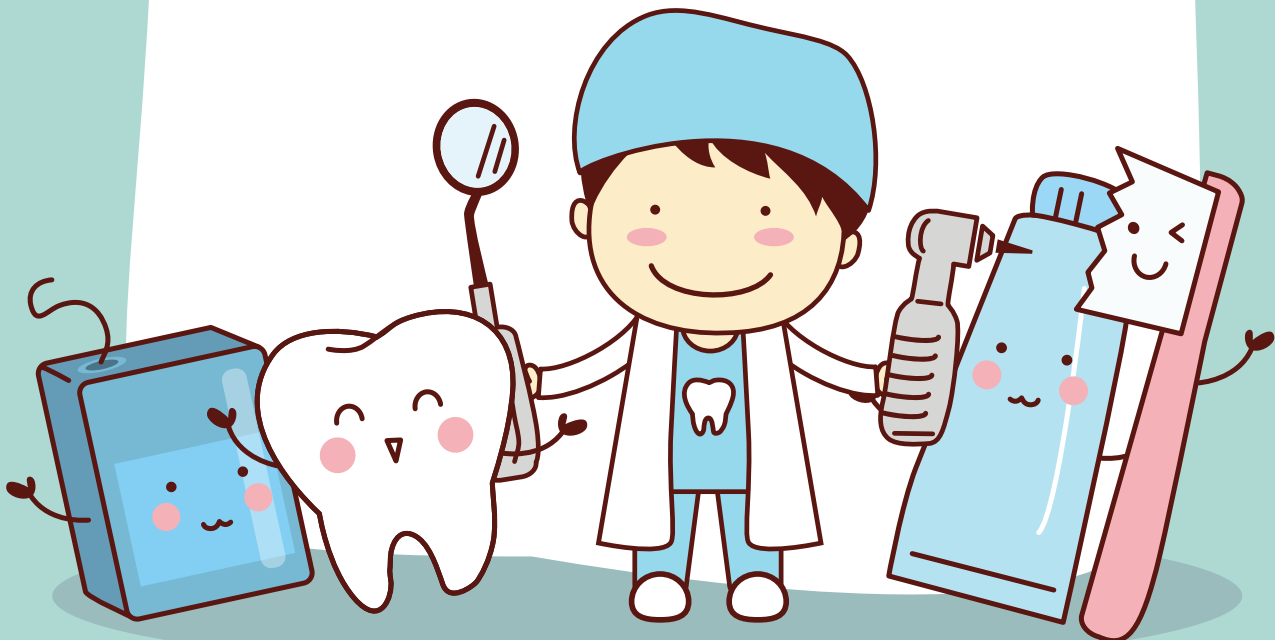
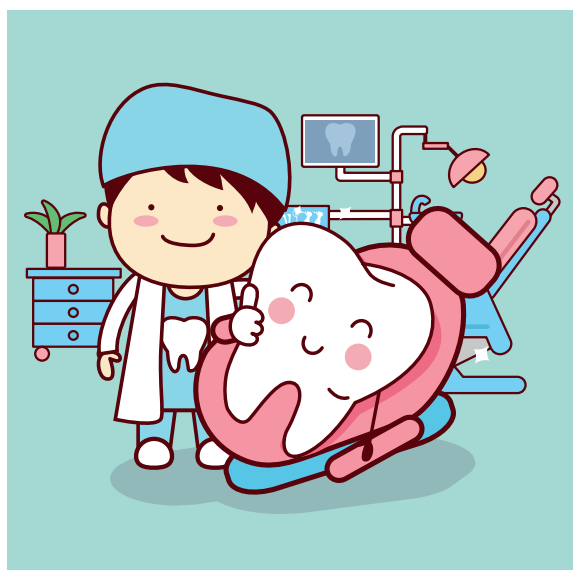




# A Bright Future Begins with a Healthy Smile

Activity Book





Two Willow Street, Southborough, MA 01745  
800.342.8747 • [massdental.org](http://massdental.org)

# Brushing Chart

Brush two minutes, two times a day to keep your smile healthy.




































Fill the calendar dates in the corner of each box,  
then color in a tooth every time you brush.

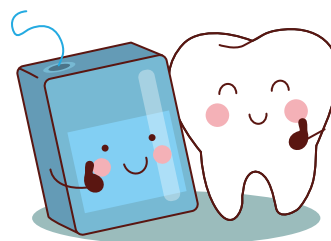
Make it a habit for a great smile!



Month \_\_\_\_\_

Name \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> 	<div></div> 	<div></div> 	<div></div> 	<div></div> 	<div></div> 	<div></div> 
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## Did You Know...

Children between the ages of eight and 17 are at the greatest risk for tooth decay from consuming acidic, sugar-rich food and drinks because the enamel protecting their teeth has not fully developed.



