



BRUSH FLOSS SMILE

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February is National Children's Dental Health Month. Visit [ADA.org/NCDHM](https://ada.org/NCDHM) for more activity sheets.

HEALTHY SMILE TIPS



BRUSH YOUR TEETH 2X/DAY
WITH FLUORIDE TOOTHPASTE.



CLEAN BETWEEN YOUR
TEETH DAILY.



EAT HEALTHY FOODS AND
LIMIT SUGARY BEVERAGES.



SEE YOUR DENTIST AT LEAST
TWICE A YEAR.

ADA American
Dental
Association®

Brush twice a day to help protect your teeth from cavities!



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

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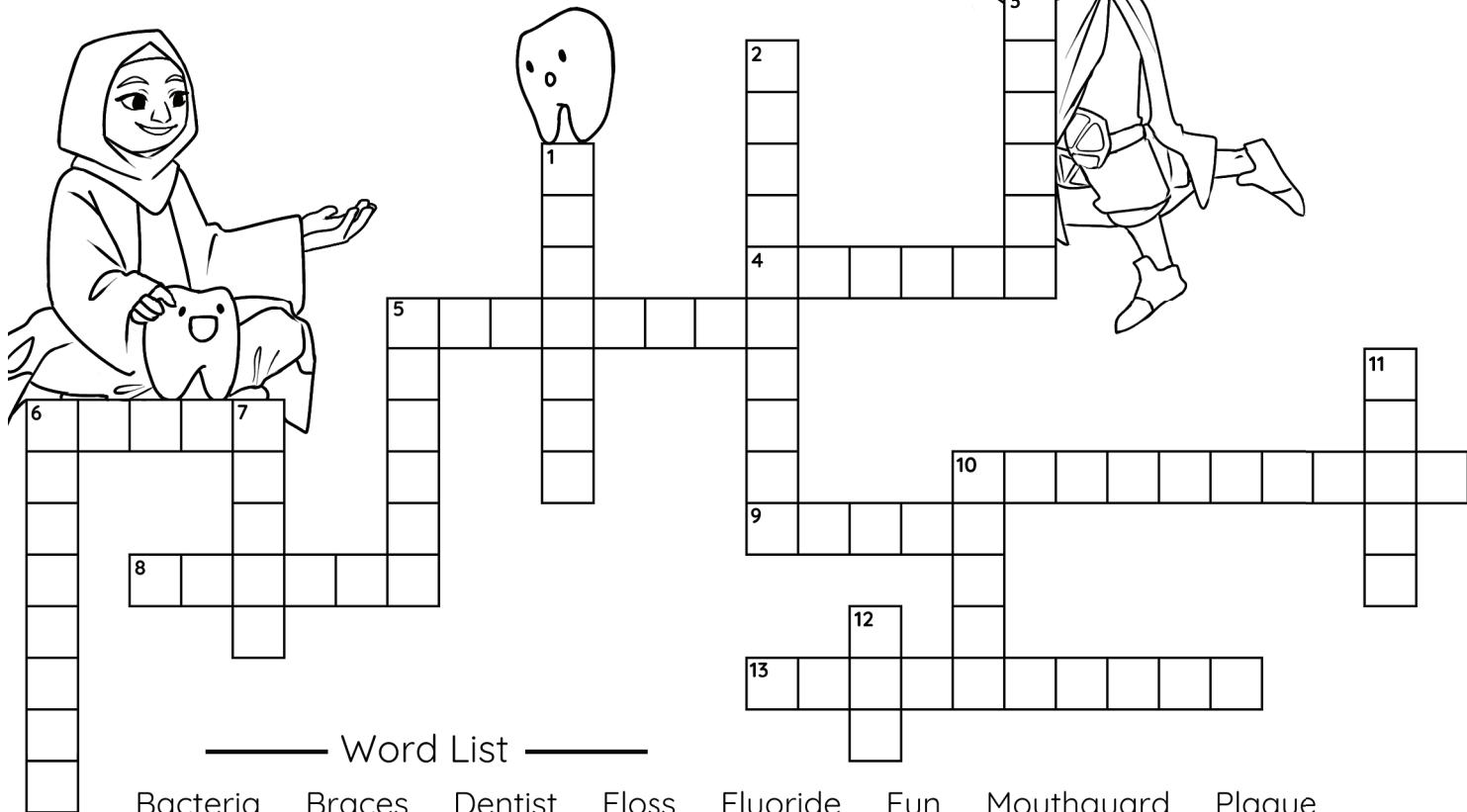
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CROSSWORD



_____ Word List _____

Bacteria Braces Dentist Floss Fluoride Fun Mouthguard Plaque
Smile Snacks Sugar Teeth Tongue Toothpaste Water Vegetables

Down:

1. A _____ is a doctor who helps you keep your teeth, gums, and mouth healthy.
2. Broccoli and carrots are nutritious _____.
3. If not removed, it can lead to cavities.
5. _____ can help straighten your teeth.
6. _____ helps protect your teeth from cavities.
7. Keep your smile healthy by only eating sweets or _____ as a treat.
10. Your _____ can last all of your life, so take good care of them.
11. Drink _____ with fluoride instead of juice or soda pop.
12. Brushing and flossing are _____!

