

grin!

for **KIDS**



grin![®]

for **KIDS**

- 4 **mouth-friendly recipe:**
apple-slice doughnuts
- 5 **the road to healthy smiles**
- 6 **how do astronauts brush their teeth in space?**
- 7 **out-of-this-world oral health**
- 8 **unscramble this picture!**
- 10 **plaque attack experiment**
- 11 **time for healthy teeth**
- 12 **the a-maze-ing dentist's office**
- 14 **tooth tracker**
- 15 **the fact is . . .**
- 17 **chompy cartoons**
- 18 **animal smiles**
- 19 **here's what you left behind**
- 20 **draw attention to your smile**
- 21 **what's your smile power superhero name?**
- 22 **smile power!**
- 23 **make a superhero mask**

real kids answer



If you could have any flavor of toothpaste, what would it be?

.....



Blue
raspberry

Trey H., age 10

Chocolate
with rainbow
sprinkles

Lydia C., age 7



Marshmallow

Quentin S., age 5



Oreo
cookie

Nora M., age 7



four-word
answers

**Do snails
have teeth?**

Yes, on our tongues!

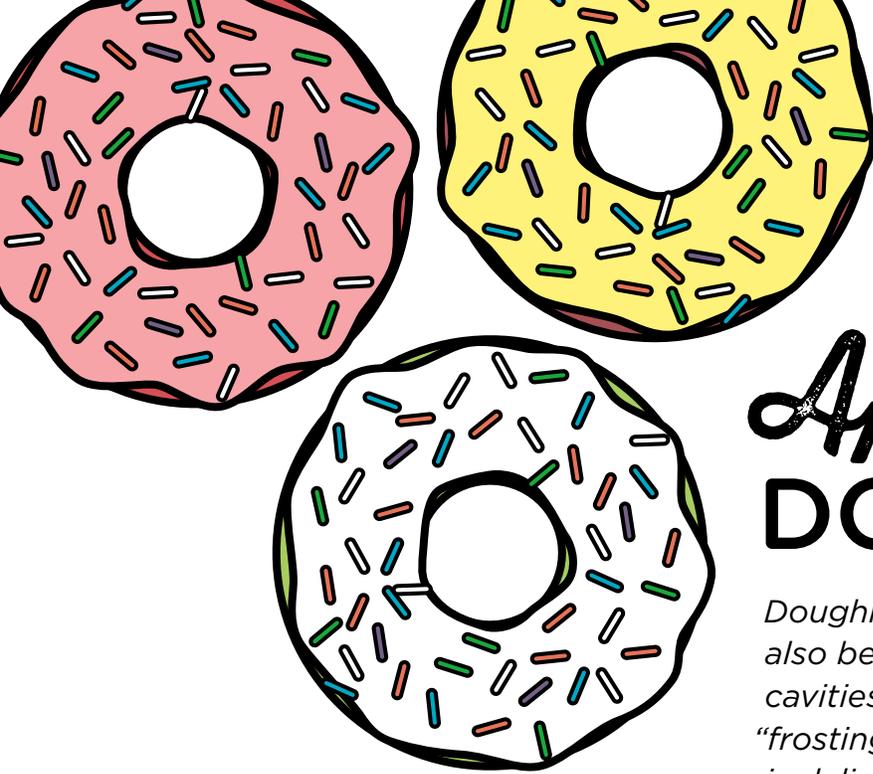


What did the
orthodontist say to
his patient?

What?

“Brace
yourself!”