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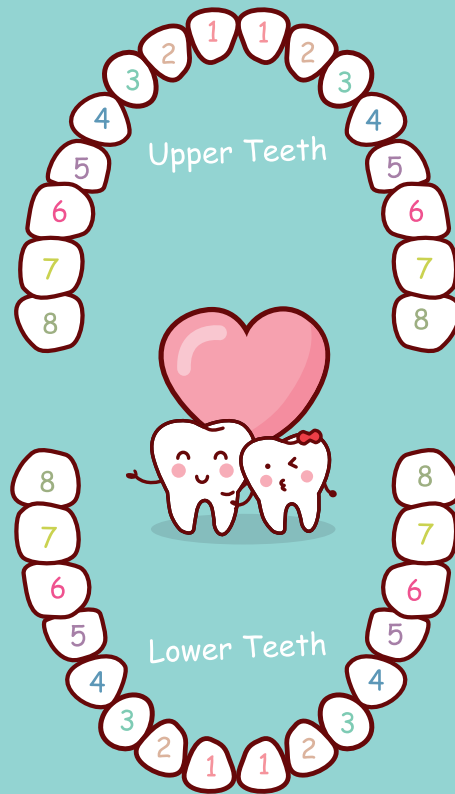
# About Your Teeth

## Parts of a Tooth

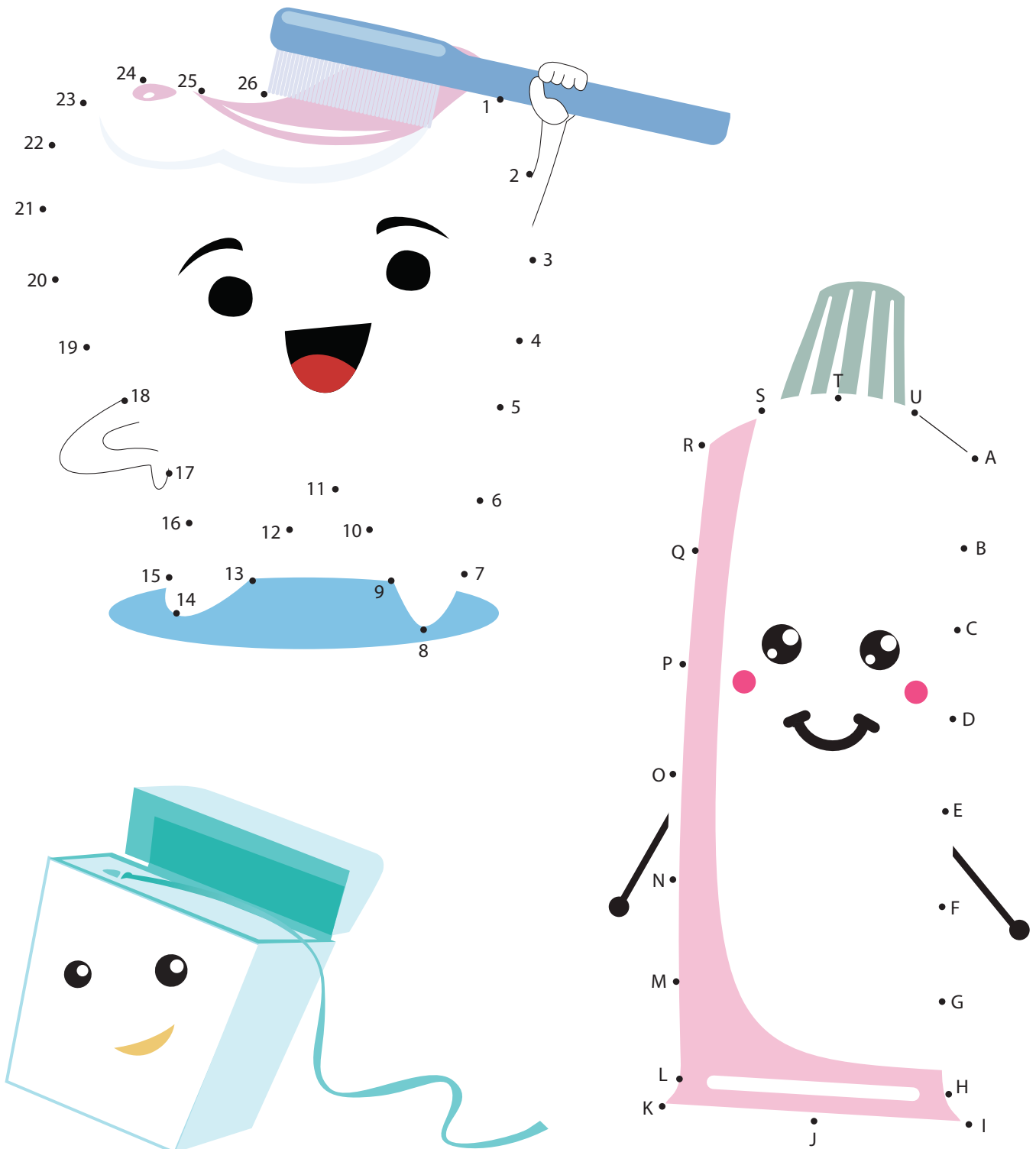


## Types of Teeth

- CENTRAL INCISOR
- LATERAL INCISOR
- CANINE(CUSPID)
- FIRST PREMOLAR
- SECOND PREMOLAR
- FIRST MOLAR
- SECOND MOLAR
- THIRD MOLAR



# Connect The Dots

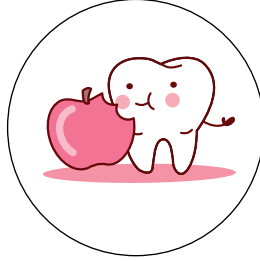


Can you find who is hiding on this page?

