1. Certain types of bacteria found in some of the __________ you eat can stick to the enamel that covers your teeth.

2. __________ to floss your teeth takes time and patience. If you’re just beginning to floss your teeth, be sure your mom or dad or another adult is there to help you.

3. Floss at least ______ a day and take your time to be sure you’ve flossed in between every tooth.

4. Brushing your teeth at least twice a day helps get rid of some of the plaque on your teeth. Be sure to brush the tops, ______, front, and back of your teeth.

5. The dentist puts __________ on your teeth to seal out food and plaque to protect you from cavities.

6. It is __________ to clean between your teeth in places where your toothbrush can’t reach.

7. Brushing alone is ______ enough to keep your teeth healthy.

8. Brushing with toothpaste helps remove plaque from your teeth and ______.

Hidden Word: Flossing

1. Foods
2. Learning
3. Once
4. Sealants
5. Sides
6. Important
7. Not
8. Gums

Columns: 1, 2, 3, 4, 5, 6, 7, 8