

Captain Toothpaste's Healthy Teeth Rules

Fill in the blanks. Color, cut, and staple the pages to make a mini-book. **Take it home to show what you've learned about healthy teeth!**

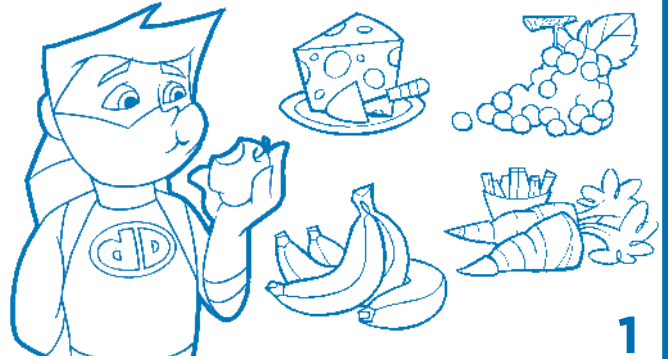
Word Bank: dentist sweets Floss night rinse

Captain Toothpaste's Healthy Teeth Rules



Name _____
is a Dental Defender.

Eat nutritious foods and limit _____.



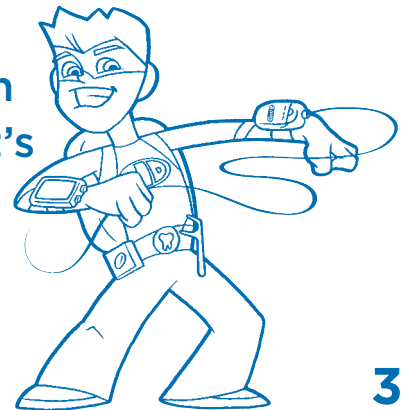
1



Brush your teeth morning and _____ with a child-size toothbrush and toothpaste.

2

_____ your teeth **once a day** with an adult's help.



3

Use a _____ **twice a day** to kill germs brushing and flossing might miss.



4

See your _____ for regular checkups.



5

Name _____

Princess Rinse's Healthy Teeth Word Search

Princess Rinse learned a lot of oral health words. Help her find those words in the puzzle. Words can be found "down" and "across."

teeth

decay

fruit

brush

floss

rinse

dentist

cavity

healthy

BONUS -

Find what you do when you're happy.

b	r	u	s	h	l	p	n	b	r
j	f	r	u	i	t	r	d	q	i
c	r	g	v	u	h	v	e	t	n
u	m	d	j	k	e	l	n	v	s
t	e	e	t	h	a	e	t	m	e
l	k	c	o	f	l	x	i	f	v
r	c	a	v	i	t	y	s	l	m
z	l	y	q	s	h	z	t	o	d
w	r	l	s	g	y	f	c	s	r
s	m	i	l	e	m	p	i	s	n

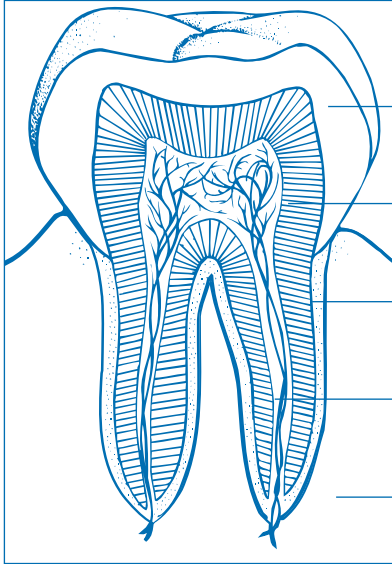


Name _____

Parts of a Tooth

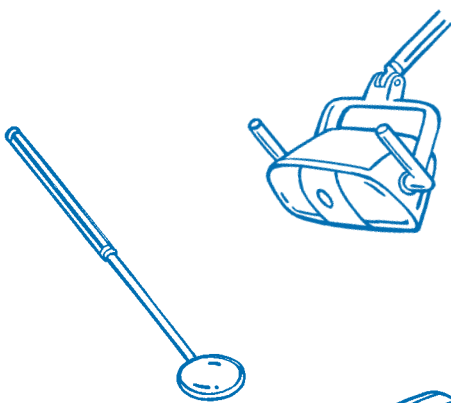
Use the Word Bank to name the parts of a tooth.

Word Bank: enamel cementum pulp gum tissue dentin



Tools in the Dentist's Office

Draw a line to match the name of each tool with its picture.



exam chair

special light

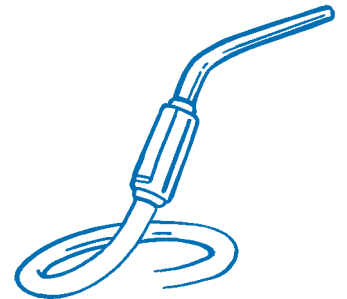
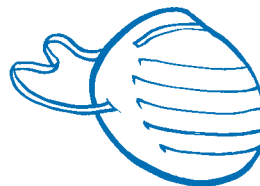
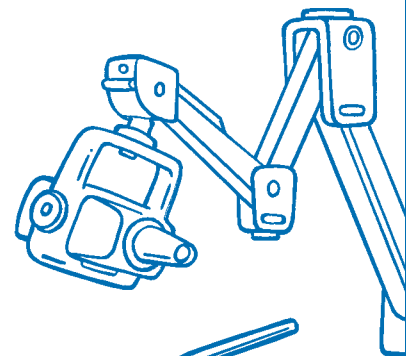
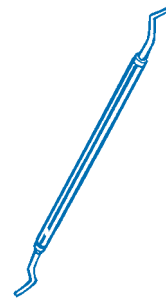
cleaning tool

mirror

x-ray machine

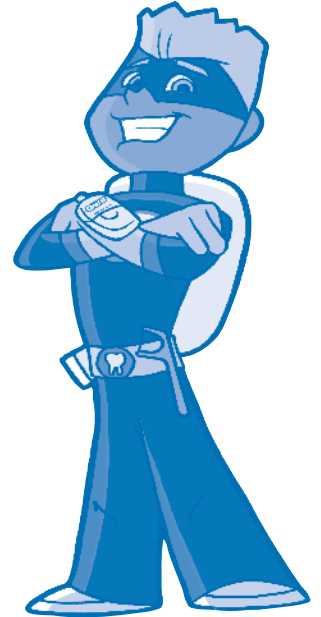
water-spray hose

mask



Name _____

Fantastic Flosser's Healthy Eating for Healthy Teeth



Write the names of foods from the picture under the headings below. You can write the names of other foods, too!

Nutritious foods that are SAFE for your teeth

1. _____

2. _____

3. _____

4. _____

5. _____

Foods that can HARM your teeth

1. _____

2. _____

3. _____

4. _____

5. _____

Name _____

Review What You Know About Healthy Teeth

Fill in the blanks. Use the Word Bank to find your answers.

Word Bank: **day** **rinse** **sugar** **chewing** **dentist**
minutes **twice** **pea** **baby** **vegetables**

1. Losing your _____ teeth is a normal part of growing up.
2. You should brush your teeth _____ a day.
3. You should floss every _____.
4. A special _____ can kill germs in your mouth that brushing and flossing might miss.
5. The _____ in sweets and soda can cause cavities in your teeth.
6. When you brush use a little bit of toothpaste, about the size of a _____.
7. Visit your _____ for regular checkups.
8. Brush the outsides, the insides and the _____ sides of all your teeth.
9. Brush your teeth for about two _____.
10. Eat lots of _____ to help make your teeth strong.