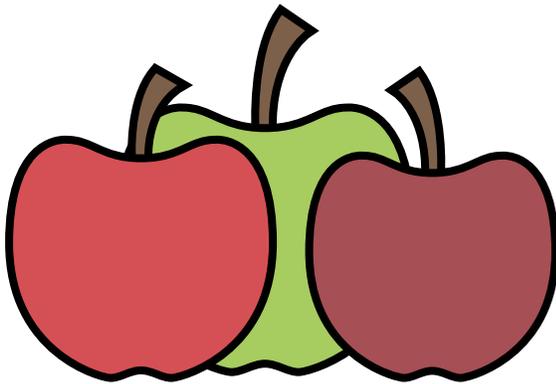


mouth-friendly recipe:

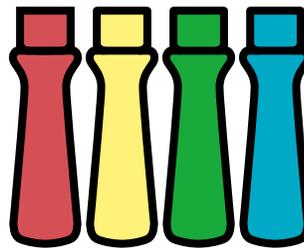
Apple-Slice DOUGHNUTS

Doughnuts are pretty tasty, but they can also be pretty sugary, which can cause cavities. Crisp and sweet with a creamy “frosting,” this version of the breakfast treat is delicious and healthier for you!

HERE'S WHAT YOU *need*



Your favorite kind of apple



Food coloring



1 package of softened cream cheese



Toppings of your choice

HERE'S HOW TO *make them*

①

Have an adult cut an apple into horizontal slices about 3/4" thick, removing the middle part with the seeds.

②

Divide cream cheese into a few small bowls and add a drop of food coloring to each one to create colorful “frosting.”

③

Spread cream cheese on each slice of apple.

④

Try adding different toppings like sprinkles, mini dark chocolate chips, chopped nuts and unsweetened, shredded coconut.

The Road to ↓ Healthy Smiles ↓

When you're in the car with your parents, you probably spend a lot of time looking out the window. Have you ever noticed that some cars have license plates with words or phrases on them? Here are a few we spotted on our last road trip. Try to figure out what healthy, smile-related phrases they say.



Answers (from left to right): Love to brush, Smile, Calcium for you, I ate apples, See your dentist, Drink milk, Floss more

HOW DO ASTRONAUTS brush their teeth in space?

There's no gravity, no running water and no sink. How do astronauts manage to clean their teeth in space? Believe it or not, it's actually a lot like how we brush our teeth!

1



First, astronauts get their toothbrushes wet just like we do. But their water doesn't come from a sink – it comes from a sealed bag with a straw on one end. To wet their toothbrushes, astronauts squeeze a blob of water onto the bristles.

2

Astronauts squeeze toothpaste onto the brush just like they would on Earth. They can't just set the toothpaste on the counter when they're done. Because there's no gravity, the tube would just float right up! Instead, the toothpaste has to be stuck down with Velcro or a magnet.



3



Astronauts brush the normal way – in circular motions, making sure to get every single tooth, including the back sides and the ones way in the back. Just like us, they brush for about two minutes, two times a day.



