



Unscramble the NALTED DROWS

Unscramble the DENTAL WORDS

1. slfos _____

2. nsier _____

3. pelpa _____

4. tednsit _____

5. tmuho _____

6. hotot _____

7. dyeca _____

8. ubhsr _____

9. nelac _____

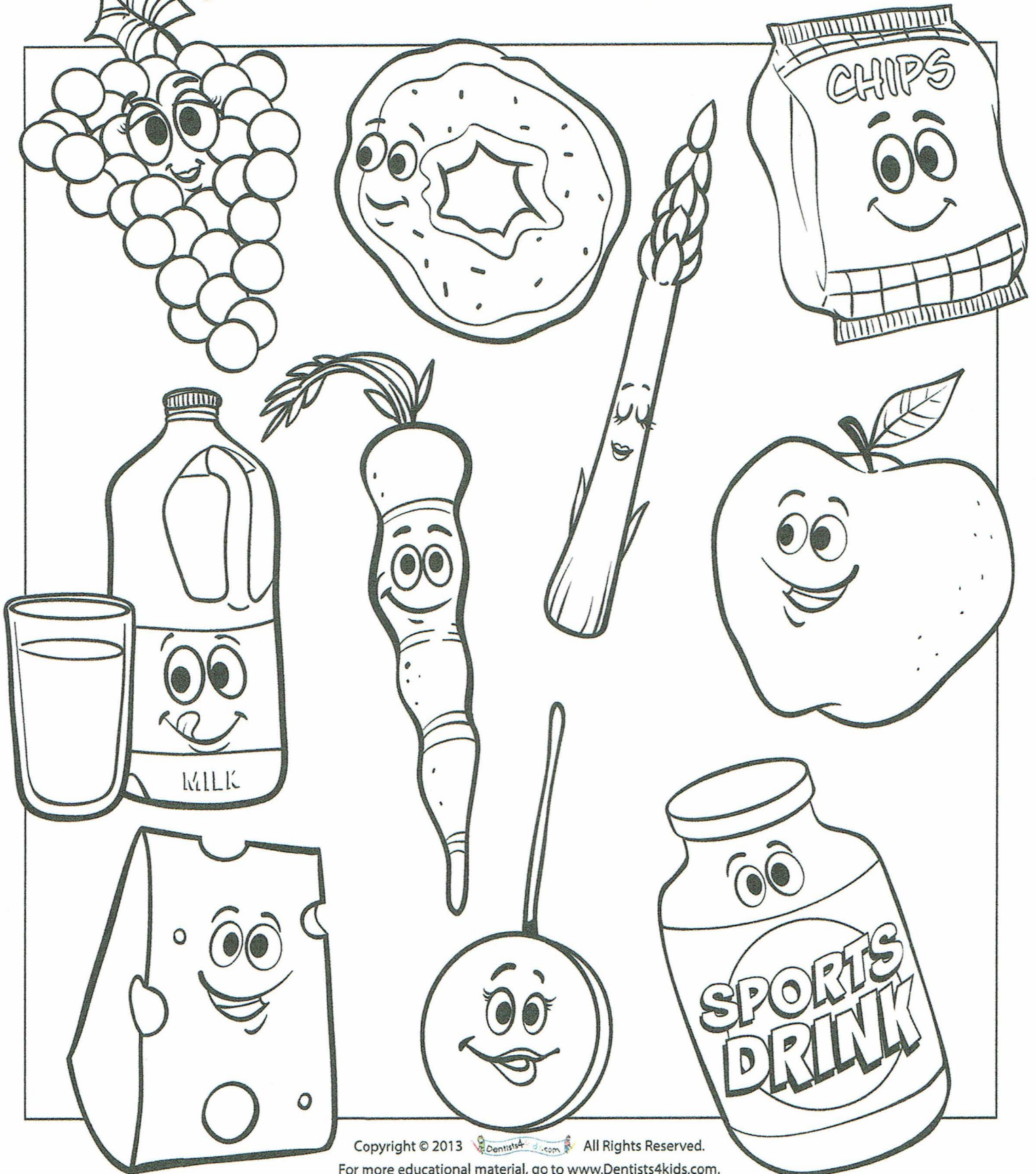
10. ilems _____

Answers: 1. floss 2. rinse 3. apple 4. dentist 5. mouth 6. tooth 7. decay 8. brush 9. clean 10. smile



Good Diet = Good Teeth

Cross out the foods that are bad for your teeth and color in the good foods



Healthy Snacks

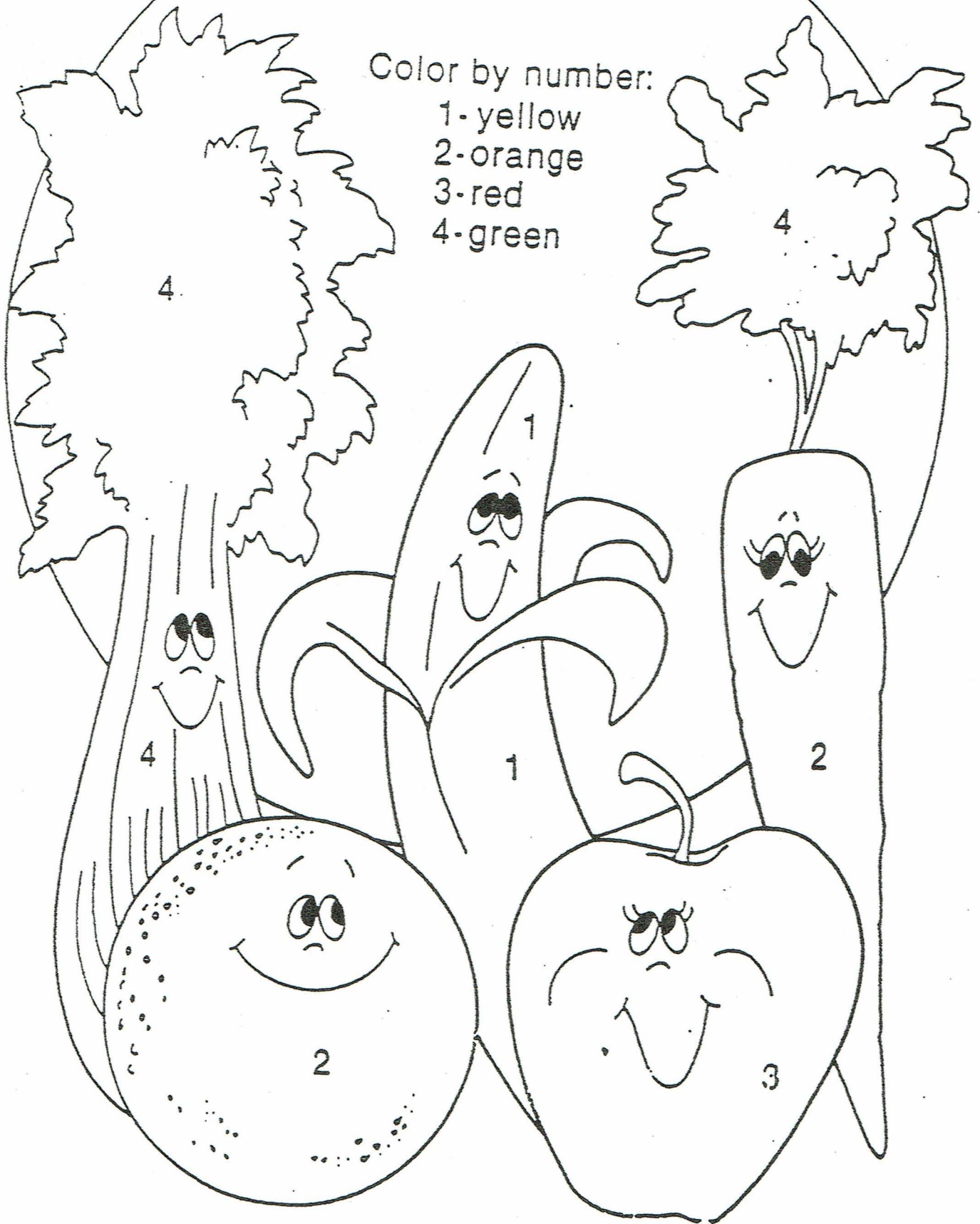
Color by number:

1- yellow

2- orange

3- red

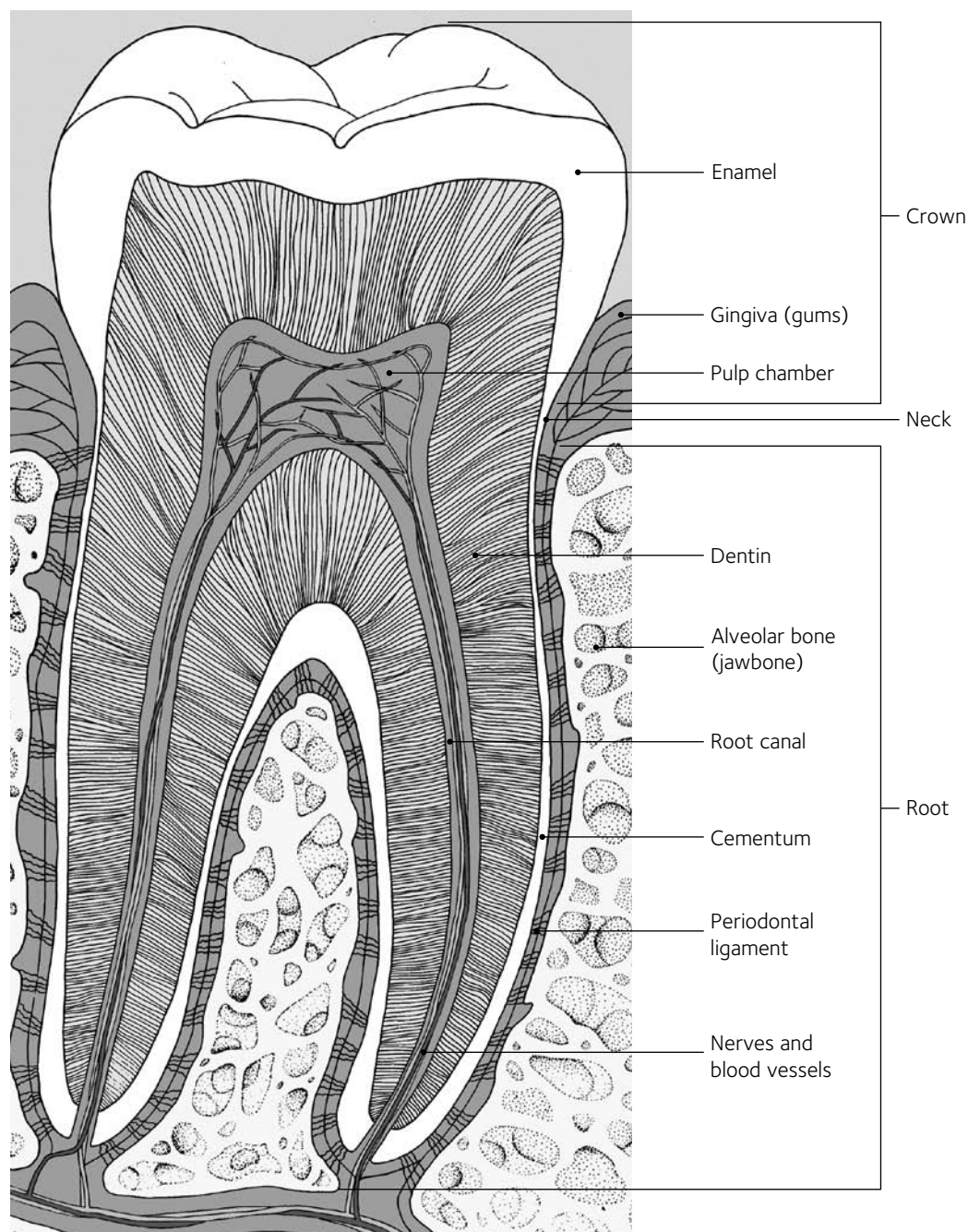
4- green



TURN UP YOUR
SMILE POWER!

