



How did you do on our quiz?

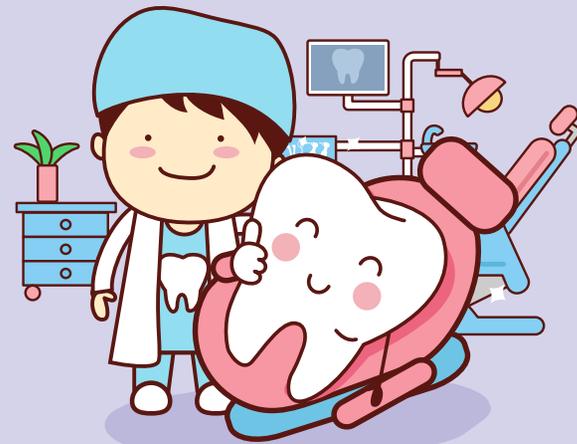
Were you able to fill in all the missing clues?

Here are the answers:

1. Meal
2. Flossing
3. 2
4. Teeth
5. Soccer
6. Five
7. Cavities

Just remember, the key to a healthy mouth is to brush, floss, eat right, always wear a mouthguard when playing contact sports, and of course, visit your dentist regularly.

A Bright Future
Begins with a
Healthy Smile.



Hi Kids!

We're here to teach you all about good oral health; in other words, your teeth and gums. Did you know that YOU hold the key to a healthy smile? Your smile will last a lifetime if you take good care of it. Let's see how much you know about taking care of your teeth and gums. Read along and help us fill in the seven missing clues to a healthy smile.

Brushing and Flossing

To prevent cavities, make sure you brush your teeth after every **M** ___ with toothpaste that has fluoride. Brushing will remove plaque that can lead to tooth decay.



F _____ once a day will help you get rid of any extra plaque and food that your toothbrush cannot reach.

Visiting the Dentist

Your dentist plays an important role in keeping your smile healthy and bright.

How many times a year should you visit your dentist for routine care?
1, 2, or 3?

Circle the correct answer.

Remember, your dentist can help keep your teeth and gums looking and feeling their best!



Mouthguards

Millions of **T** _____ are knocked out every year while kids are playing sports. Mouthguards, or mouth protectors, will help you prevent injury to your mouth, especially to your teeth, lips, cheeks, and your tongue.

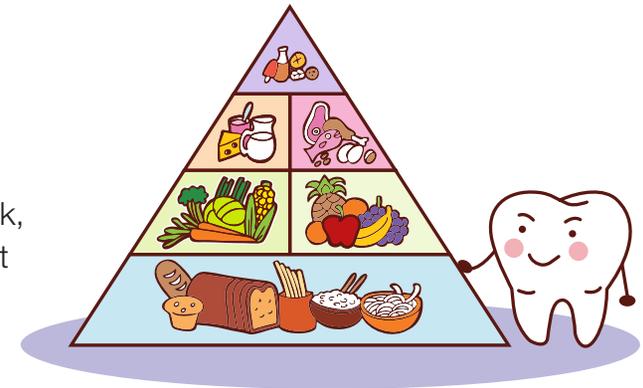


Mouthguards should be worn while you are playing all contact and high impact sports, including baseball, lacrosse, basketball, football, **S** _____, rollerblading, and skateboarding.

Nutrition

Eating the right foods will keep you and your mouth healthy. For a balanced diet, you should eat foods from the **F** ___ major food groups:

1. Fruits
2. Vegetables
3. Breads, cereals
4. Dairy—such as milk, cheese, and yogurt
5. Meat, chicken, and fish



Stay away from too many sweets like sticky candy, chocolate, and cookies. Too much sugar can cause **C** _____.