



# Healthy Smiles

— Taking Care of Your Teeth —

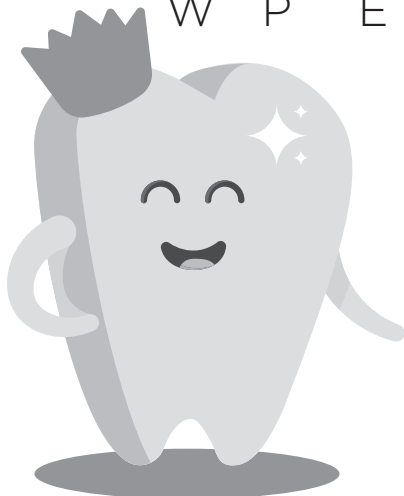
*An educational program provided by*

 **DELTA DENTAL®**

# WORD SEARCH

Circle or highlight each word from the word bank.

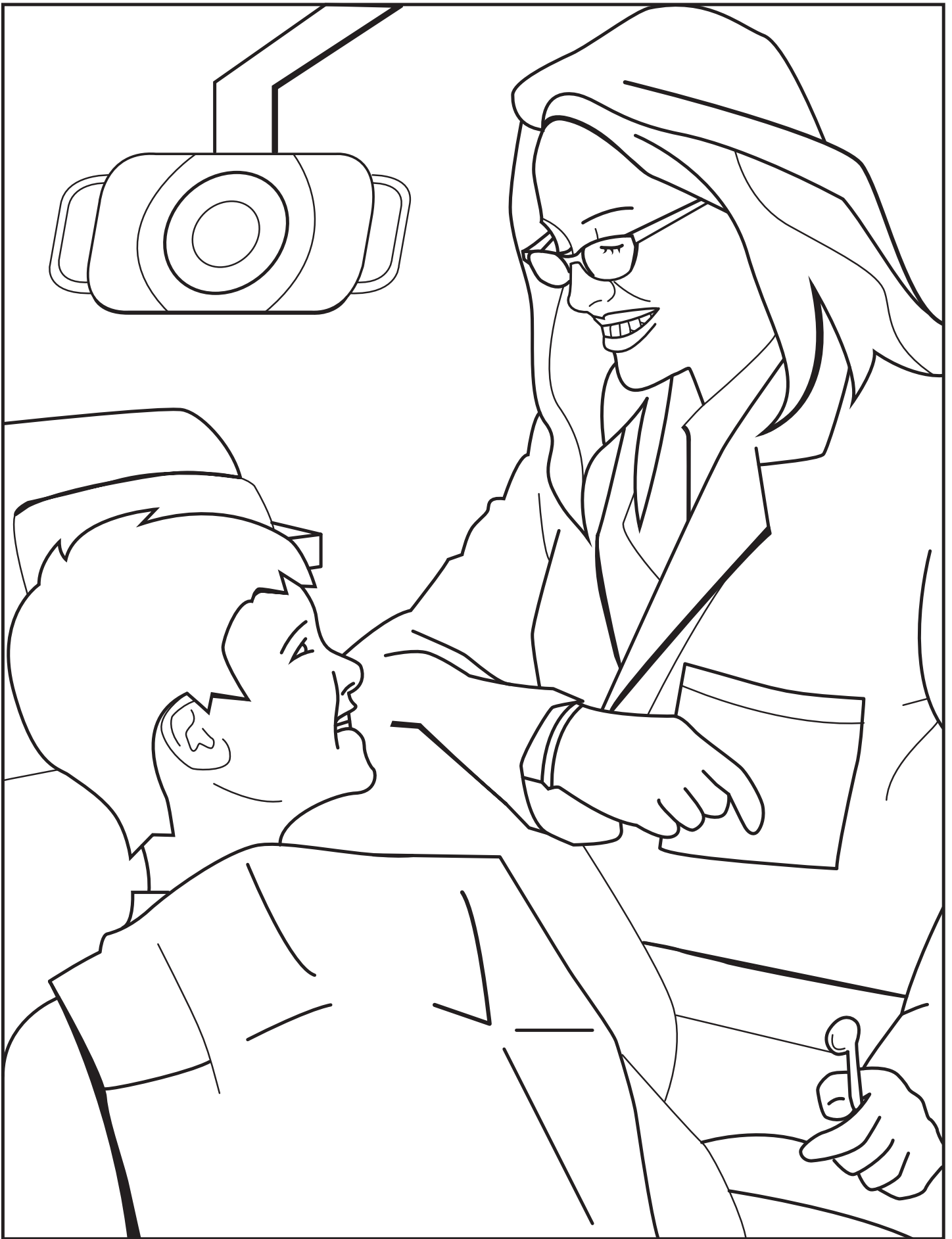
A D F M W P C H E C K U P  
Q E T O R S X R A G U S E  
N N O H P I R V D K J L X  
U T O Y O D I N B Y P W F  
R I T C T T D G K S S P L  
A S H I Y B G J T S S P A  
L T P L A Q U E F O L V H  
O H A H E N A M E L I K A  
M C S O T B D Y H F O S O  
W H T P U Y J N B G C R D  
S P E N A I R E T C A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