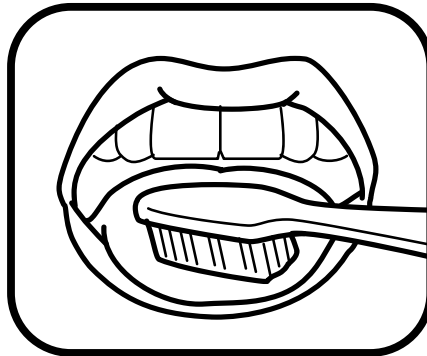
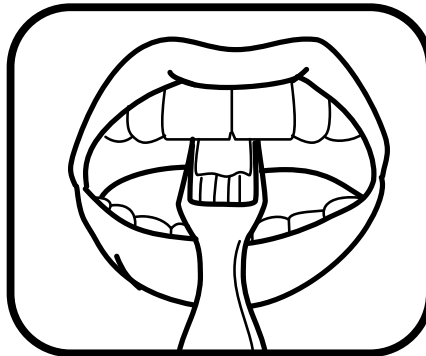
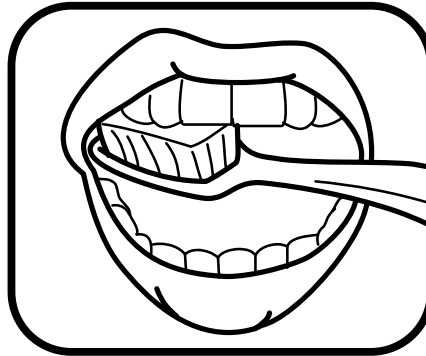
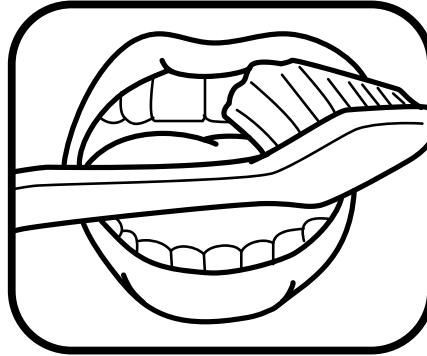
February is National Children's
Dental Health Month

Tooth Anatomy



How to Brush

- Place the toothbrush at a 45-degree angle to the gums.
- Move the brush back and forth gently in short strokes.
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.
- Brush your tongue to remove bacteria and keep your breath fresh.



TURN UP YOUR
SMILE
POWER!





February is National Children's Dental Health Month

Brush your teeth
twice a day with a
fluoride-containing
toothpaste

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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TURN UP YOUR

SMILE POWER!

Coloring Sheet



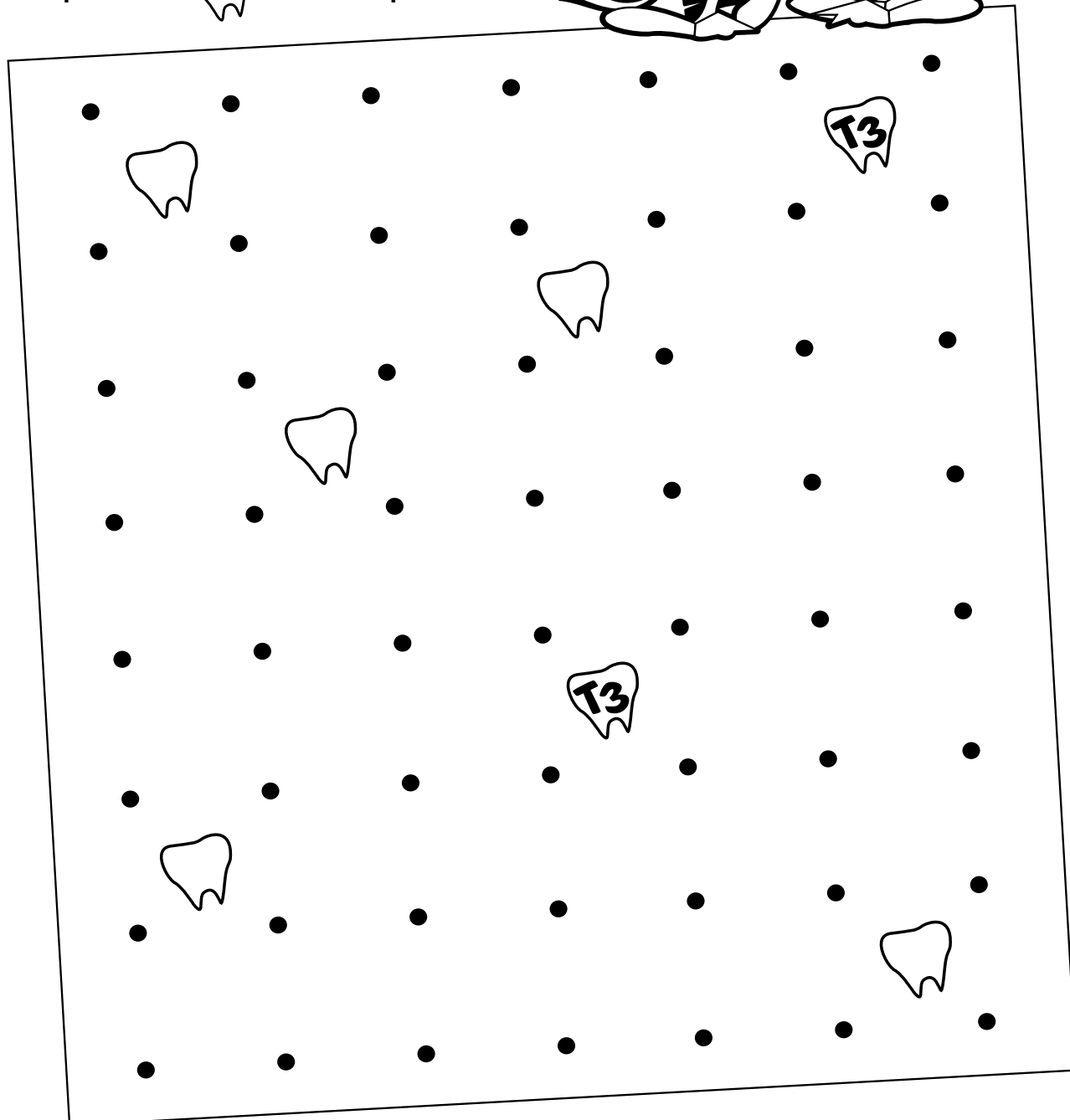
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Connect 4

Take turns with a friend connecting the dots below.
If you make a square, give yourself 1 point.

A square with a  is worth 2 points.

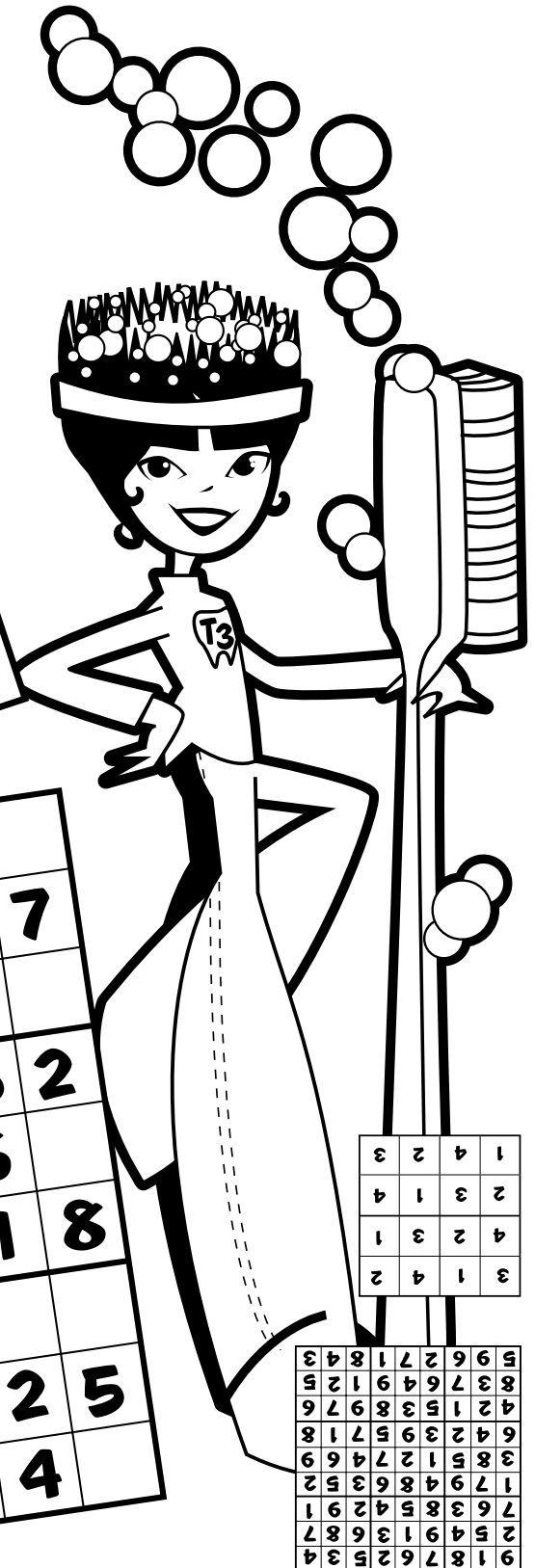
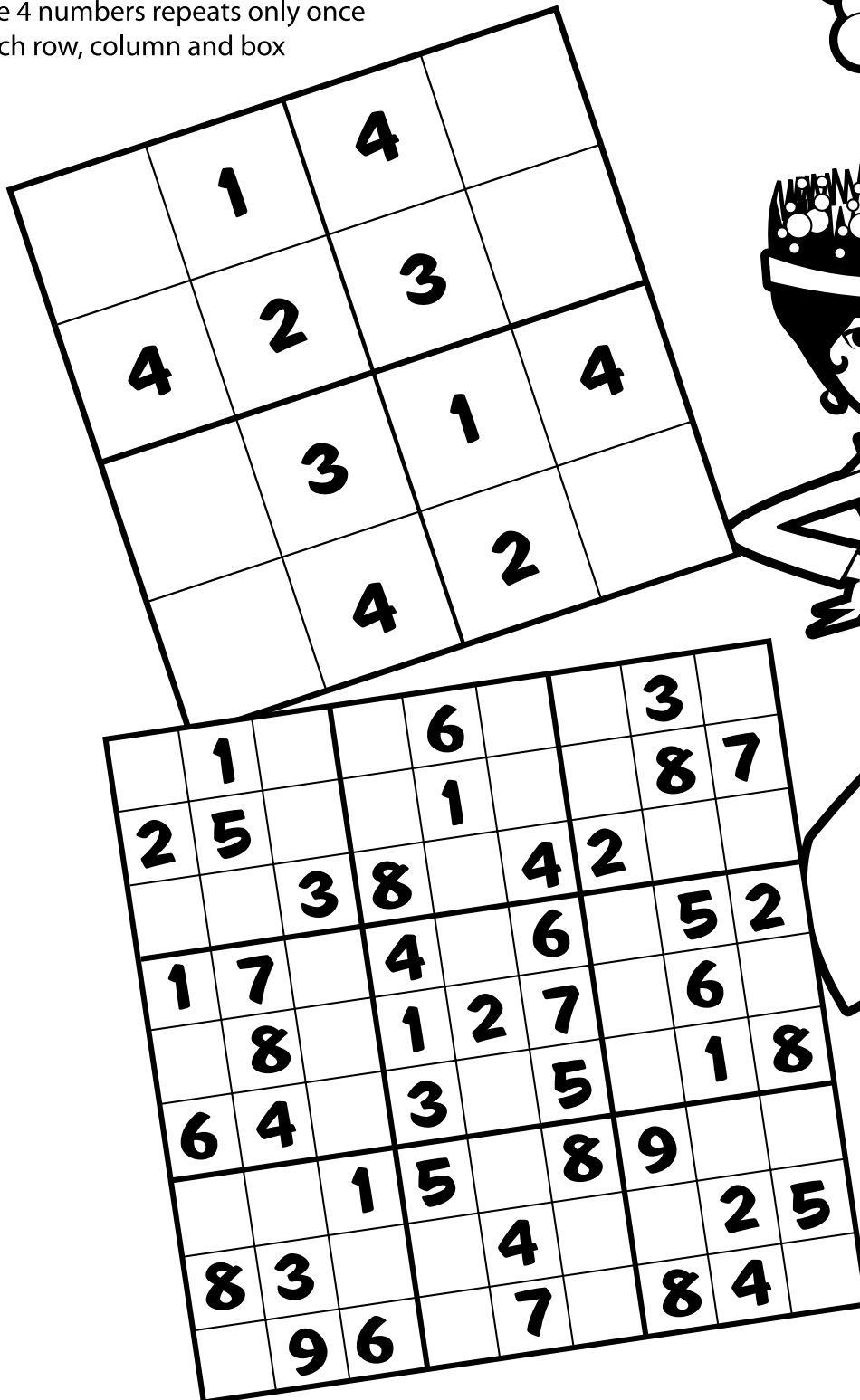
A square with  is worth 4 points.



