



# BRUSH AND CLEAN IN BETWEEN TO BUILD A HEALTHY SMILE!

Visit [MouthHealthy.org/SmileBuilders](https://MouthHealthy.org/SmileBuilders) for more activity sheets.

## HEALTHY SMILE TIPS



Brush your teeth twice a day with a fluoride toothpaste.



Clean between your teeth daily.



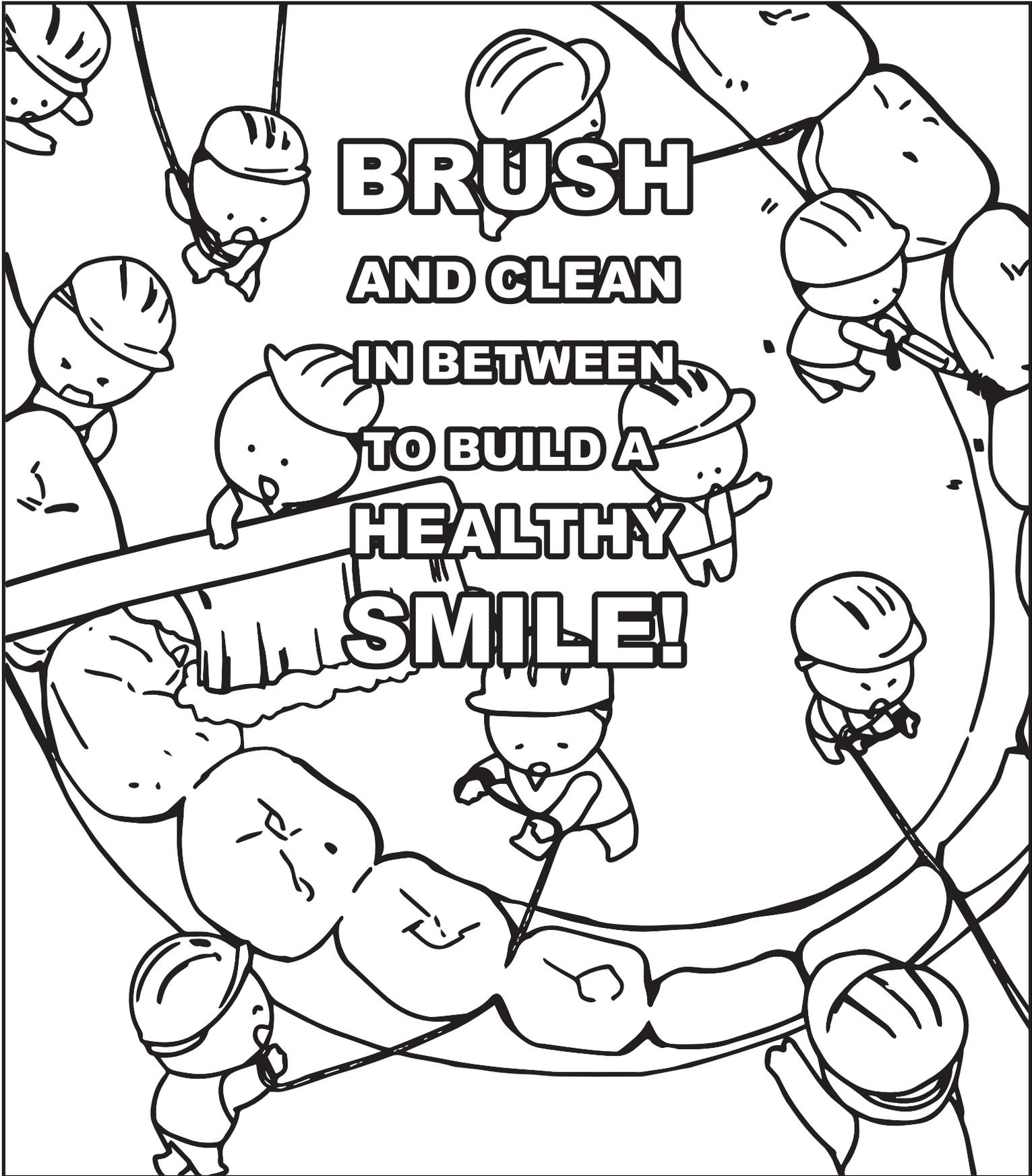
Eat a healthy diet that limits sugary beverage and snacks.



See your dentist regularly for prevention and treatment of oral disease.