CAVITY  
DENTIST  
MOLAR  
TOOTHBRUSH

TOOTHPASTE  
FLOSS  
CHECKUP  
ENAMEL

BACTERIA  
SUGAR  
FLUORIDE  
PLAQUE



# WORD SCRAMBLE

Unscramble the words to reveal how to keep your teeth healthy.

O O T P S A T E H T

---

S F L S O

---

O T M S W U H A H

---

U T O R O H T B S H

---

T I N S D E T

---

H E K C C - P U

---

L R F O E U I D

---

E G I Y E N H

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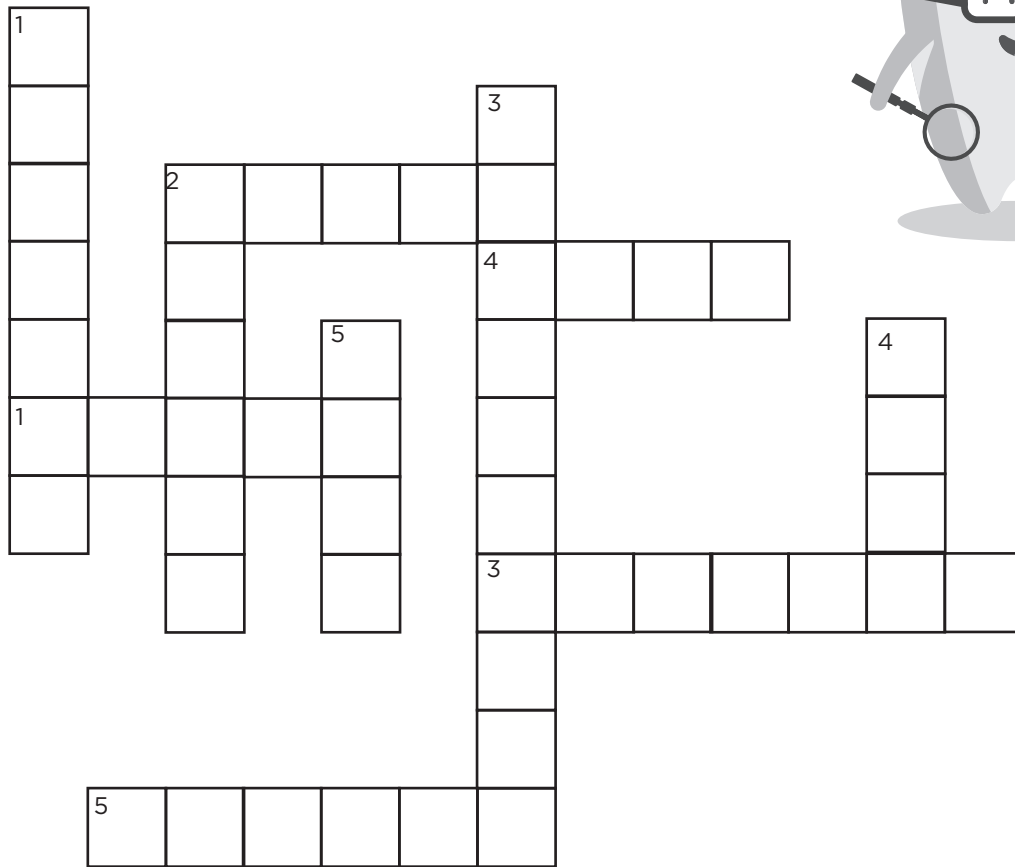


TOOTHPASTE; FLOSS; MOUTHWASH; TOOTHBRUSH;  
DENTIST; CHECK-UP; FLORIDE; HYGIENE; SMILE



# CROSSWORD PUZZLE

Fill in the blanks to solve the crossword.