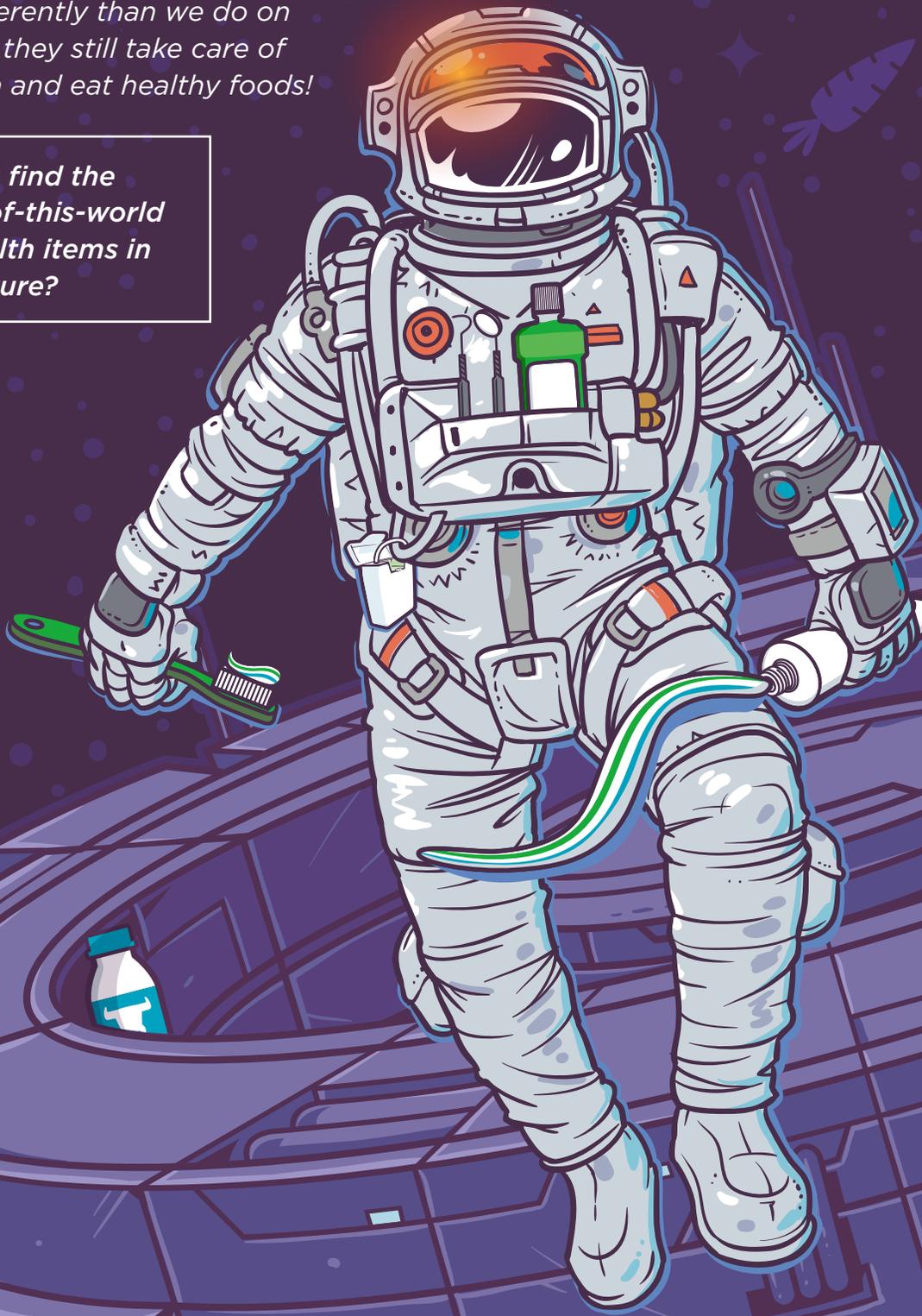
4

When they're done, astronauts can't spit out the extra toothpaste – it would just float around in the air. Instead, they swallow it. We don't recommend that you swallow your toothpaste, though. Too much fluoride, a substance in most toothpastes that helps keep your teeth strong, can leave discolored marks on kids' developing teeth. If you're not an astronaut, you should probably just spit!

OUT-OF-THIS-WORLD oral health

Astronauts do some things in space differently than we do on Earth, but they still take care of their teeth and eat healthy foods!

Can you find the 10 out-of-this-world oral health items in this picture?



Answers: Mouthguard near bottom of spaceship, milk in spaceship, apple in stars, toothbrush in astronaut's hand, floss on astronaut's belt, toothpaste in astronaut's hand, dental explorer near bottom of spaceship, uniform, dental mirror in astronaut's uniform, mouthwash in astronaut's uniform, carrot in stars

**MOUTHGUARDS
HELP KEEP YOUR
MOUTH SAFE WHEN
YOU PLAY SPORTS.**

They protect your teeth, lips and cheeks from getting cut or injured when you fall or come into contact with other players or sports equipment. You should wear mouthguards for sports like football, basketball, volleyball, skateboarding, gymnastics, hockey and more!



1

2

3

4

5

A

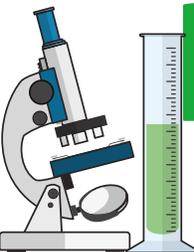
B

C

D

E

F



PLAQUE ATTACK

experiment

When you brush your teeth, one of the goals is to get rid of the plaque that sticks to teeth. Plaque is a sticky paste made from bacteria. The bacteria use sugar from foods as a form of energy. As the bacteria eat the sugar, it makes acid. Acid will hurt your tooth enamel, making holes called "cavities" in it.