ADA American Dental Association®



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\_\_\_\_\_ 's  
**Brushing Chart**

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
<b>MONDAY</b>								
<b>TUESDAY</b>								
<b>WEDNESDAY</b>								
<b>THURSDAY</b>								
<b>FRIDAY</b>								
<b>SATURDAY</b>								
<b>SUNDAY</b>								

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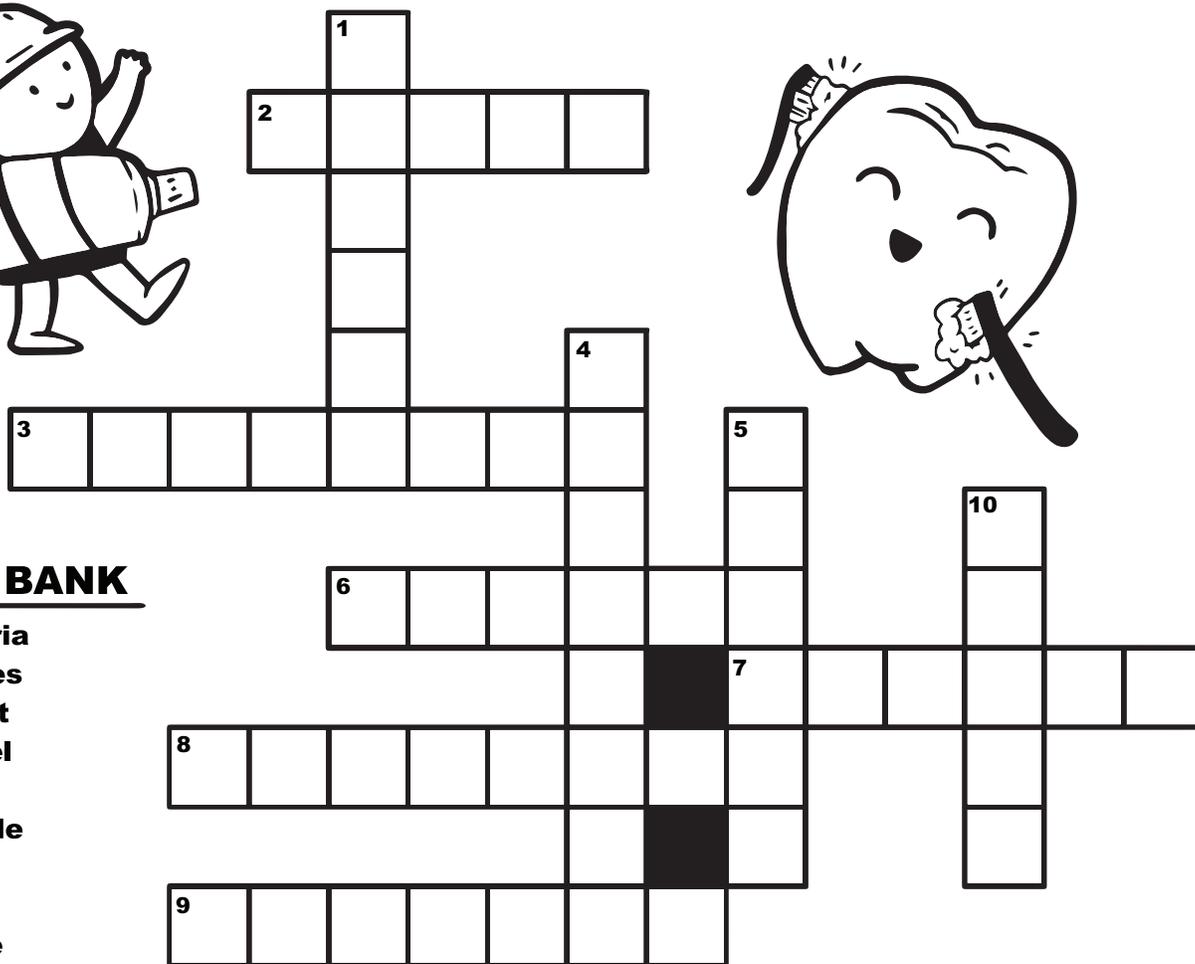


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# CROSSWORD



## WORD BANK

Bacteria  
Cavities  
Dentist  
Enamel  
Floss  
Fluoride  
Germs  
Mirror  
Plaque  
Saliva

## ACROSS

2. Cleans between your teeth.
3. \_\_\_ in plaque produce acid when you eat sugar which leads to cavities.
6. Washes away food and particles from your teeth and gums.
7. A dentist uses a mouth \_\_\_ to help him to see all of your teeth.
8. Helps protect your teeth from cavities.
9. It is important to visit your \_\_\_, regularly.