Across:

4. Don't forget to brush your _____.
5. _____ is another word for germs that can cause decay (or cavities).
6. A toothbrush and _____ help to clean your teeth.
8. Eating the right _____ will keep your teeth healthy.
9. Great job, you make me _____!
10. Brush your teeth twice a day with fluoride _____.
13. Wear this to protect your teeth and mouth from injury while playing sports.

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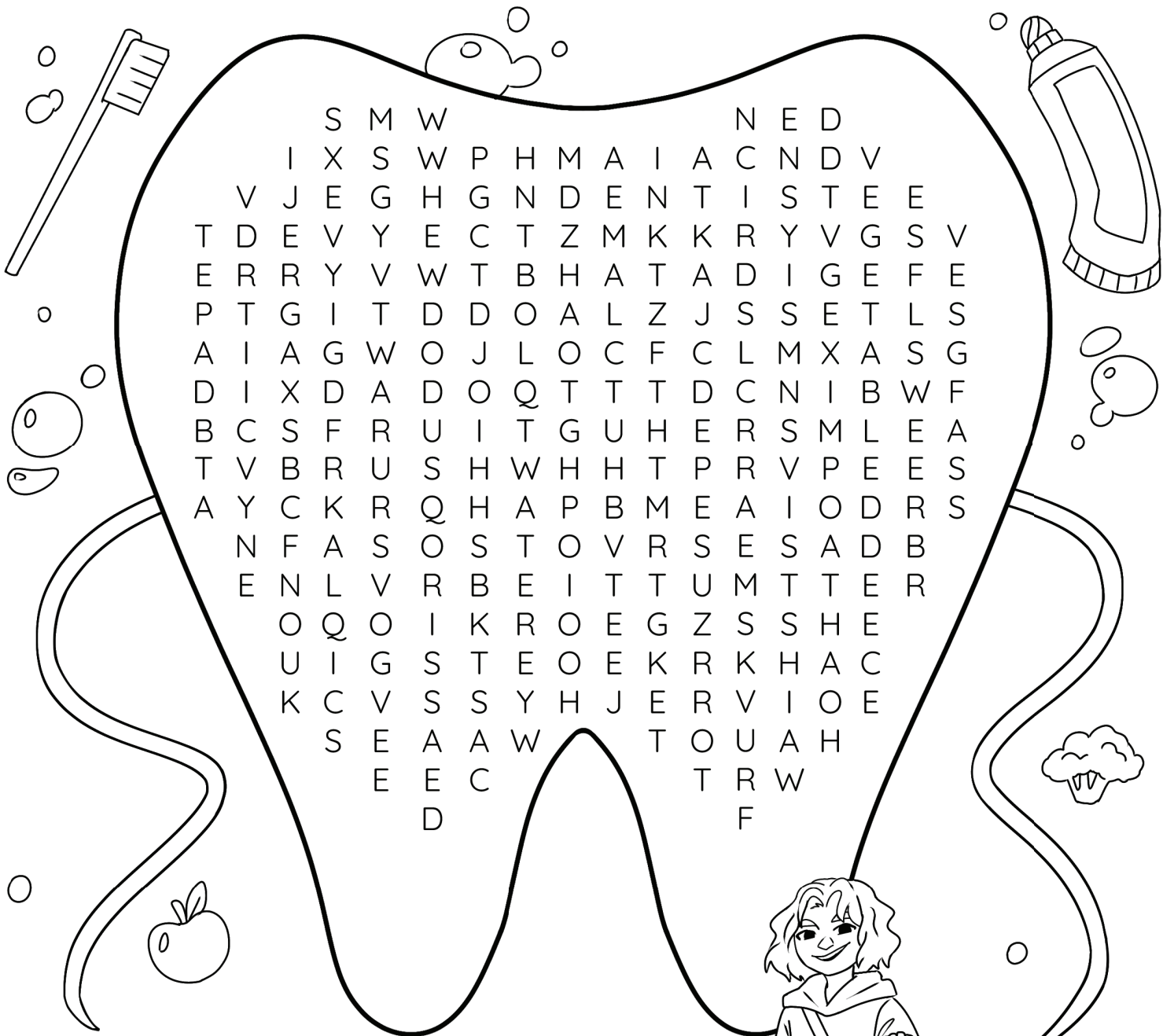


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BACTERIA
BRUSH
CAVITY
DENTIST
FLOSS
FRUIT

SMILE
TEETH
TOOTHBRUSH
TOOTHPASTE
WATER
VEGETABLE



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