With this experiment, you can see how plaque "grows" if sugar and other foods aren't removed from teeth by brushing and flossing. Ask a grown-up to help with this experiment.

WHAT YOU'LL NEED

2 clear plastic drinking cups,
12-16 oz. in size
2 cups of warm water

2 packets of yeast
1 tablespoon of sugar

Candy thermometer
2 spoons for mixing
1 marker

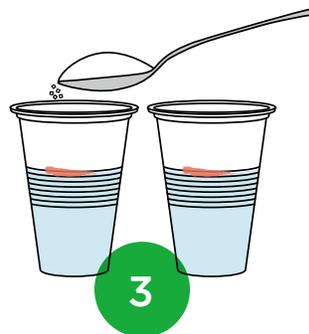
HOW TO DO IT



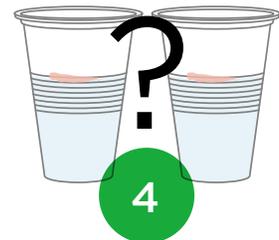
1
Pour a cup of warm water into each plastic cup. Warm water should be from 105° F to 110° F. You can use a candy thermometer to test the water.



2
Add a packet of yeast to each cup. Let it sit for about a minute, then stir the yeast into the water until fully dissolved. Be sure to use a separate spoon for each cup!



3
Add a tablespoon of sugar to one of the cups and stir it well. Make a mark on the outside of each cup to show the level of the liquid inside.

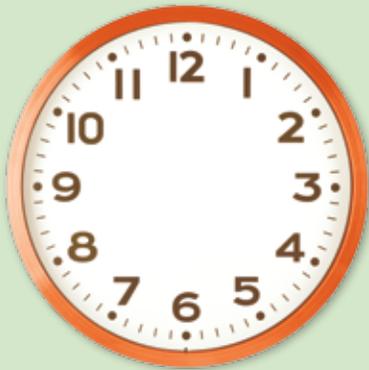


4
Watch the cups to see what happens! It may take up to 30 minutes to get the full effect, so you may want to set a timer and check the cups later.

What do you think will happen?
Write your prediction below, and see if you're right!

time for healthy teeth

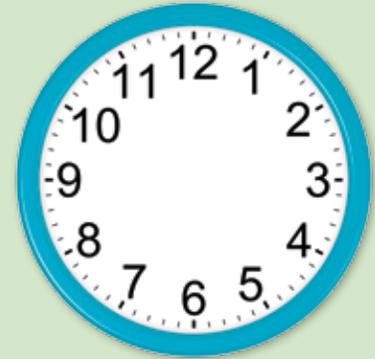
You may not realize it, but you take care of your mouth from the time you wake up to the time you go to sleep. Draw hour hands and minute hands on the clocks below to show what time you do each healthy activity.



Brush your teeth before school.



Have milk with your lunch.



Wear a mouthguard at practice.



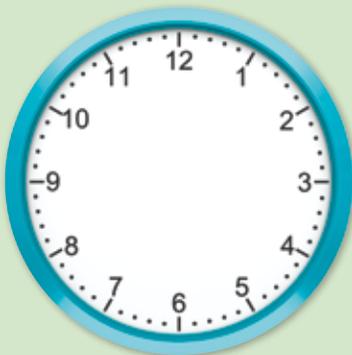
Eat a healthy snack.



Eat veggies at dinner.



Floss your teeth.



Have fruit and eggs at breakfast.



Brush your teeth before bed.



Visit the dentist after school.