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Sudoku

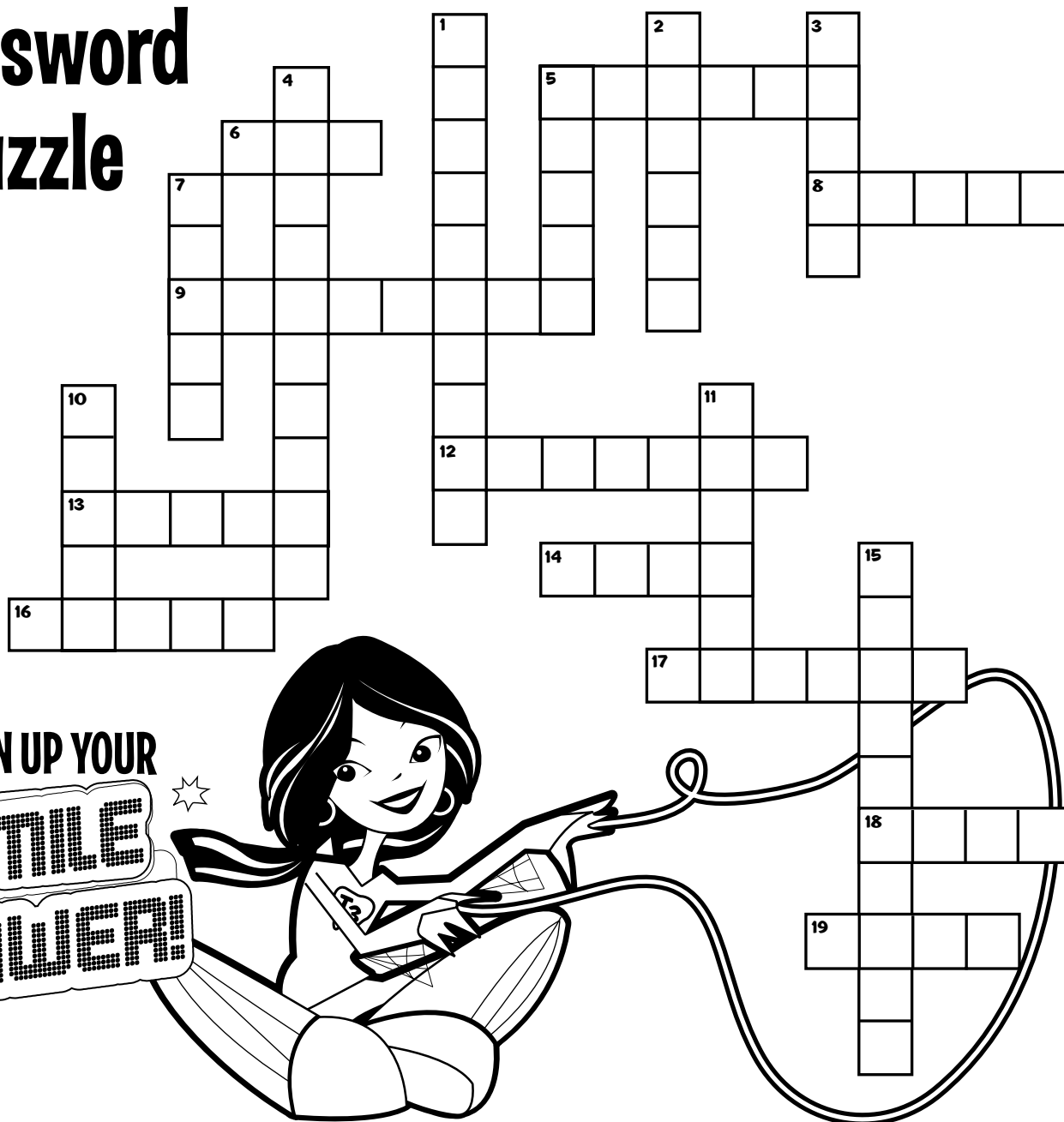
Fill in the empty squares so that each of the 4 numbers repeats only once in each row, column and box



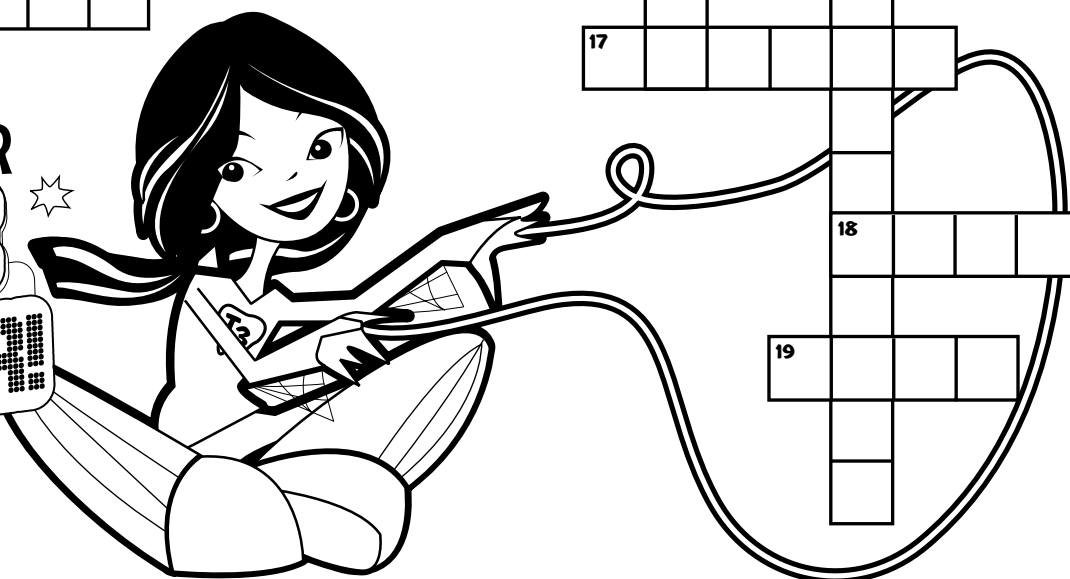
1	4	2	3
2	3	1	4
4	2	3	1
3	1	4	2

9	1	8	7	6	2	7	1	8	4	3
8	3	7	6	4	9	1	2	5		
4	2	1	5	3	8	9	7	6		
6	4	2	3	9	5	7	1	8		
3	8	5	1	2	7	4	6	9		
1	7	9	4	8	6	3	5	2		
7	6	3	8	5	4	2	9	1		
2	5	4	9	1	3	6	8	7		
9	1	8	7	6	2	5	3	4		

Crossword Puzzle



**TURN UP YOUR
SMILE
POWER!**



Across

5. Have regular _____ checkups
6. Use only a ____-sized amount of toothpaste when you brush
8. Grin
9. He promotes healthy smiles with nutritious food and drinks
12. What your dentist applies to protect teeth from decay
13. Brush your teeth at least _____ a day
14. Be part of the Tough Tooth _____
16. Pictures of your teeth
17. If not removed, can lead to cavities
18. They hold your teeth in place
19. Your first teeth

