

A Healthy TOOTHousand[™] AND Beyond

Hi kids!

We're the **Healthy Toothousand and Beyond Team** and 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? **1, 2, or 3?** Circle the correct answer. Remember, your dentist is a friend who is there to keep your teeth and gums looking and feeling their best!

Mouthguards

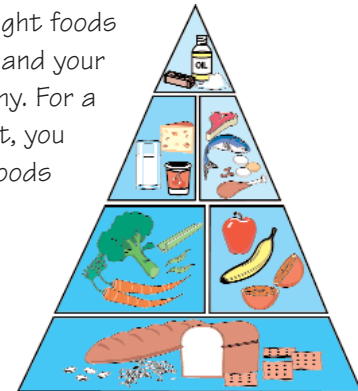
Millions of **t** _ _ _ _ are knocked out every year while kids are playing sports. Mouthguards, or mouth protectors, will help you prevent injury to your mouth, especially to your teeth, lips, cheeks, and your tongue.

Mouthguards should be worn while you are playing all contact sports, including baseball, 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 _ _ _ _ _ .



So how did you do?



Were you able to fill in all the missing clues? You can check your answers below.

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

The
Healthy 
TOOTHous AND Beyond
team cares about your Smile!

Answers:

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



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A Healthy Toothousand is a service mark of the Massachusetts Dental Society.