## DOWN

1. Visit the \_\_\_\_\_ for regular check-ups.
2. I can't forget to brush my \_\_\_\_\_ too!
3. For strong teeth and a healthy body, I should fill half my plate with protein and grains and the other half with fruits and \_\_\_\_\_.
4. I should floss my teeth at least \_\_\_\_\_ a day.
5. The \_\_\_\_\_ machine takes pictures of the insides of my teeth.

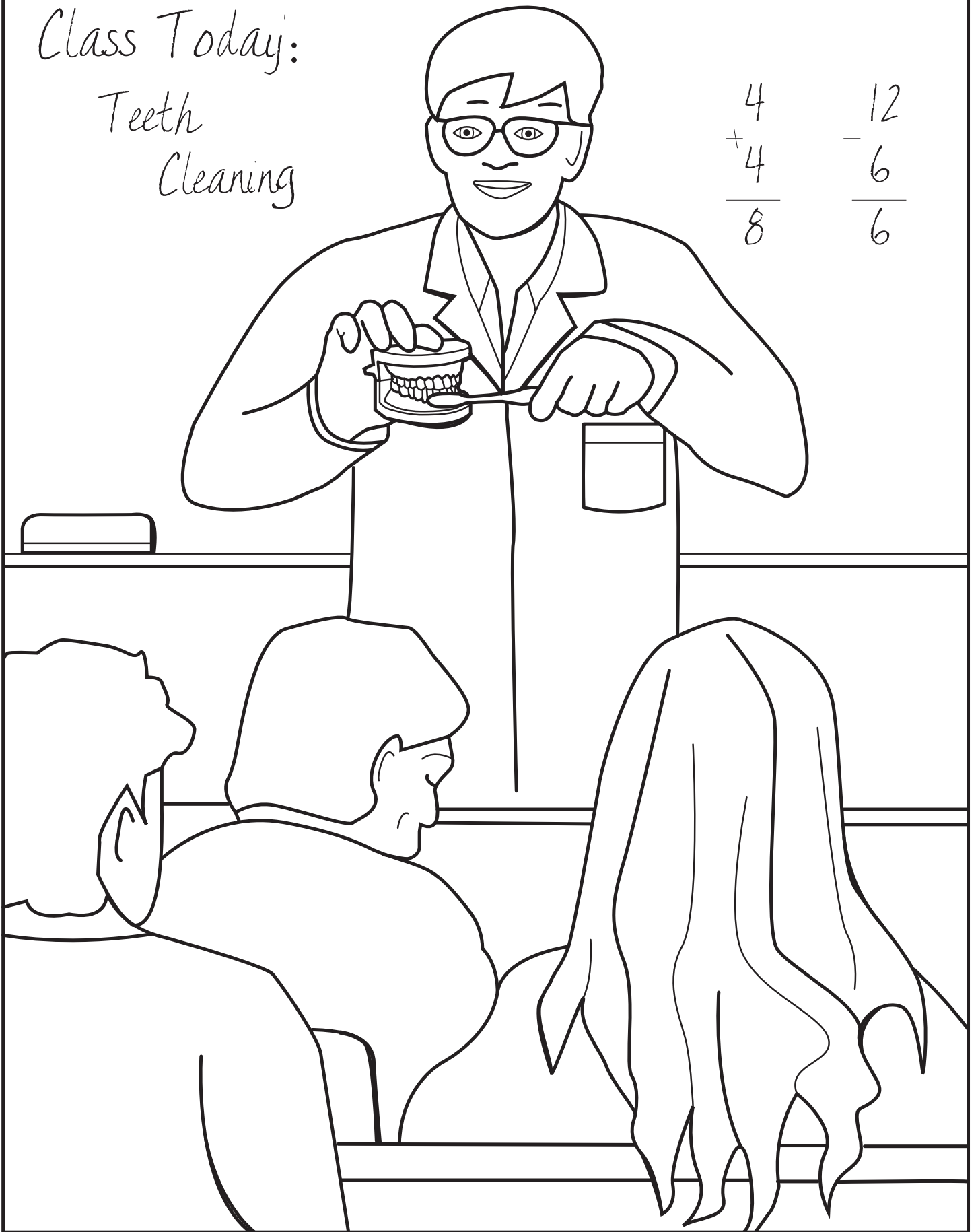
## ACROSS

1. The \_\_\_\_\_ in candy and sodas can cause cavities in my teeth.
2. I should brush my teeth \_\_\_\_\_ a day.
3. Dental floss removes the plaque growing \_\_\_\_\_ my teeth and under my gums.
4. \_\_\_\_\_ are the soft tissue that surrounds the roots of the tooth.
5. My 4 types of teeth are incisors, canines, premolars, and \_\_\_\_\_.