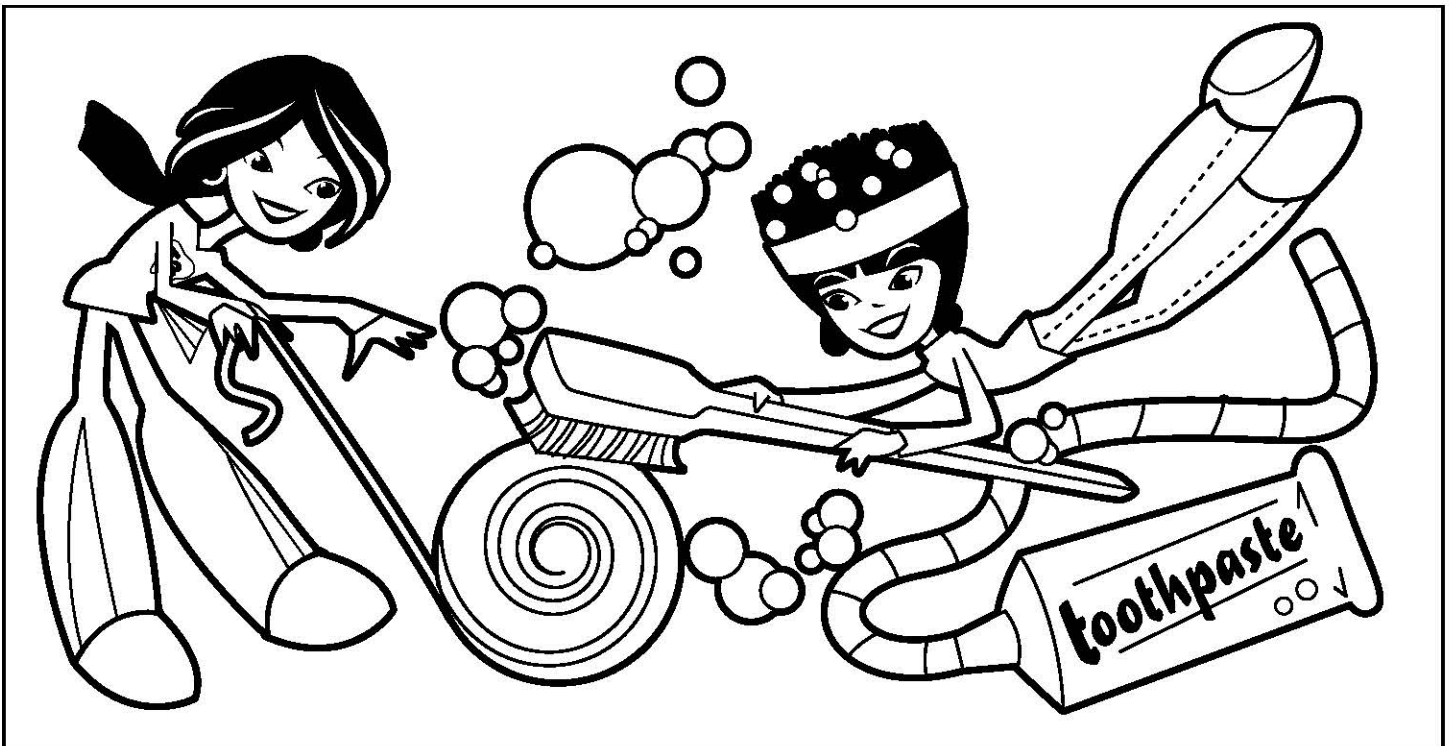
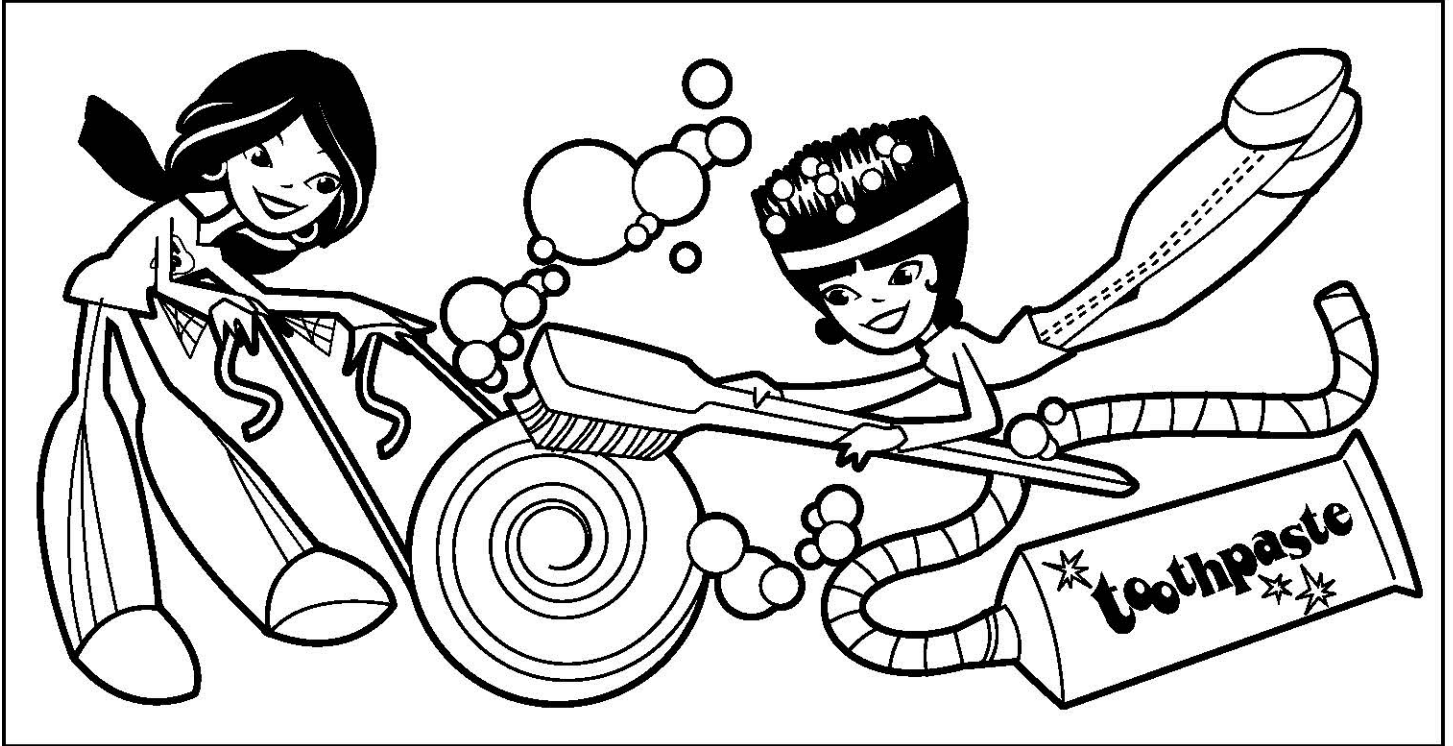
Down

1. Brushetta uses this to keep teeth clean
2. Limit between-meal _____
3. Clean between your teeth with dental _____
4. Broccoli and carrots are nutritious _____
5. The Tough Tooth Team fights tooth _____ 24/7!
7. Only eat sparingly to keep your smile healthy!
10. Drink this instead of soda pop!
11. The hard outer layer of a tooth
15. Wear this to protect your smile while playing sports

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Find the Differences

Can you find at least 10 differences? Can you find 20?



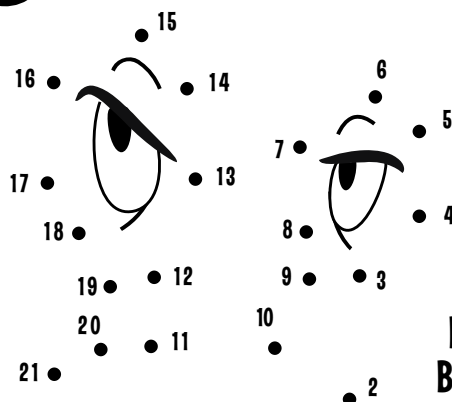
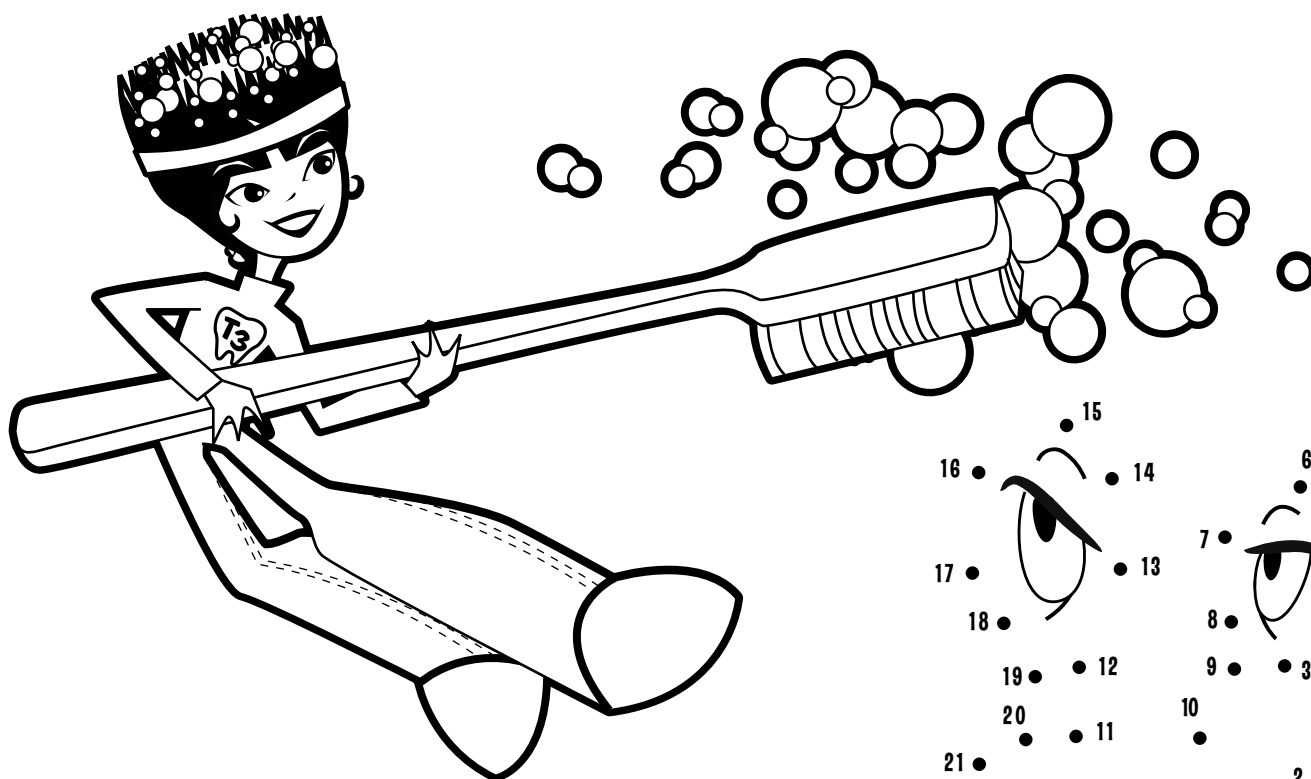
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TURN UP YOUR

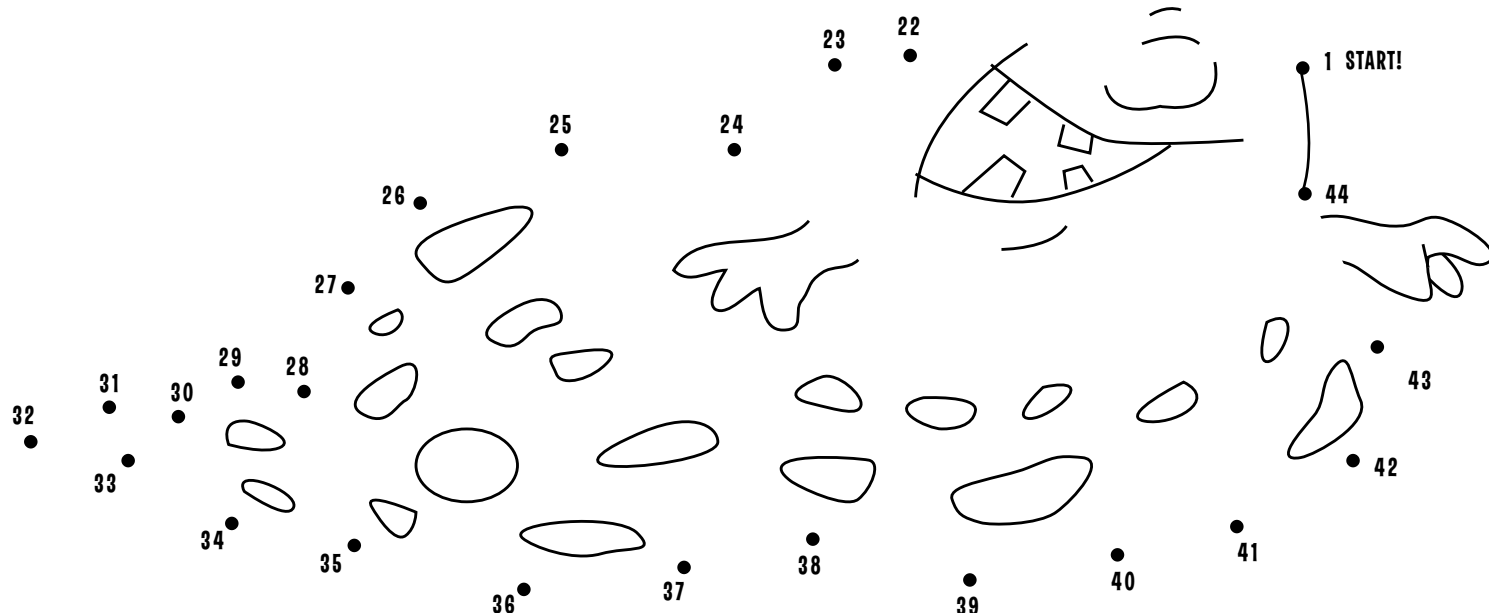
SMILE POWER!