THE A-MAZE-ING dentist's office

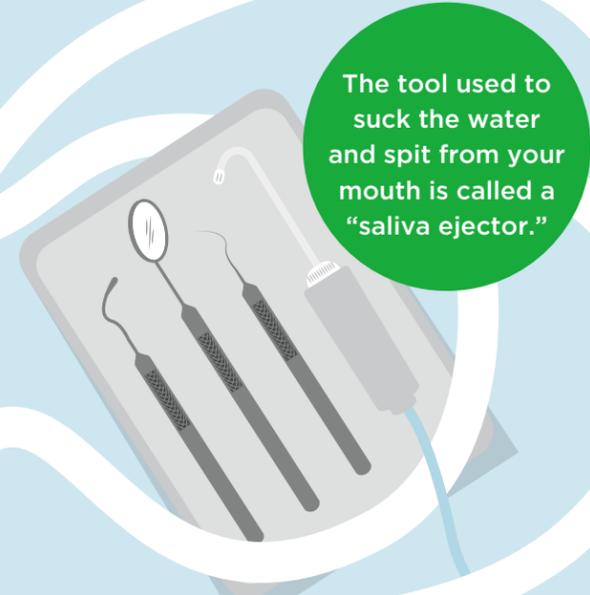
A dentist's office can sometimes seem like a maze! Can you find your way from the waiting room to the dentist's chair?



START →



It takes up to eight years of school to become a dentist.



The tool used to suck the water and spit from your mouth is called a "saliva ejector."



Most pirates didn't really use treasure chests.

People who live in Connecticut visit the dentist most often.¹



FINISH →



Many kids have fluoride applied at dental visits. Fluoride helps your teeth stay strong and healthy.

The first dental chair was invented in 1790 by Boston dentist Josiah Flagg.

