

Fluoride in water

prevents cavities!

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Celebrating 75 years of water fluoridation. Visit ADA.org/FromTheTap 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 beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

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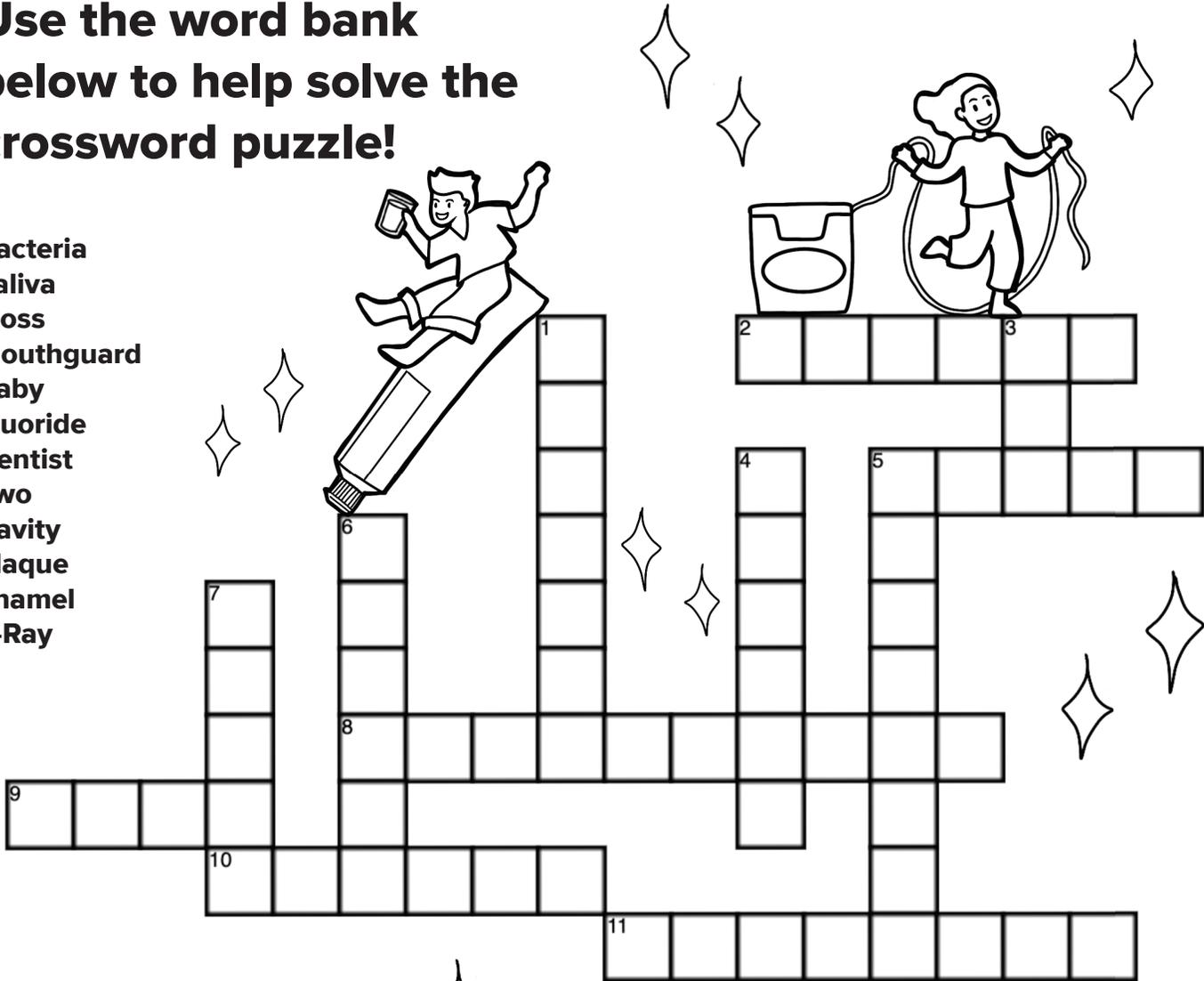
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Use the word bank below to help solve the crossword puzzle!

- Bacteria
- Saliva
- Floss
- Mouthguard
- Baby
- Fluoride
- Dentist
- Two
- Cavity
- Plaque
- Enamel
- X-Ray



ACROSS

- 2 A hole in your tooth
- 5 What you use to clean in between your teeth
- 8 What you wear during sports to protect your teeth
- 9 Your first teeth
- 10 Washes food and particles from your teeth and gums
- 11 Another name for germs

DOWN

- 1 The person you visit regularly to clean your teeth
- 3 How many times you should brush your teeth a day
- 4 Sticky film that left on your teeth can cause cavities
- 5 Helps protect your teeth from cavities
- 6 Hard outer layer of a tooth
- 7 Special pictures your dentist takes of your teeth

