Healthy Smile Tips:

1. Brush your teeth twice a day with a fluoride toothpaste.
2. Clean between your teeth daily.
3. Eat a healthy diet that limits sugary beverages and snacks.
4. See your dentist regularly for prevention and treatment of oral disease.

Visit MouthHealthy.org/ToothTeam for more activity sheets.

Crossword:

Across:
3. The hard outer layer of a tooth is ______.
8. A ______ is a hole in your tooth.
9. Use toothpaste with fluoride to help prevent ______.
11. Clean between your teeth with dental ______.
12. Wear a ______ while playing sports to protect your teeth and mouth from injury.

Down:
1. Bacteria is another name for ______.
2. ______ helps protect your teeth from cavities.
4. ______ is a sticky film that if left on your teeth can lead to cavities.
5. ______ teeth are your first teeth.
6. Special pictures of your teeth that the dentist takes are called ______.
7. ______ washes away food and particles from your teeth and gums.
10. Brush your teeth for ______ minutes two times a day.

Word Bank:
- X-rays
- Mouthguard
- Cavities
- Fluoride
- Plaque
- Germs
- Floss
- Enamel
- Saliva
- Two
- Cavity