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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HEALTHY SMILE TIPS

Brush twice a day to help protect your teeth from cavities!

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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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**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.
4. _____ can help straighten your teeth.
5. _____ helps protect your teeth from cavities.
6. _____ helps protect your teeth from cavities.
7. Keep your smile healthy by only eating sweets or _____ as a treat.
8. Your _____ can last all of your life, so take good care of them.
9. Drink _____ with fluoride instead of juice or soda pop.
10. 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 _____.
11. Wear this to protect your teeth and mouth from injury while playing sports.

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- BACTERIA
- BRUSH
- CAVITY
- DENTIST
- FLOSS
- FRUIT
- SMILE
- TEETH
- TOOTHBRUSH
- TOOTHPASTE
- WATER
- VEGETABLE

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