Connect
the Dots



Bugsy
Bacteria



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Secret Message Code

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

For example, the last letter in the message is Y.

The each spirals counts for 10 and the star counts for 5, so $10+10+5=25$ and the 25th letter of the alphabet is Y.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

P	Q	R	S	T	U	V	W	X	Y	Z
16	17	18	19	20	21	22	23	24	25	26

1 = •

5 = ★

10 = ☯

★ • ☯☯

☯•• ☯☯ ☯☯ ☯★ ★•• ☯☯ ★•• ☯★ ☯☯ ☯★

★• ☯★ ☯★ •• ☯★ •• ☯☯ ••

••• ★•• ☯★ ☯★ ☯★ ★ ☯★ ☯☯ ••• ☯•• ☯★

☯☯ ★•• ☯★ ★•• ☯☯ ☯☯

February is National Children's Dental Health Month

WORD SCRAMBLE

Unscramble the letters below to form dental health words

TCIAYV _____

ISERN _____

IKLM _____

OTNEUG _____

IGRNSA _____

TTOHO _____

SBEEEGTALV _____

HBTOTOUHRS _____

USMG _____

ATOPOHSTET _____

GAUMHOTDRU _____

LSIEM _____

ISTEDTN _____

RIFDELOU _____

ATME _____

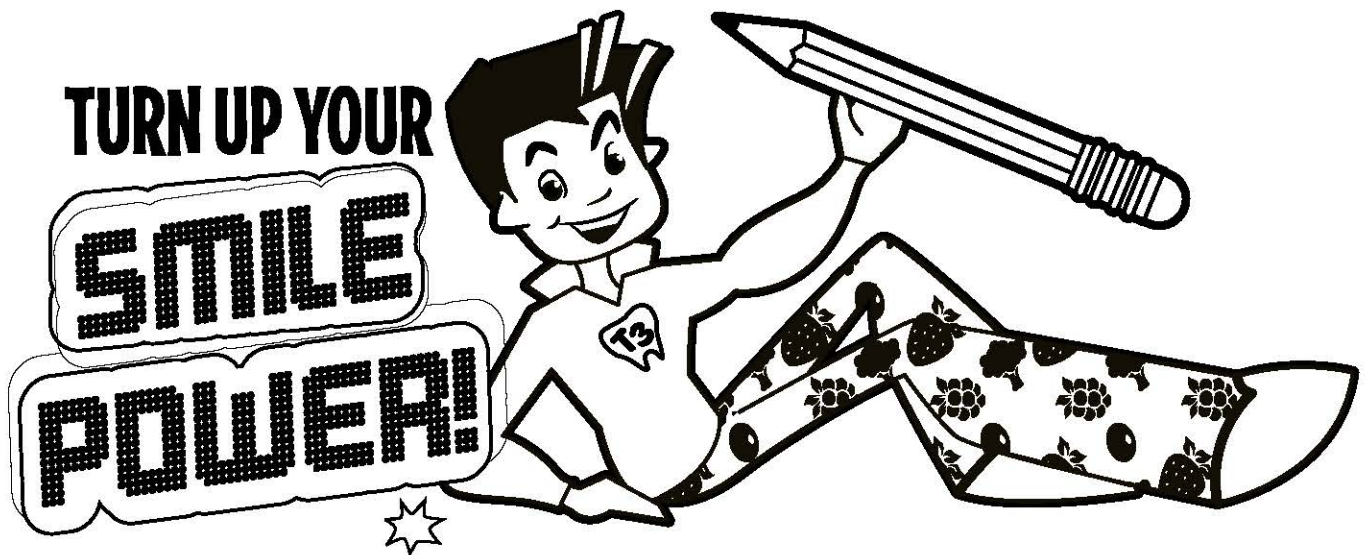
SOLSF _____

TAAESLN _____

TUFRI _____

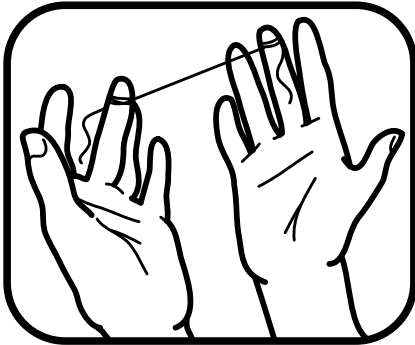
EELNAM _____

LUEQAP _____

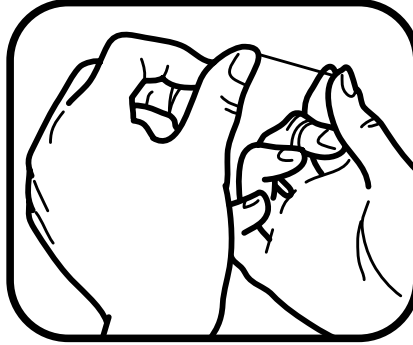


CAVITY, MILK, GRAINS, VEGETABLE, GUMS, MOUTHGUARD, DENTIST, MEAT, SEALANT, ENAMEL, RINSE, TONGUE TOOTH, TOOTHBRUSH, TOOTHPASTE, SMILE, FLUORIDE, FLOSS, FRUIT, PLAQUE

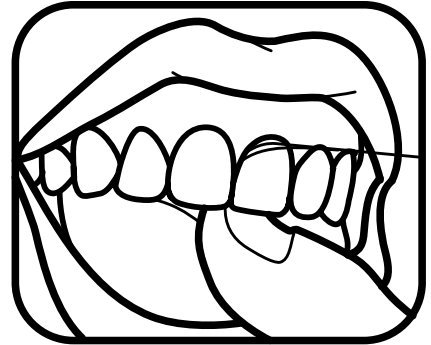
How to Floss



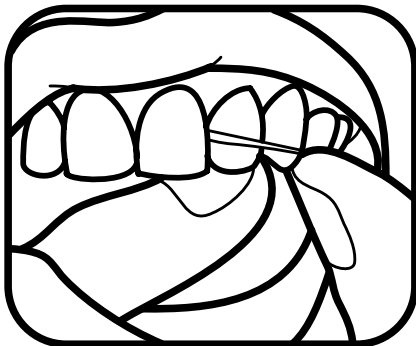
1. Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



2. Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



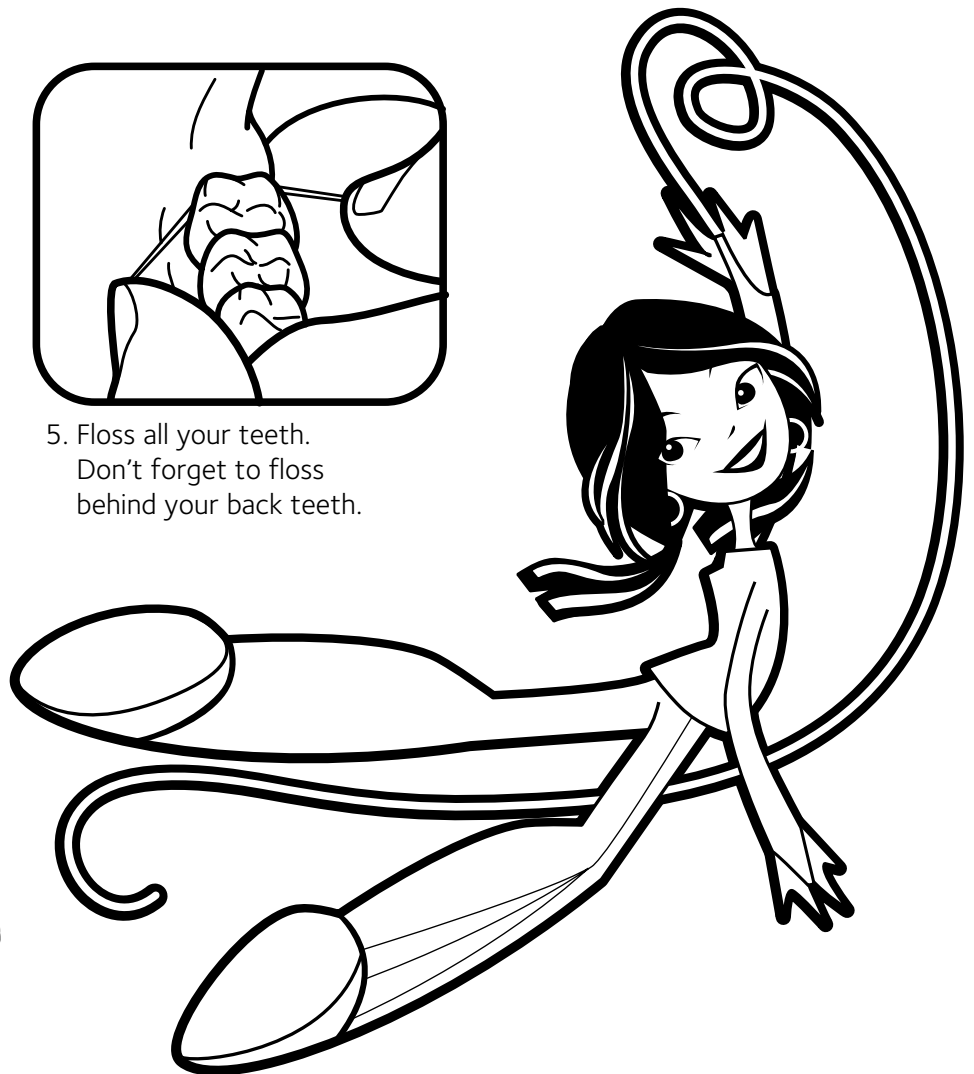
3. Curve the floss into a "C" shape against the side of the tooth.



4. Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



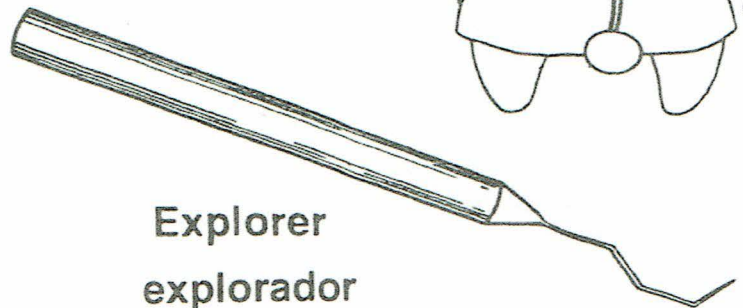
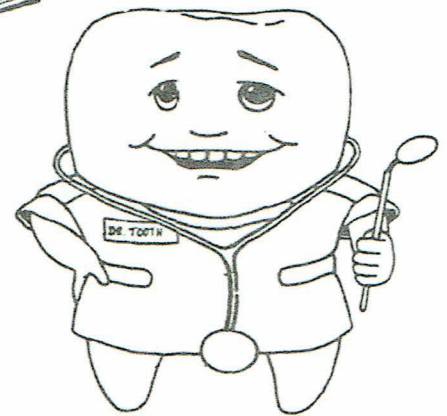
5. Floss all your teeth. Don't forget to floss behind your back teeth.



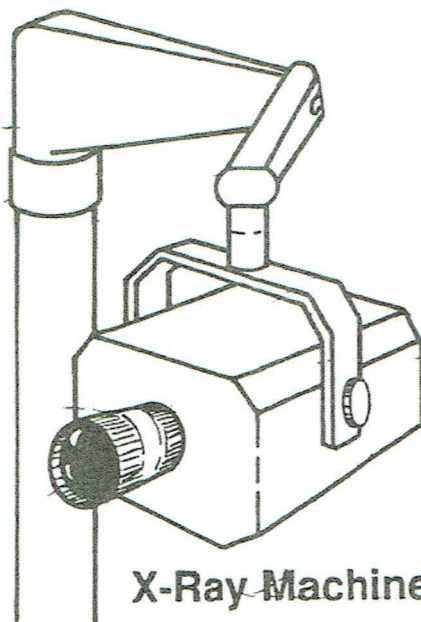
Instrumentos para revisar dientes Tools for Checking Teeth



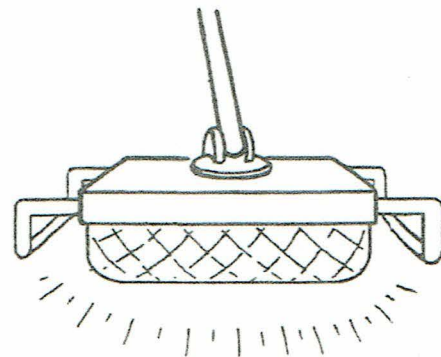
Mirror
espejo



Explorer
explorador

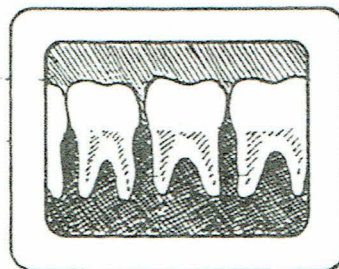


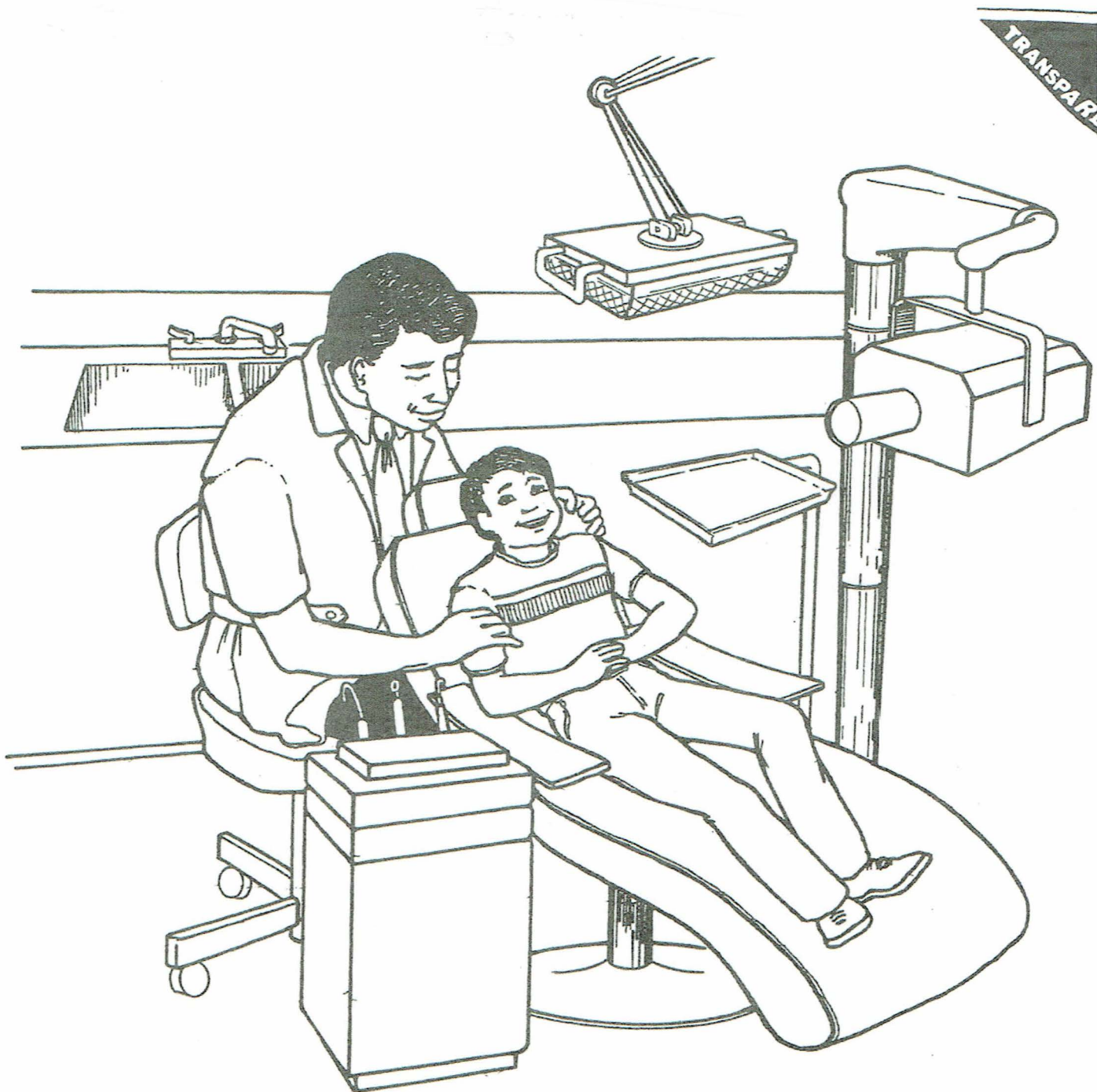
X-Ray Machine
máquina para rayos-x



Lamp
lámpara

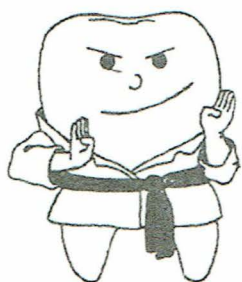
X-Ray Picture
radiografía





Dentist's Office

La oficina dental

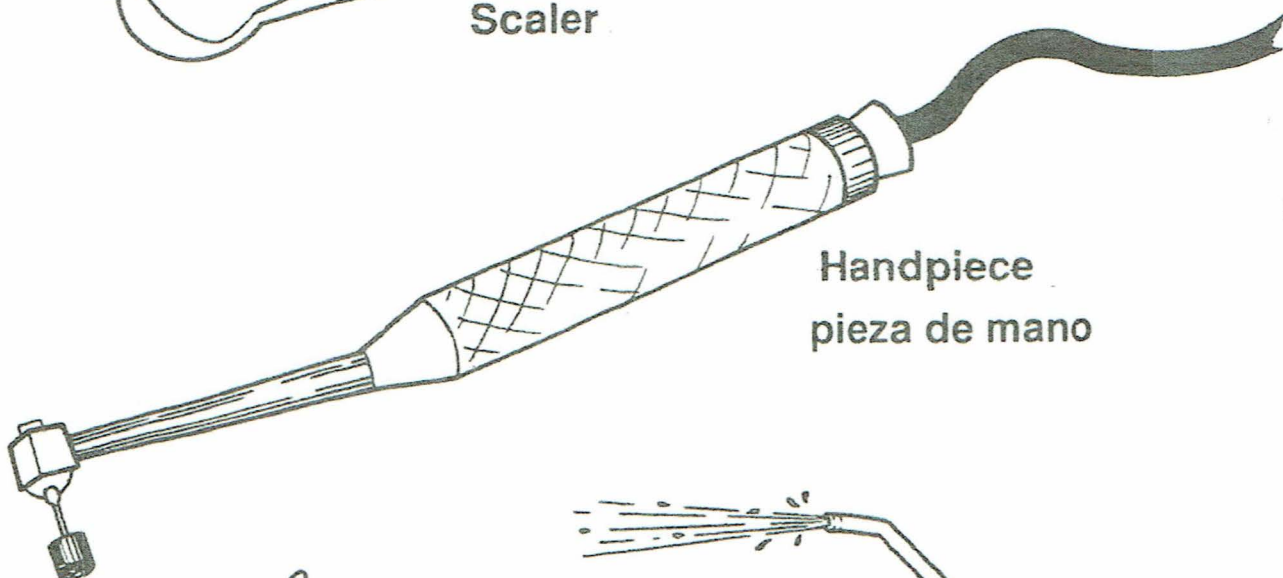


Tools for Cleaning Teeth

Instrumentos para limpiar dientes



Scaler



Handpiece
pieza de mano

Rubber Cup
fulidor

Water Spray
agua

Suction Tube
succionador

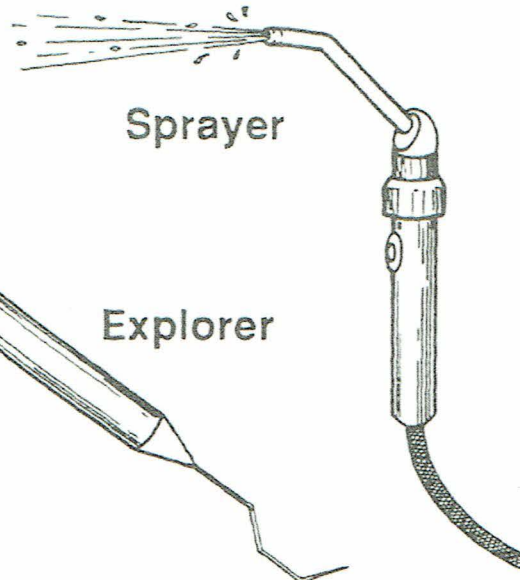


Dappen Dish

Dental Tools

Name _____

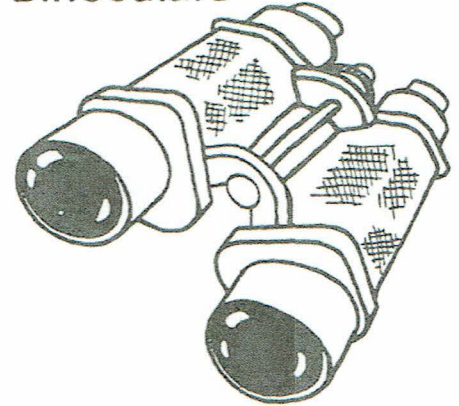
Color the tools a dentist would use.



