CROSSWORD

Word List
Bacteria  Braces  Dentist  Floss  Fluoride  Fun  Mouthguard  Plaque
Smile  Snacks  Sugar  Teeth  Tongue  Toothpaste  Water  Vegetables

Down:
1. A ______ is a doctor who helps you keep your teeth, gums, and mouth healthy.
2. Broccoli and carrots are nutritious ______.
3. If not removed, it can lead to cavities.
5. ______ can help straighten your teeth.
6. ______ helps protect your teeth from cavities.
7. Keep your smile healthy by only eating sweets or ______ as a treat.
10. Your ______ can last all of your life, so take good care of them.
11. Drink ______ with fluoride instead of juice or soda pop.
12. Brushing and flossing are ______!

Across:
4. Don’t forget to brush your ______.
5. ______ is another word for germs that can cause decay (or cavities).
6. A toothbrush and ______ help to clean your teeth.
8. Eating the right ______ will keep your teeth healthy.
9. Great job, you make me ______!
10. Brush your teeth twice a day with fluoride ______.
13. Wear this to protect your teeth and mouth from injury while playing sports.

February is National Children’s Dental Health Month. Visit ADA.org/NCDHM for more activity sheets.

HEALTHY SMILE TIPS

BRUSH YOUR TEETH 2X/DAY WITH FLUORIDE TOOTHPASTE.
CLEAN BETWEEN YOUR TEETH DAILY.
EAT HEALTHY FOODS AND LIMIT SUGARY BEVERAGES.
SEE YOUR DENTIST AT LEAST TWICE A YEAR.

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