BRUSH AND CLEAN IN BETWEEN TO BUILD A HEALTHY SMILE!

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.

Visit MouthHealthy.org/SmileBuilders for more activity sheets.
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### I Brushed Two Times Today!

<table>
<thead>
<tr>
<th>Brushing Chart</th>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>☀️</td>
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<tr>
<td>TUESDAY</td>
<td>☀️</td>
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<tr>
<td>WEDNESDAY</td>
<td>☀️</td>
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<tr>
<td>THURSDAY</td>
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<tr>
<td>FRIDAY</td>
<td>☀️</td>
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<tr>
<td>SATURDAY</td>
<td>☀️</td>
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<tr>
<td>SUNDAY</td>
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</tbody>
</table>

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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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Help get the toothpaste to the tooth!

Start!

Fluoride Toothpaste

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