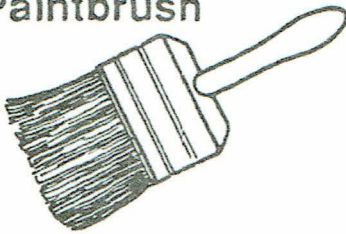
Sprayer

Explorer

Binoculars



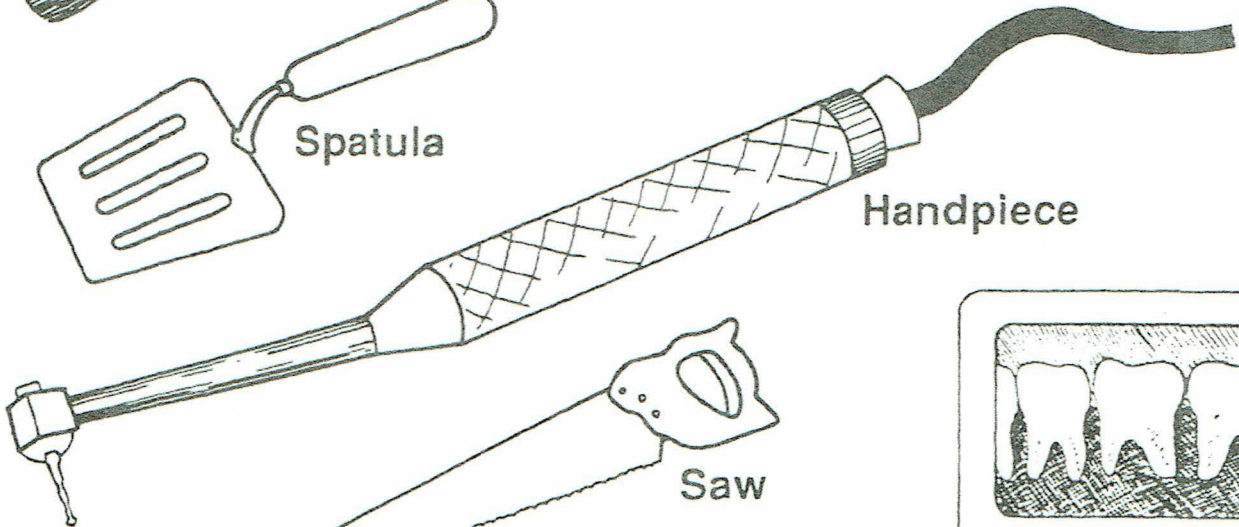
Paintbrush



Spatula

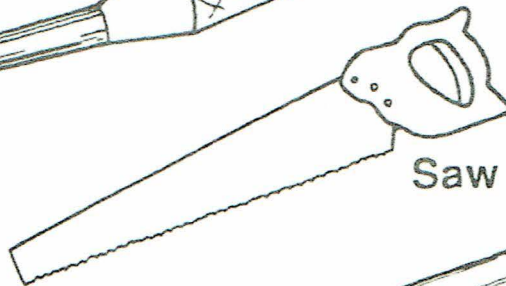


Handpiece

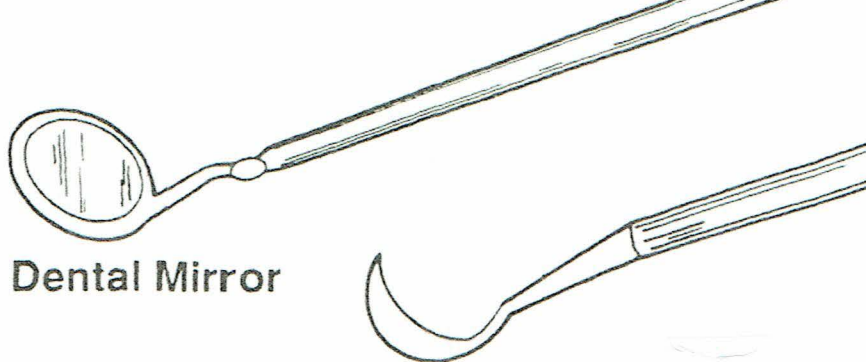
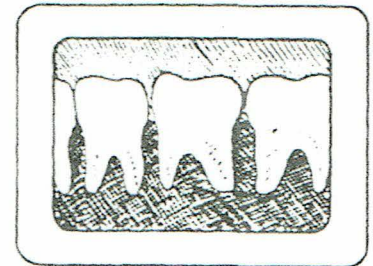