# Dental Do's and Don'ts



Eating  
Sweets



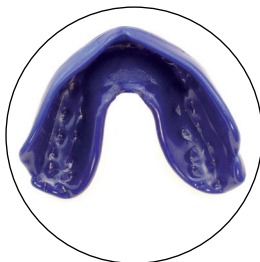
Eating  
Healthy  
Foods



Getting  
Enough  
Rest



Flossing  
Your  
Teeth



Wearing  
A Mouth-  
guard



Drinking  
Milk



Drinking  
Sugary  
Soda



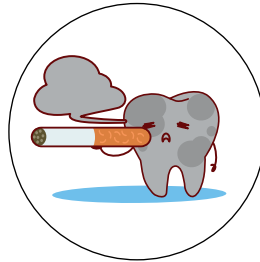
Visiting  
Your  
Dentist



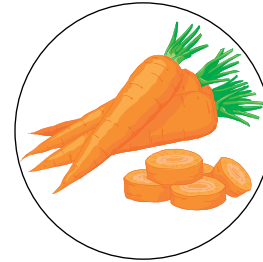
Rinsing  
With  
Fluoride  
Mouthwash



Brushing  
Your Teeth  
2 Minutes  
Twice A Day



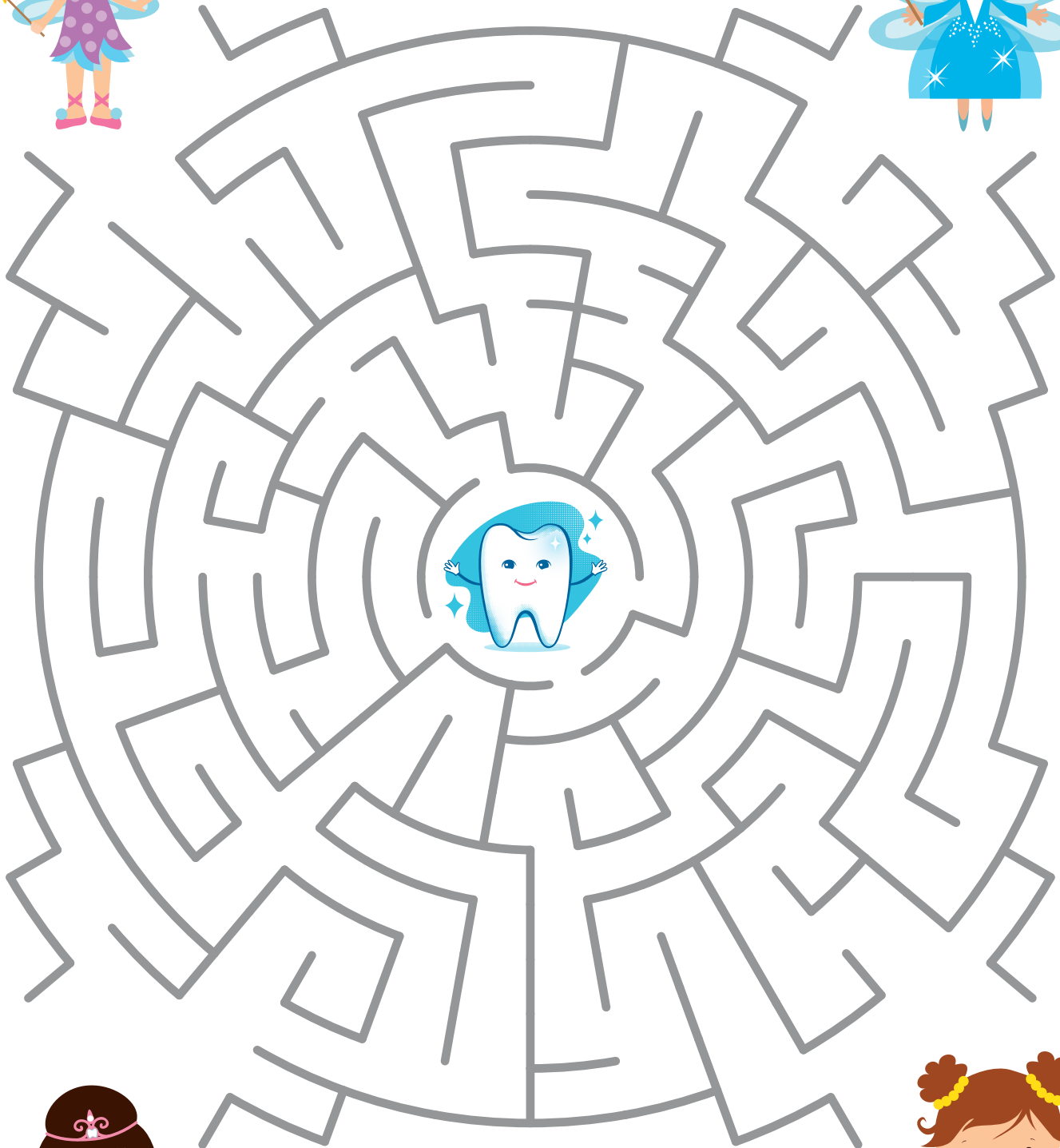
Smoking  
Cigarettes



Eating  
Vegetables

Practice making healthy choices.  
Put an X on the items that DON'T keep your mouth healthy.

# Tooth Fairy Maze



Help the tooth fairies find the tooth.

# Word Puzzle

Find the missing word in each sentence, then write it in each box.  
Combine the first letter in each word to uncover the hidden word!

--	--	--	--	--

--	--	--	--	--	--	--	--

--	--	--	--

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--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--