DOWN: 1. DENTIST 2. TONGUE 3. VEGETABLES 4. ONCE 5. XRAY  
ACROSS: 1. SUGAR 2. TWICE 3. BETWEEN 4. GUMS 5. MOLARS

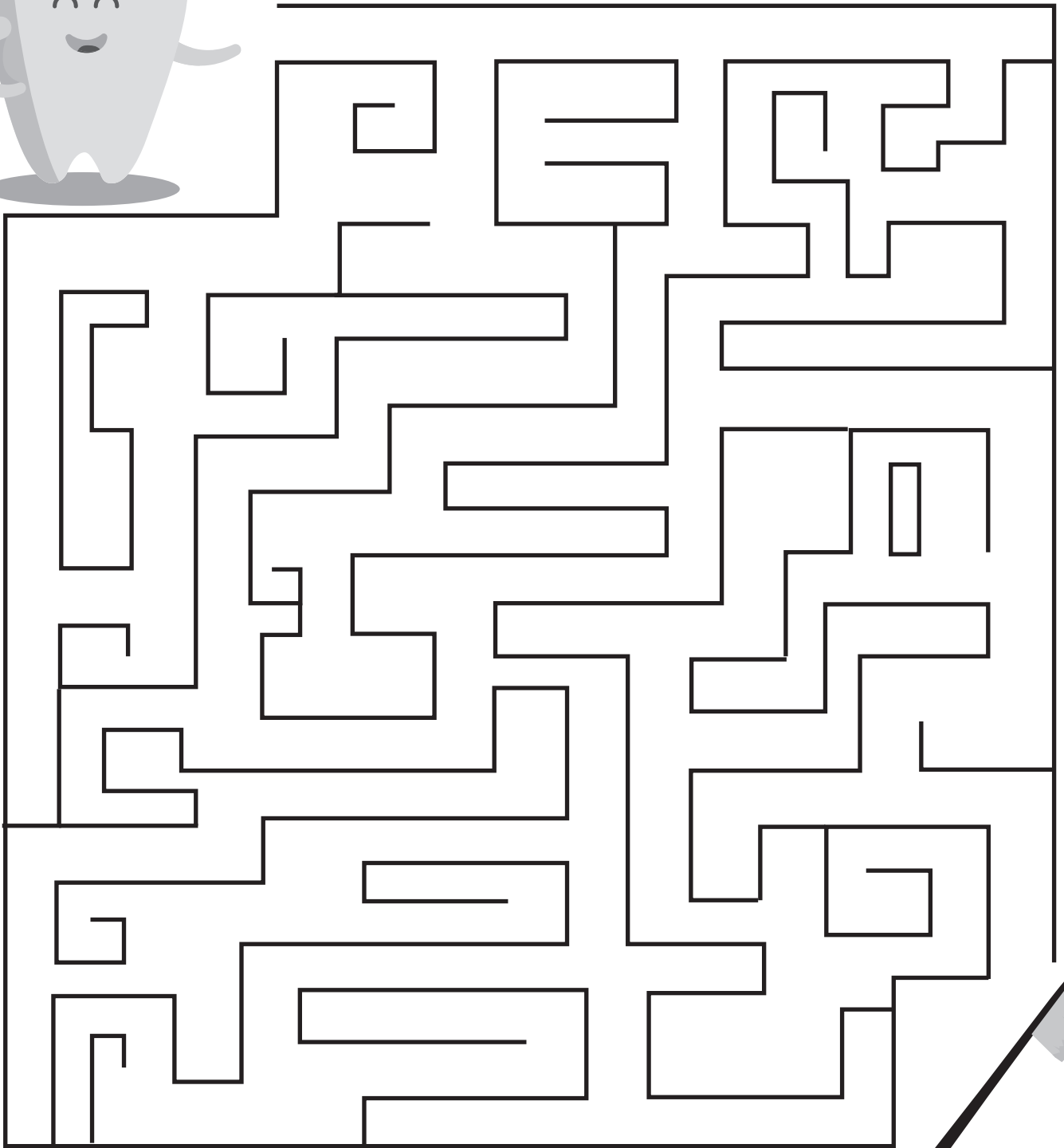
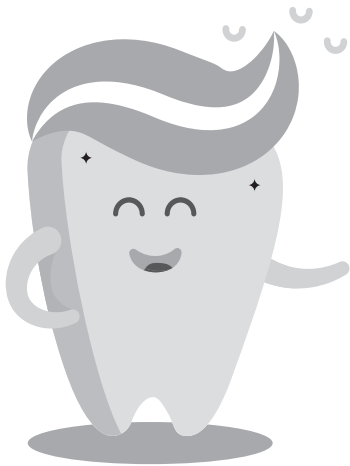
Class Today:  
Teeth  
Cleaning