Saw

High-Speed Drill



X-Ray Film



Dental Mirror

Scaler

Names for Sugar in Foods

Sugar

Dextrose

Brown sugar

Maltose

Honey

Molasses

Glucose

Raw sugar

Sucrose

Cane sugar

Fructose

Corn syrup

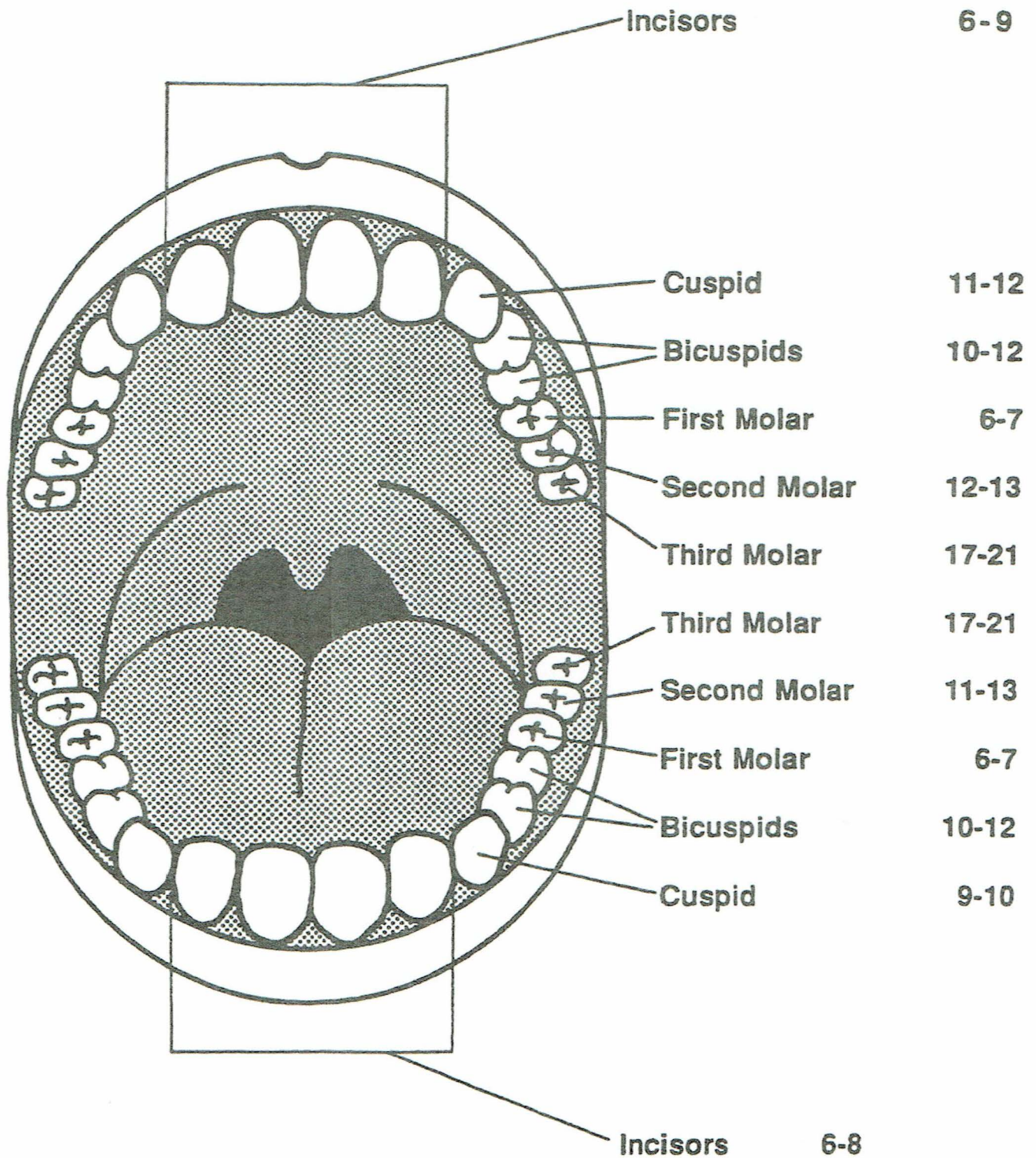
Corn sweetener

High fructose corn syrup

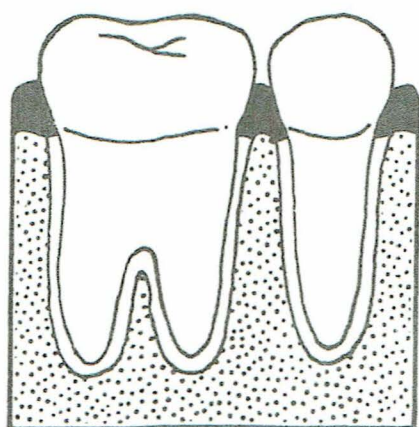
Invert sugar

Malt syrup

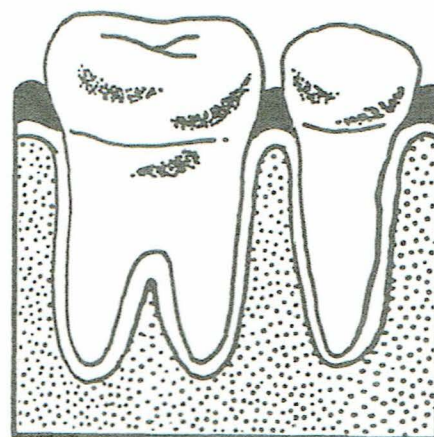
When Permanent Teeth Appear



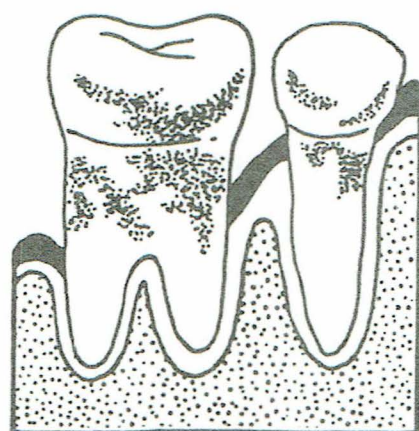
Stages of Periodontal Disease



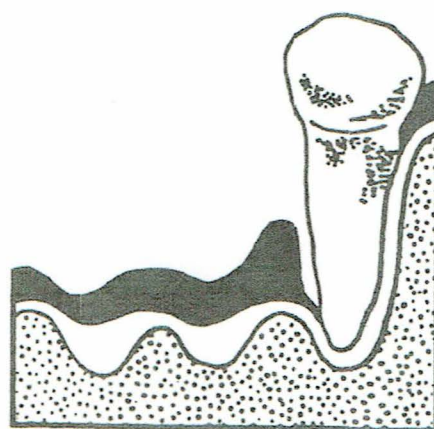
Stage 1: Healthy Mouth



Stage 2: Gingivitis



Stage 3: Periodontitis



Stage 4: Tooth Loss

Key



Calculus



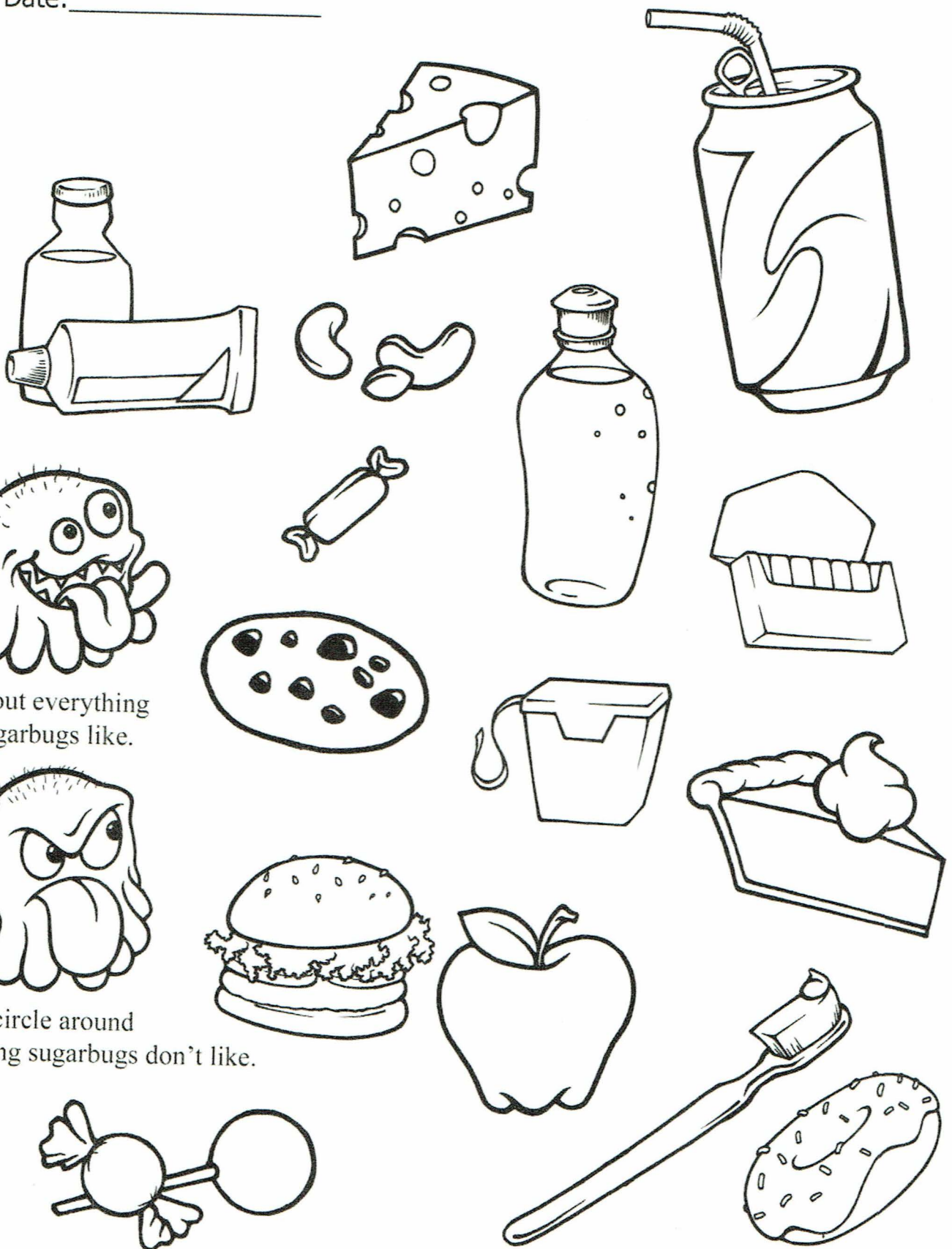
Gum



Bone

Name: _____

Date: _____

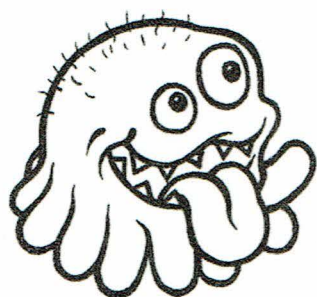


Cross out everything
that sugarbugs like.

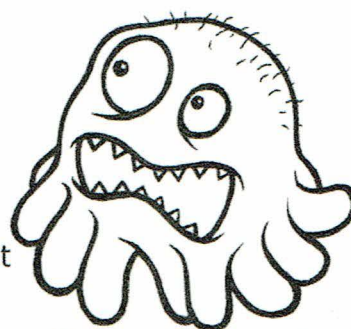
Draw a circle around
everything sugarbugs don't like.

Name: _____

Date: _____



Draw some things
that sugarbugs like.



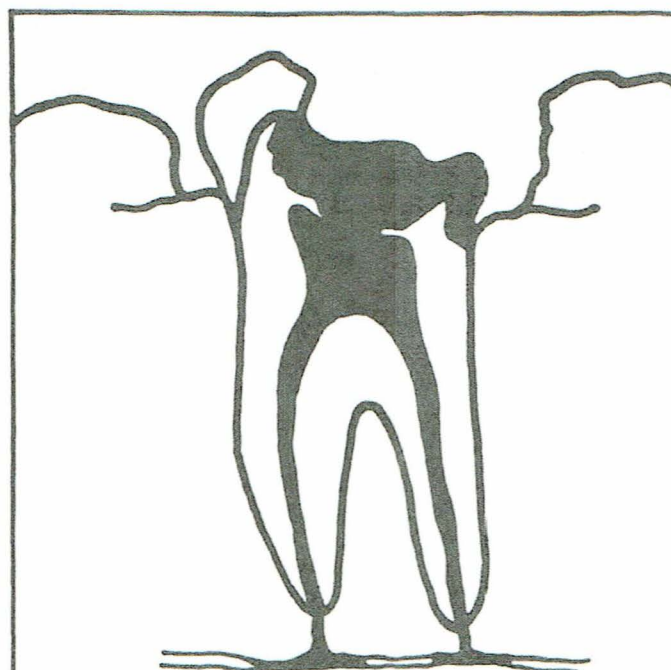
Draw some things that
sugarbugs don't like.

Supplement 3

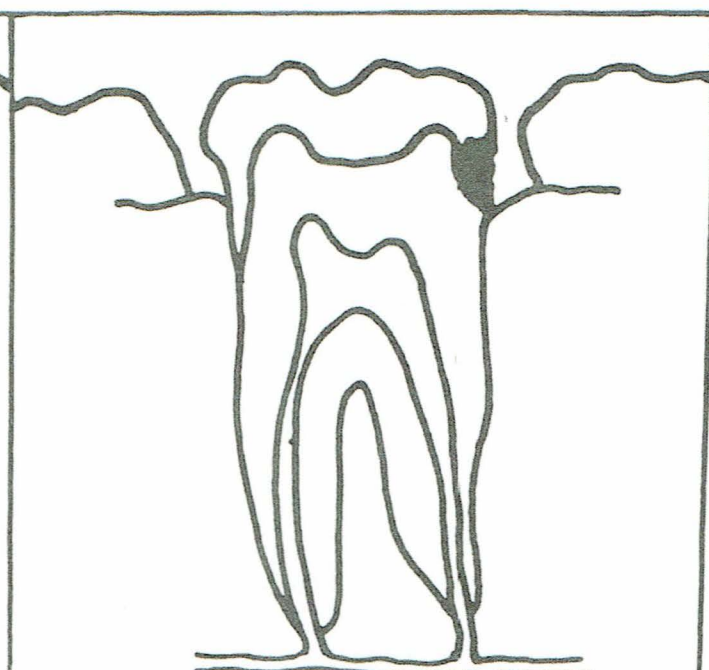
www.sugarbugdoug.com

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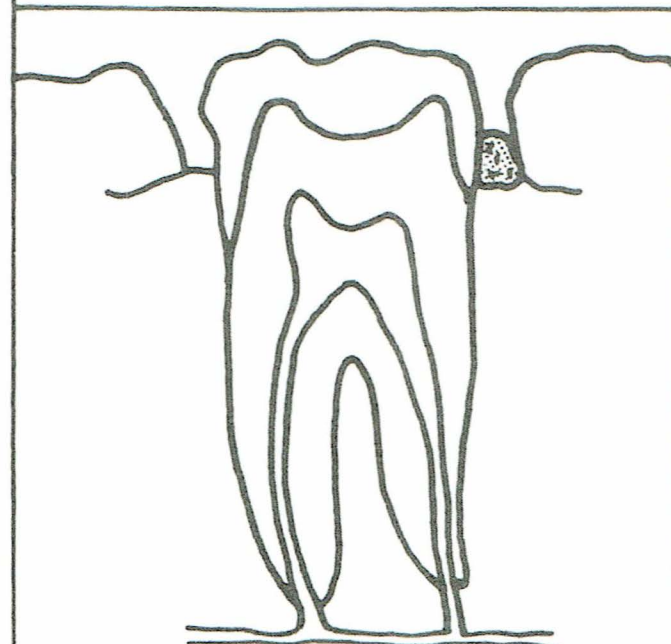
Tooth Decay



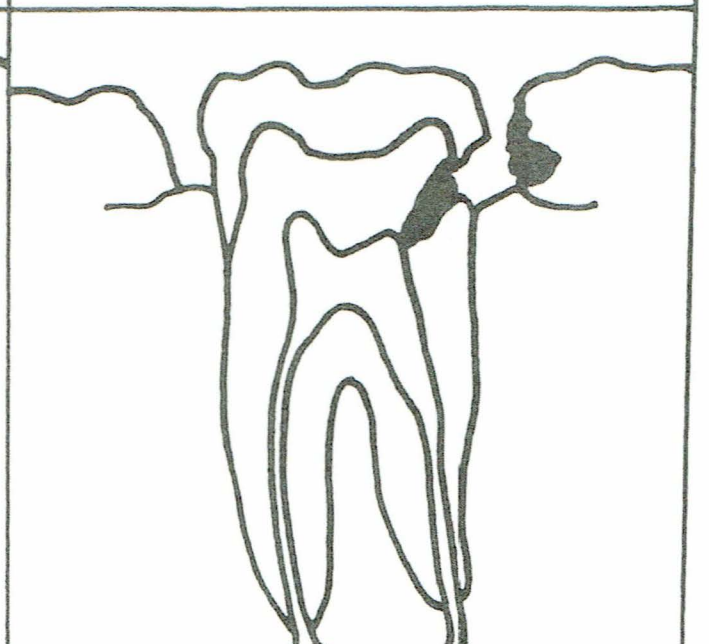
Now the decay is much, much worse, and the tooth may have to be removed. What can we learn from this?



One tooth has a cavity. It is small. A dentist can fix this easily. What will happen if this tooth is not treated?



A small piece of food has been left between two teeth. The sugar in the food will mix with the plaque to form an acid. What will happen if these teeth do not get brushed?



The decay has spread to another tooth. Soon this cavity will become painful. It can still be saved. What should be done?

This is not in the correct order.
Cut the scenes apart and glue them in order
on a sheet of construction paper.