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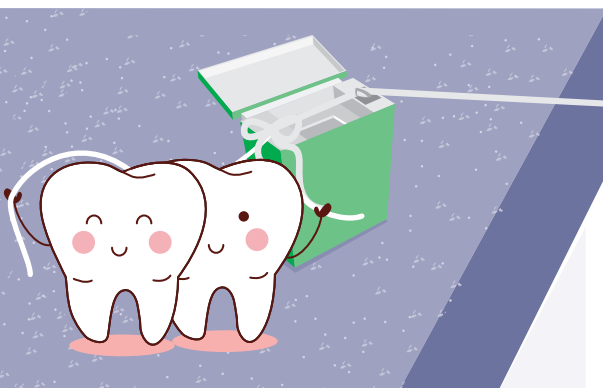
--	--	--	--

--	--	--	--	--	--	--	--	--	--



1. Certain types of bacteria found in some of the f\_\_\_\_\_ you eat can stick to the enamel that covers your teeth.
2. L\_\_\_\_\_ 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 o\_\_\_\_\_ 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, s\_\_\_\_\_, front, and back of your teeth.
5. The dentist puts s\_\_\_\_\_ on your teeth to seal out food and plaque to protect you from cavities.
6. It is i\_\_\_\_\_ to clean between your teeth in places where your toothbrush can't reach.
7. Brushing alone is n\_\_\_\_\_ enough to keep your teeth healthy.
8. Brushing with toothpaste helps remove plaque from your teeth and g\_\_\_\_\_.

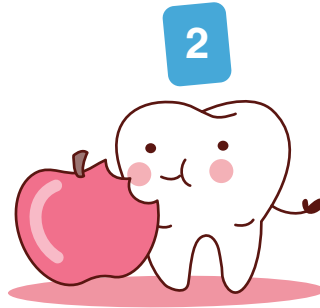
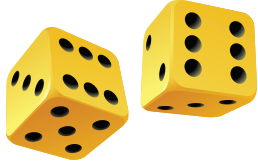
Answers  
1. Foods  
2. Learning  
3. Once  
4. Sides  
5. Sealants  
6. Important  
7. Not  
8. Gums  
Hidden word: Flossing



# Brushing Bingo

You will need one to three friends and a pair of dice to play bingo.