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HEALTHY SMILE TIPS

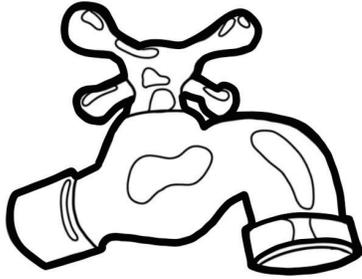
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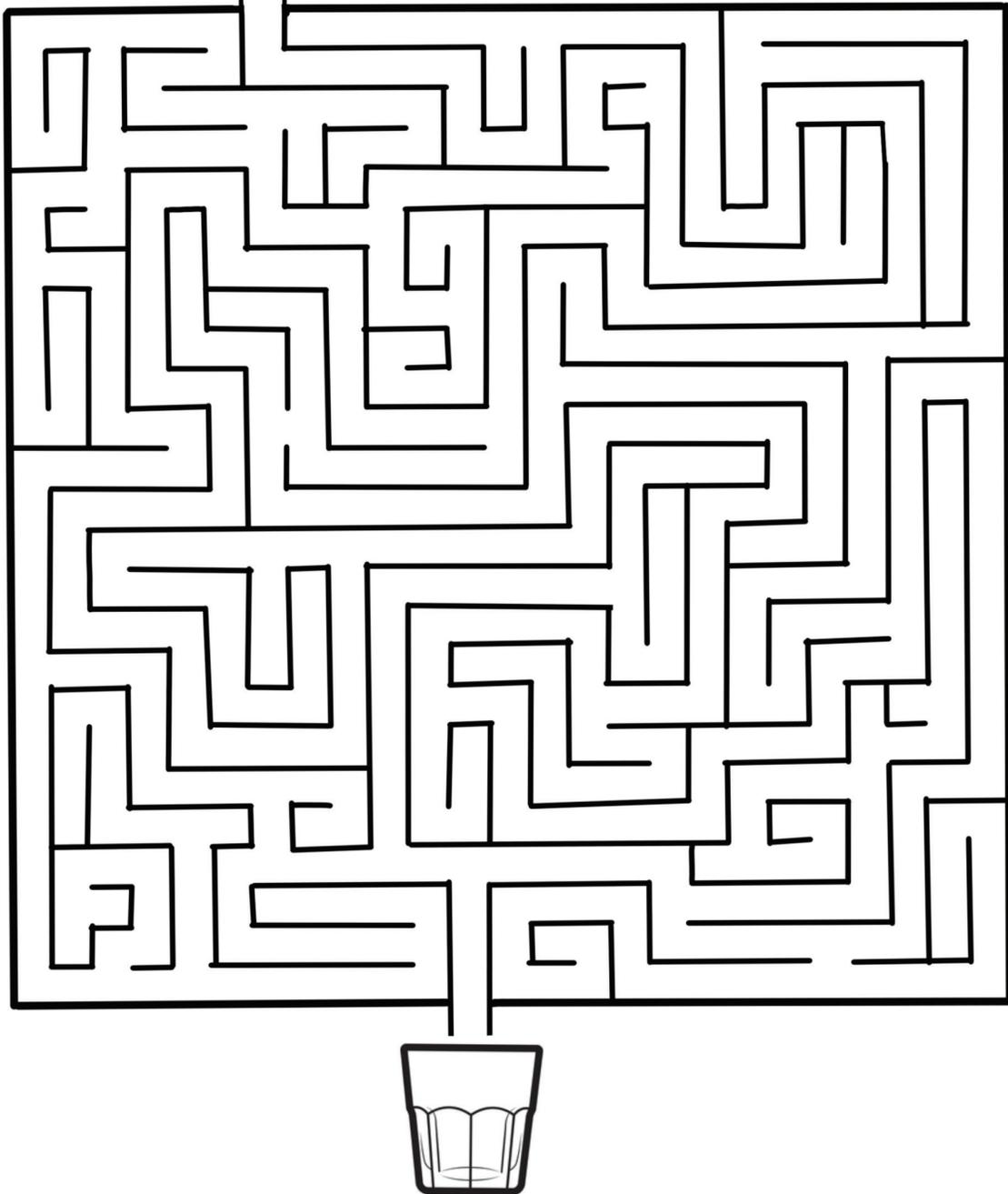
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Guide the tapwater through the maze and into your glass. Color in the cup with water, and then pour a real one for yourself!



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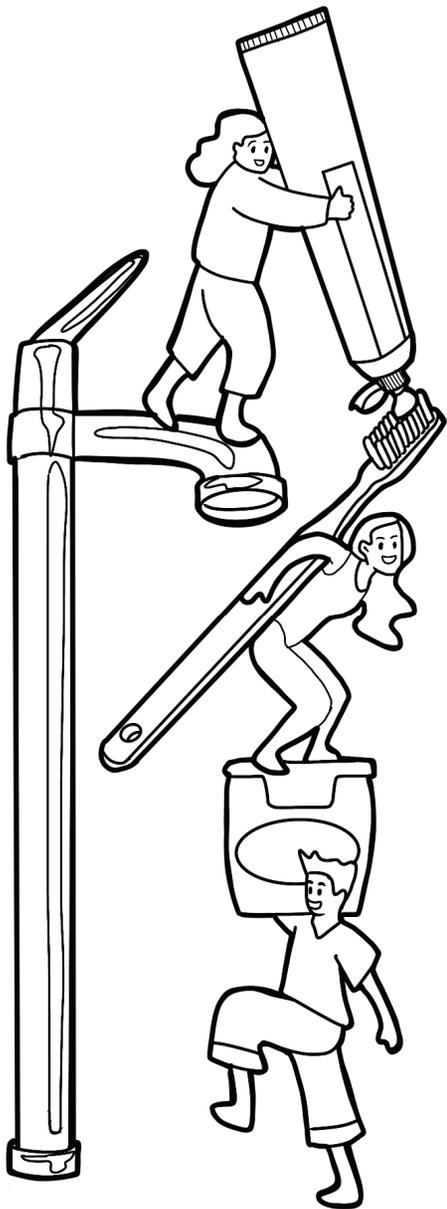
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Make it a habit!

Brushing your teeth 2 minutes 2 times a day keeps your mouth healthy and smile bright. When you're thirsty, choose tap water for a great smile! Fill in the calendar dates in the corner and then check off the boxes each time you brush!



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