3 Broccoli and carrots are nutritious _____.
5 A dentist uses this to help see all your teeth.
6 They hold your teeth in place.
7 Visit your ____ regularly.
8 Clean between your teeth with dental _____.
11 Defeat ____ Mouth! Keep your smile sparkling!
15 Brush your teeth for 2 minutes ____ a day.
18 Grin

MONSTER: 15 TWICE TH SNAKE
DOWN: 1 WATER 2 VEGETABLES 3 GUMS 4 MIRROR 5 DENTIST 6 PLAQUE 7 FLOSS 8 PEA 9 MONSTERS 10 SNACKS 11 TOOTHBRUSH 12 SEALANT 13 SWEETS 14 XRAYS 15 TWICE 16 SNACKS 17 TOOTHBRUSH 18 SWEETS 19 MOLARS 20 PEAS
ACROSS: 2 BABY 4 ENAMEL 9 PLAQUE 10 MOUTHGUARD 12 SWEETS 13 XRAYS 14 SEALANT 16 SNACKS 17 TOOTHBRUSH 19 MOLARS 20 PEA

ADA American Dental Association* America’s leading advocate for oral health
Playing sports is FUN! But you should always wear a mouthguard to keep your smile safe! Can you draw a line to match Den, Gen, Buck, Flossy and K-9 with their shadow?
The Plaqster is all about defeating Monster Mouth, but it takes some monster-sized equipment! Connect the dots to see what The Plaqster uses 2 minutes, 2 times a day for good oral health!
DEFEAT MONSTER MOUTH!