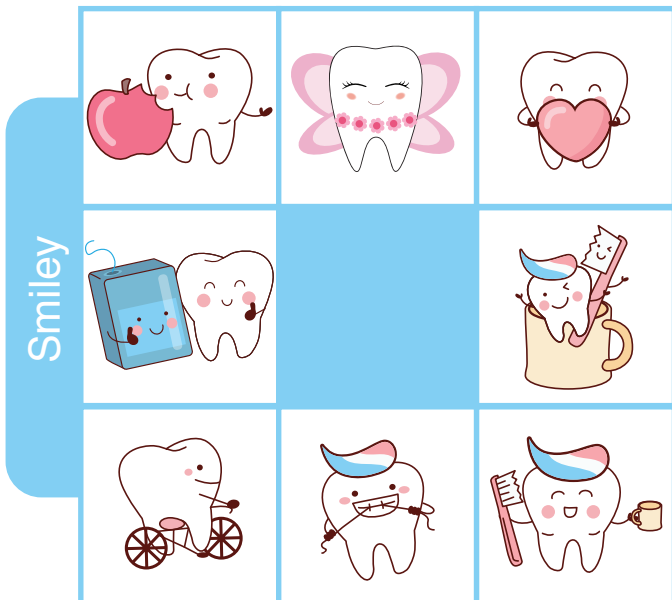
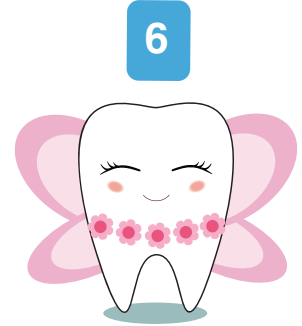
Let's Roll!



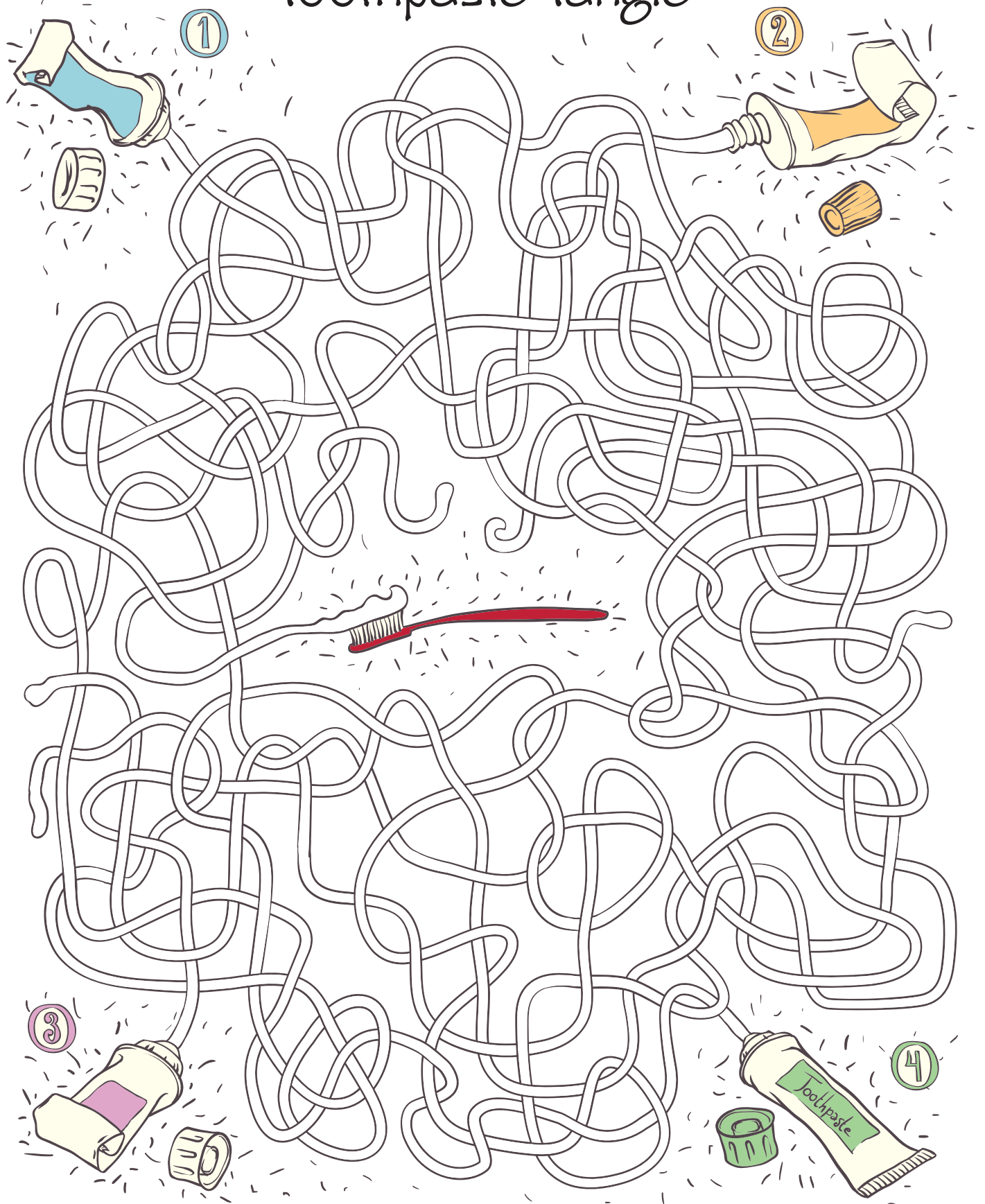
## How to play:

Take turns rolling the pair of dice and adding up the total. Check which picture matches the number thrown. Any player who has that picture on his or her bingo card should cross it out. The winner is the first player to cross out all the pictures and shout, “Bingo!”

“Bingo!”



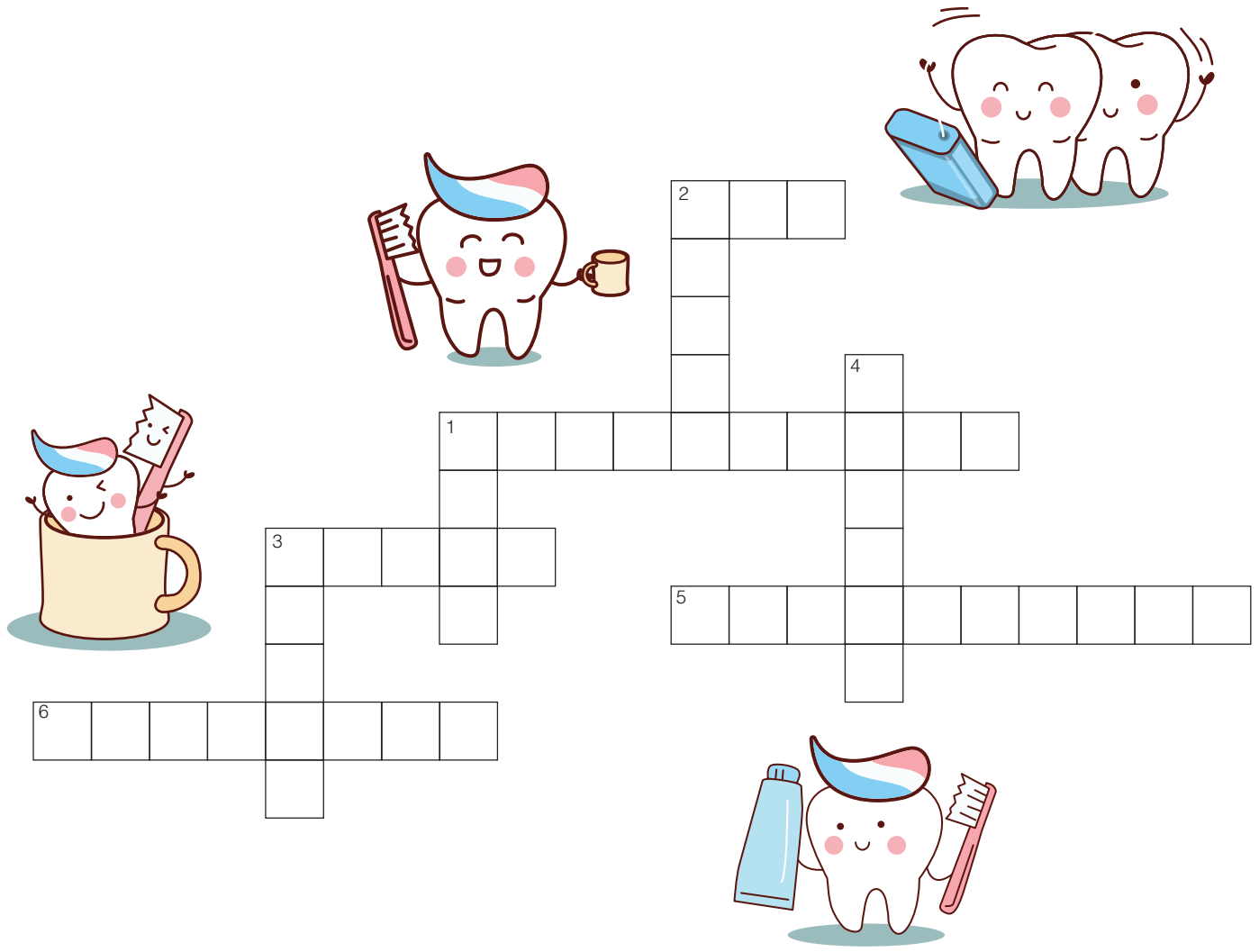
# Toothpaste Tangle



Which string of toothpaste finds its way to the toothbrush?