## DOWN

1. A sticky film that if left on your teeth can lead to cavities.
4. Use toothpaste with fluoride to help prevent \_\_\_.
5. The hard outer layer of a tooth.
10. Bacteria is another name for \_\_\_.

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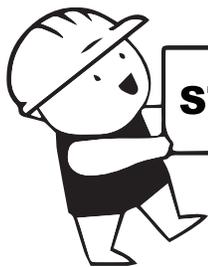
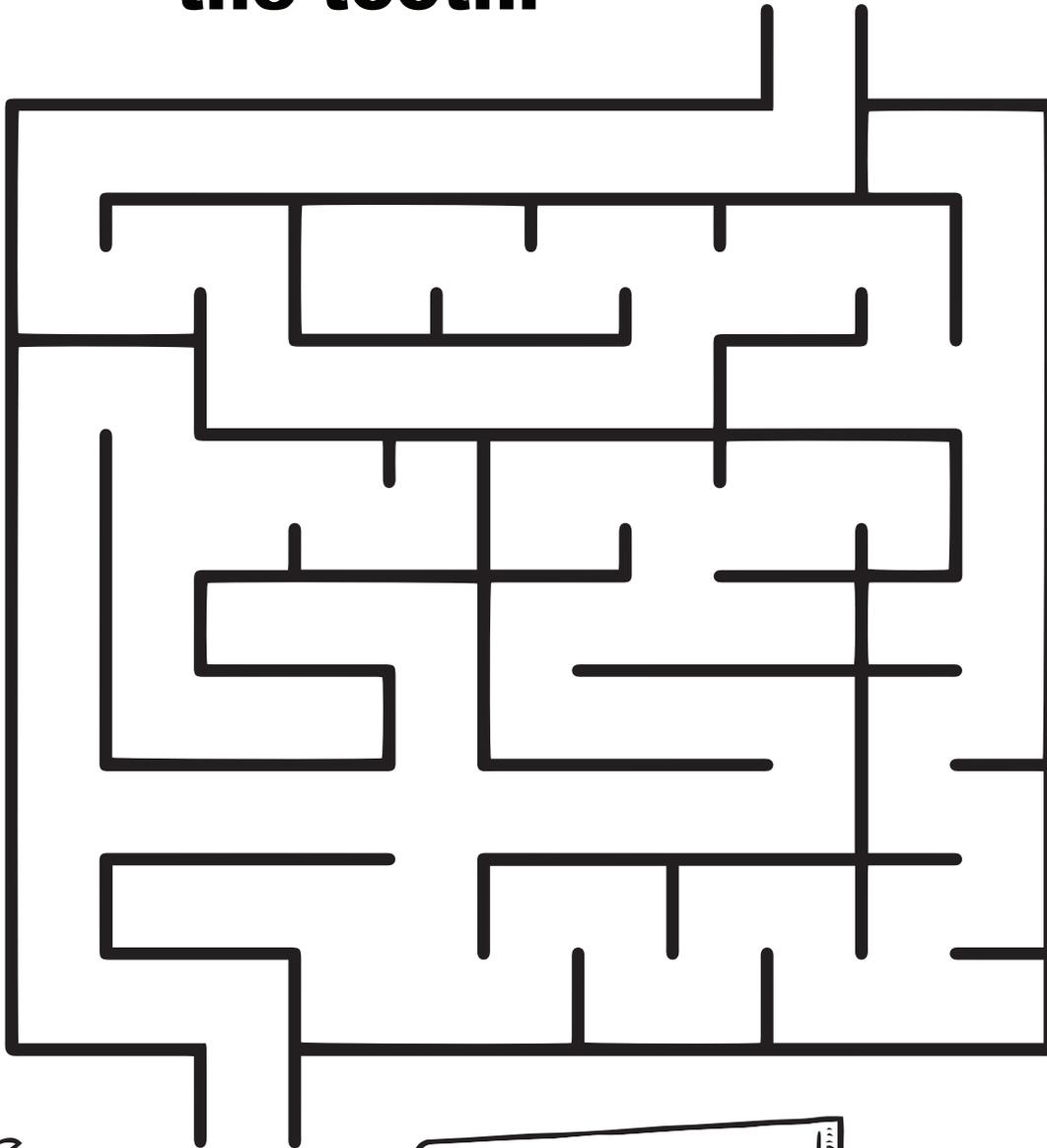


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# Help get the toothpaste to the tooth!



**END**



**START!**



**Fluoride  
Toothpaste**

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