$$\begin{array}{r} 4 \\ + 4 \\ \hline 8 \end{array} \qquad \begin{array}{r} 12 \\ - 6 \\ \hline 6 \end{array}$$



# MAZE

Mr. Tooth lost his toothbrush! Help get him through the maze to find it.

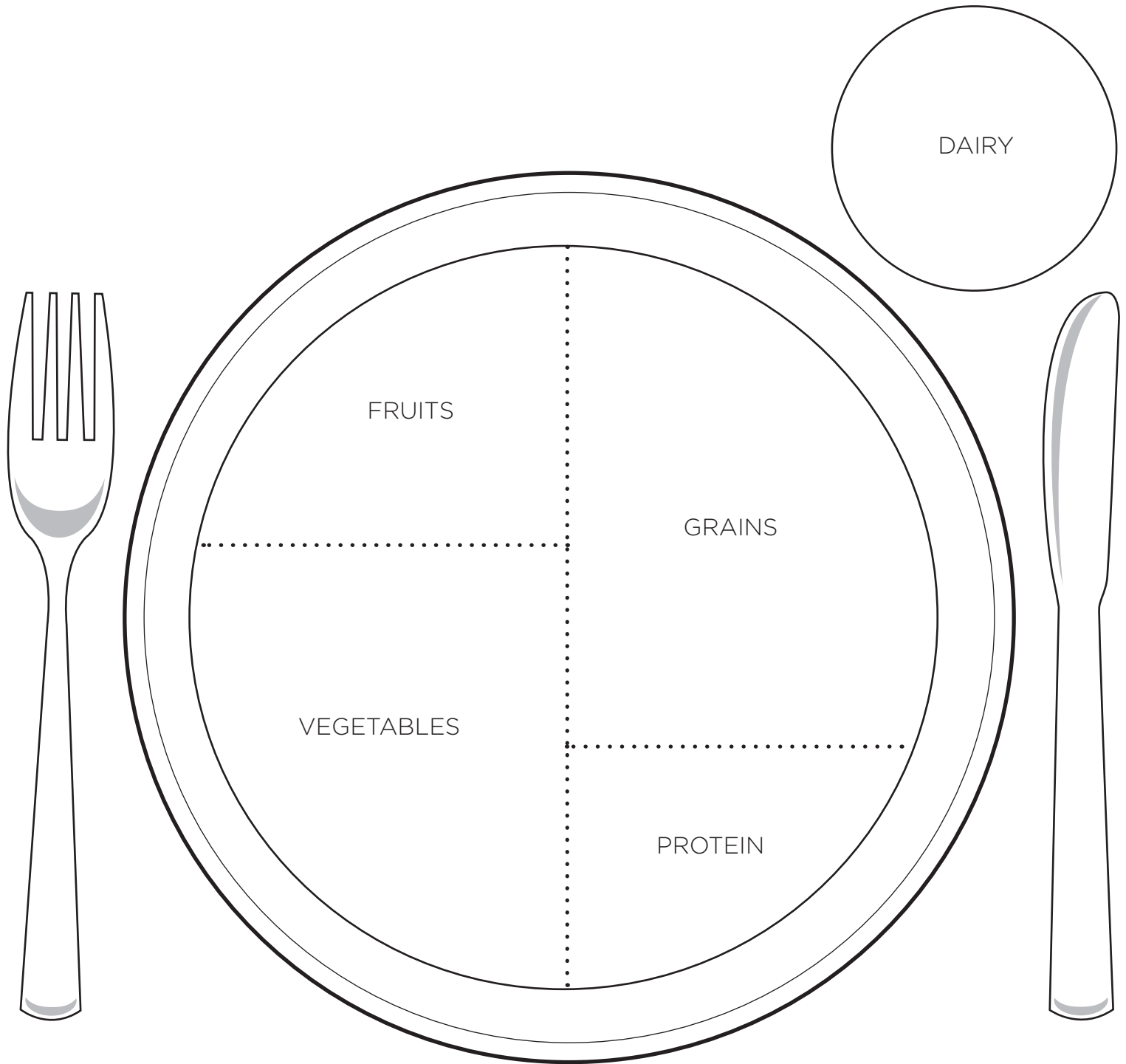






# FILL YOUR PLATE

Draw and color each food listed to fill up your plate.