# Crossword Puzzle



## Across

1. Something that should always be worn when playing contact sports.
2. The number of times you should visit the dentist each year for a check up.
3. A Bright Future Begins with a Healthy \_\_\_\_\_.
5. A kind of paste or gel that helps remove plaque from your teeth and gums?
6. Something a dentist puts on your teeth that "seals out" food and plaque to protect you from cavities.

## Down

1. A dairy product that you drink and is good for your teeth.
2. Children have 20 primary \_\_\_\_\_.
3. S\_\_\_\_\_ can be harmful to your teeth when bacteria in your mouth eat it and produce acid.
4. If you don't brush and floss, you might get a \_\_\_\_\_.

Answers: Across: 1. Mouthguard 2. Two 3. Smile 4. Cavity 5. Toothpaste 6. Sealants  
Down: 1. Milk 2. Teeth 3. Sugar 4. Cavity

# Healthy vs. Unhealthy Foods

The bacteria in your mouth eat sugar. After eating the sugar, the bacteria produces acid, which can break down your tooth enamel and cause cavities.



Circle all the foods that are healthy for you.

# Word Search

Help our friends find 10 words connected to your healthy smile.

O	D	M	N	P	B	Q	F	E
Q	E	G	K	R	R	R	L	F
P	N	S	U	B	U	H	U	D
U	T	F	L	O	S	S	O	R
N	I	E	D	S	H	F	R	A
S	S	B	K	M	I	B	I	U
T	T	A	J	N	N	K	D	G
C	H	N	G	B	G	B	E	H
H	O	S	A	A	V	R	L	T
E	T	G	F	L	C	A	J	U
C	E	E	D	Y	A	C	I	O
K	W	K	E	A	Z	E	R	M
U	I	L	A	T	X	S	S	A
P	B	R	I	G	H	T	A	A

BRACES  
BRIGHT

BRUSHING  
DENTIST

FLOSS  
FLUORIDE

MOUTHGUARD  
CHECK UP

SEALANTS  
TEETH





# Word Decoder

Dr. Dennis Dentin and Dr. Pearl E. White have a favorite saying. They say it to all of their patients every day. Can you figure it out?

,

●●●●	◆★	◆ ●●●●	◆◆	R	◆★ ●●●	◆◆ ●	◆★ ●●●●	★ ●●●
◆◆ ●●●	★ ●●●	★	◆ ●●●●		◆◆★	◆★	◆◆ ●	
	●●	◆★ ●●●	◆◆ ●	◆★ ●●●●	★ ●●●			

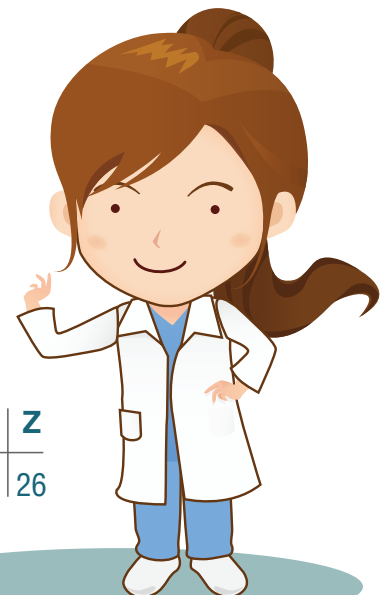
◆ = 10    ★ = 5    ● = 1

Add up the numbers represented by each set of symbols and replace them with the corresponding letter.