Chicken

Corn

Banana

Carrots

Yogurt

Broccoli

Bread

Cheese

Eggs

Crackers

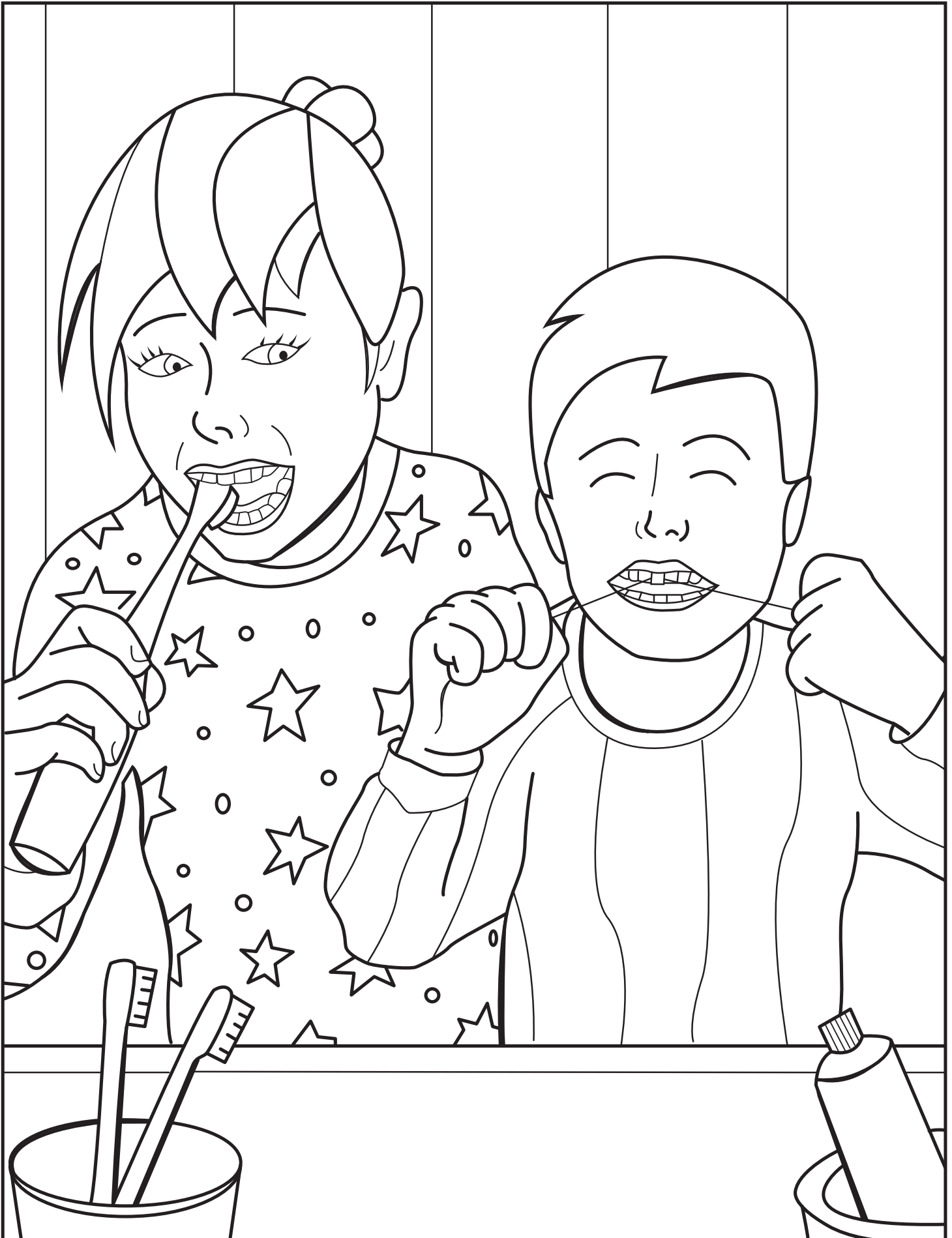
Tomato

Fish

Strawberries

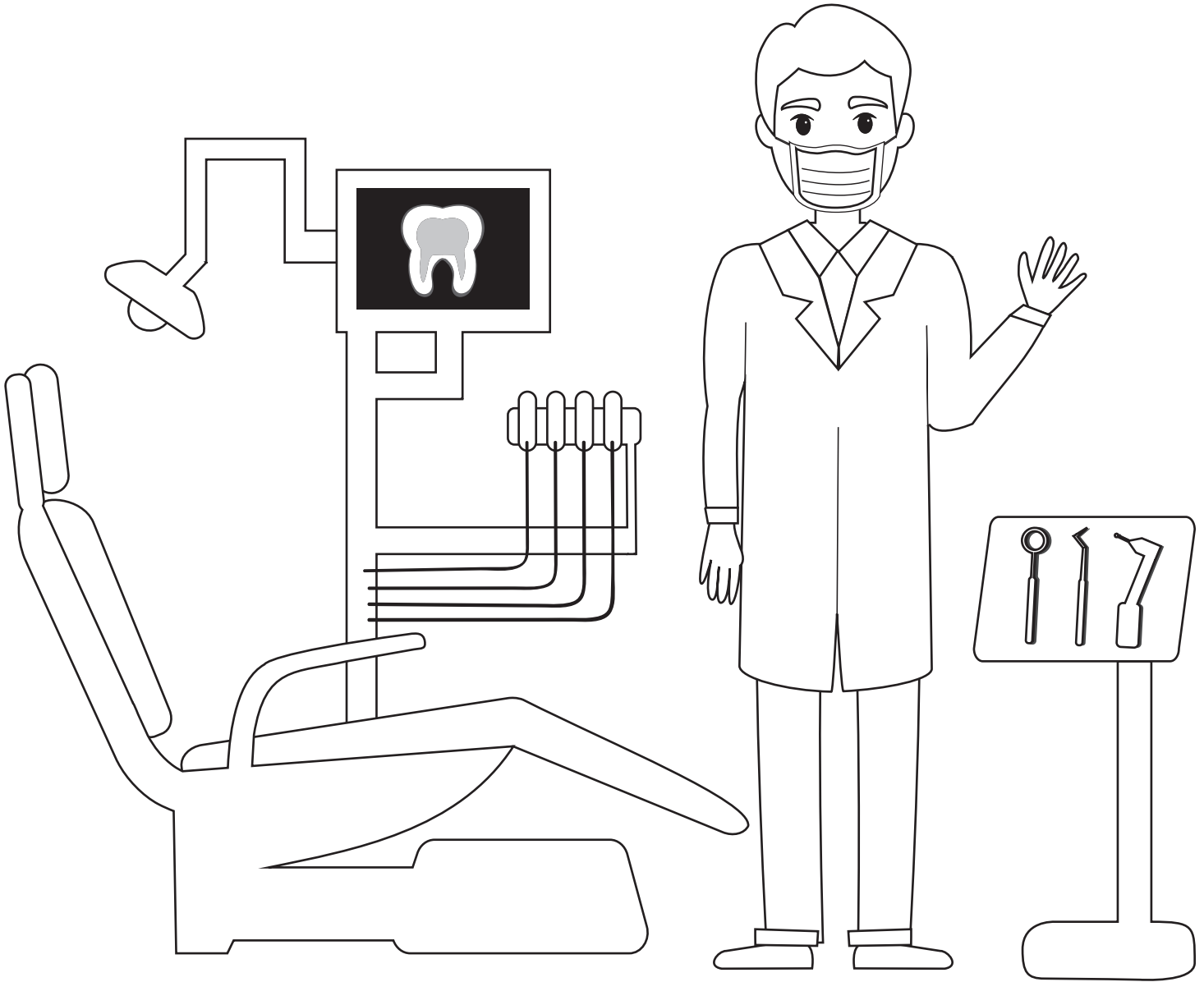
Rice

Milk



# VISIT THE DENTIST

Use the list below to label the dentist room.