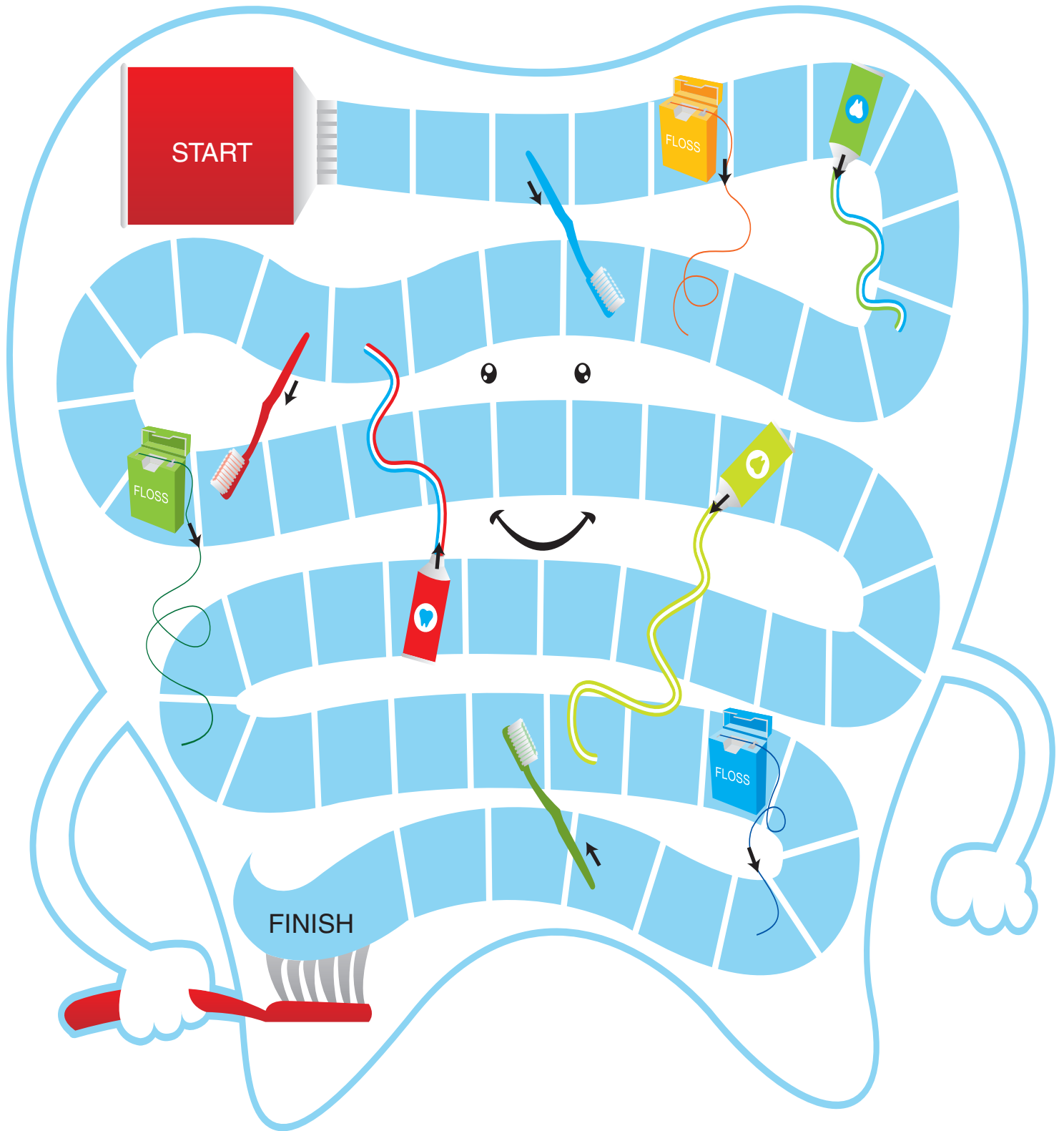
For example, the first letter in the second word is R.

A diamond counts for 10, a star counts for 5, and each circle counts for 1, so  $10 + 5 + 3 = 18$ , and the 18th letter of the alphabet is R.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26



# Toothpaste Slide



**To Win:** Be the first person to reach the end by moving from the “Start” to the “Finish”. You will need one or more friends, a pair of dice, and a game piece for each player (button or coin). Each player takes a turn rolling the dice, adding up the total, and moving his/her game piece the number of spaces on the dice. If a player lands on a box of floss, tube of toothpaste, or toothbrush, he/she may slide up or down the board as directed by the arrows.



## Six Reasons to Drink Water



### **Water with fluoride helps reduce dental decay**

Fluoride in water (and toothpaste) helps rebuild weakened tooth enamel and reverses early signs of tooth decay.



### **Water helps you get well.**

When you're sick, the old saying, "drink plenty of liquids" holds true. Water helps control fevers and replaces lost fluids.



### **Water regulates your body temperature.**

Perspiration is your body's natural mechanism to control body temperature. As a result, in order to sweat, you need plenty of water.



### **Water helps you lose weight.**

Increasing your water intake can help you control your weight by preventing you from confusing hunger with thirst.



### **Water helps you while you exercise.**

Drinking water before, during, and after exercise will help reduce muscle cramping and fatigue. Water also keeps your metabolism working to give you energy and hydration during exercise.



### **Water helps you stay hydrated, alert, and energized.**

On average, most people lose nearly 10 cups of fluid a day. Even minor dehydration can cause a loss of concentration, headaches, fatigue, and irritability.



# Healthy Smile Certificate



Proudly awarded to:

---



In recognition of your healthy smile.

Presented by the Massachusetts Dental Society

Date: \_\_\_\_\_

## Tooth Plaque



## Teeth Flossing



## Teeth Brushing



## Healthy Tooth



Keeping your mouth healthy is essential to your overall health.  
Floss your teeth once a day, and brush gently with fluoride toothpaste twice a day.