Dentist Chair

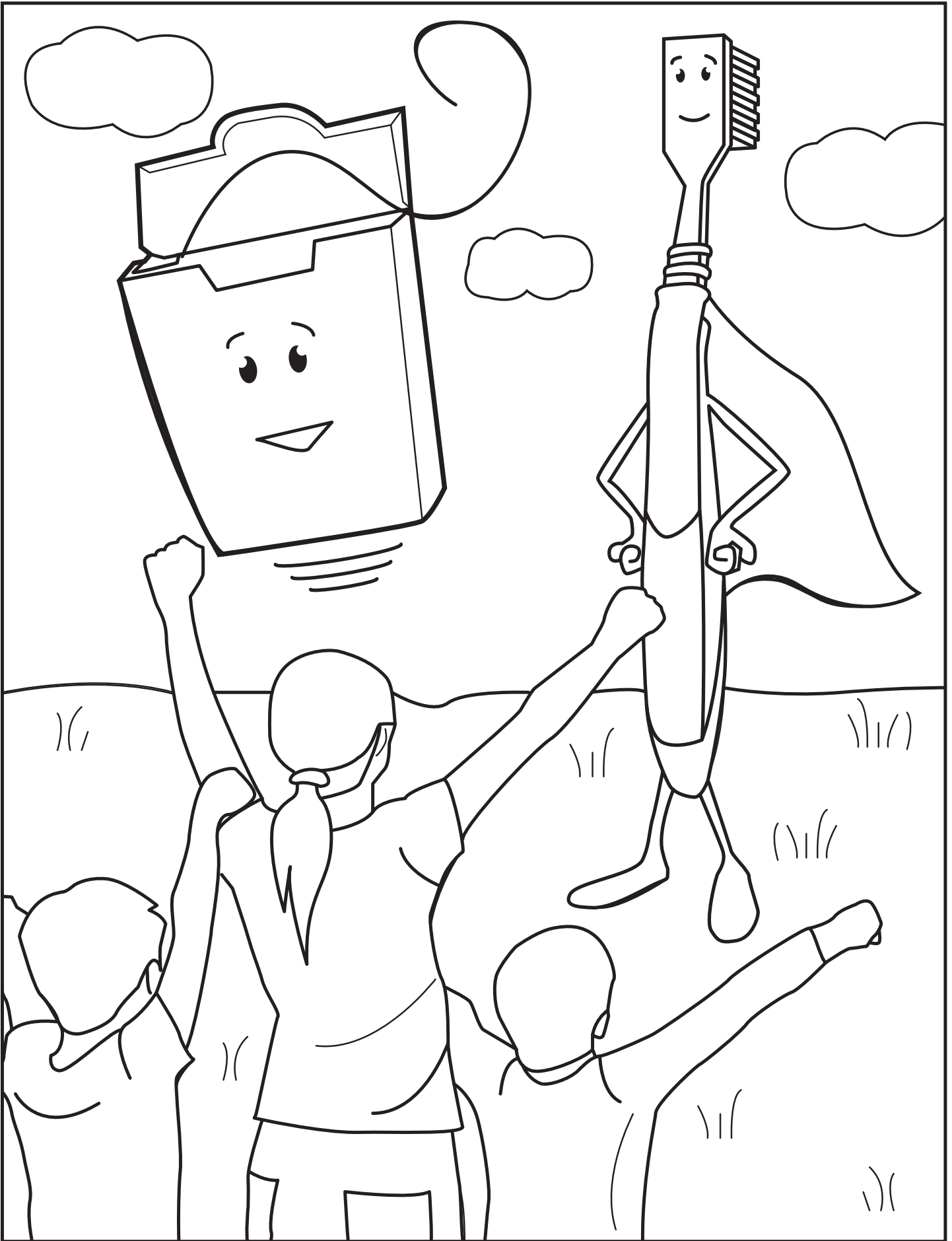
X-Ray

Mask

Dentist

Light

Dentist tools



# BRUSH YOUR TEETH

Fill your chart by brushing your teeth twice a day! Check each box that you complete.

MORNING

NIGHT

Monday

Tuesday

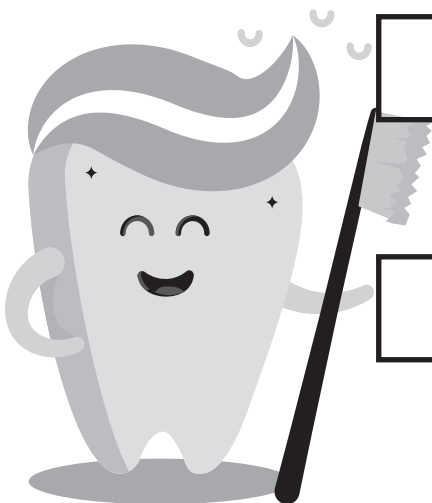
Wednesday

Thursday

Friday

Saturday

Sunday







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