1. Gallup-Healthways Well-Being Index survey



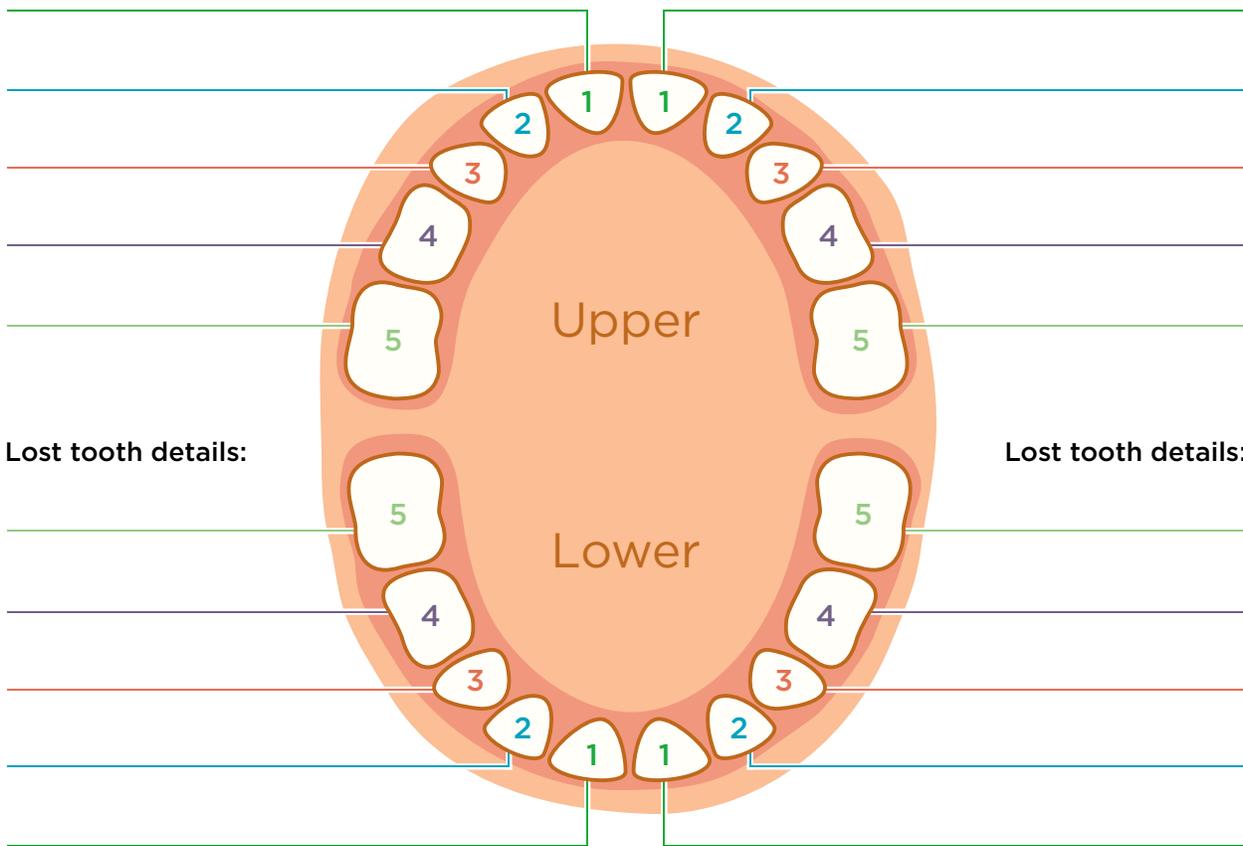
tooth tracker

Keep track of the teeth you've lost by coloring each one you've given to the Tooth Fairy. You also can write down when and where you lost your tooth. Be sure to store the Tooth Tracker somewhere safe so you can color the next tooth you lose!

- 1 Central Incisor
- 2 Lateral Incisor
- 3 Canine (Cuspid)
- 4 First Molar
- 5 Second Molar

Lost tooth details:

Lost tooth details:



Lost tooth details:

Lost tooth details:



Central and lateral incisors

are used to help you take your first bites of food. They're usually the first ones you get and the first ones you lose, starting around age 6.



Canines or cuspids

are your sharpest teeth. They help you rip and tear food apart. You'll probably lose them around age 11 or 12.

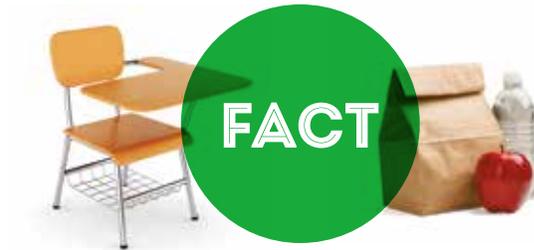


Molars

help grind food down. You may lose your first molars around age 10 or 11 and your second molars between ages 10 and 12.

the **FACT** is . . .

Do you know the difference between facts and myths?



vs.



A fact is information that is definitely true.

If you were writing facts about yourself, you might write “I go to school” or “I ate lunch today.” Now, how about a myth?

A myth is something that some people think is true but is actually false.

Here’s a good myth: Brown cows make chocolate milk. It sounds like it could be true, but the fact is, brown cows still make plain milk. The flavoring is added later!

You’ve probably heard a lot about how to keep your teeth and mouth healthy and clean. Can you tell the difference between fact and myth? **Circle F or M** for each one, then check your answers on the next page.

F **M** Everyone should floss at least once every day.



F **M** You should scrub your teeth really hard.



F **M** Mouthguards are only important for football.



F **M** Brush your teeth once a day.



F **M** Milk is good for your teeth.



F **M** You should visit the dentist regularly for checkups.



Check out the next page to see how you did! ➡

the **FACT** is . . .

FACTS



Floss at least once every day.

Flossing once a day cleans the tiny spaces between your teeth where it's hard for a toothbrush to reach.



Milk is good for your teeth.

Milk contains calcium, a nutrient that helps keep your teeth and bones strong! Cheese, yogurt and broccoli are also good sources of calcium.



Visit the dentist regularly for checkups.

Visiting the dentist at least once a year helps keep your teeth clean and cavity-free. And you may even get to pick out a prize when you're done!

MYTHS



You should scrub your teeth really hard.

The fact is, scrubbing too hard can damage your teeth and gums. Use a soft-bristled toothbrush and be gentle with your teeth and gums.



Mouthguards are only important for football.

The fact is, mouthguards help protect your teeth, gums and lips when you play any sport where you could injure your mouth. That includes basketball, soccer, hockey and more.



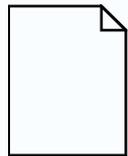
Brush your teeth once a day.

The fact is, brushing twice a day for two minutes each time is the best way to keep your mouth clean and healthy. In the morning after breakfast and at night before bed are good times to brush.

CHOMPY CARTOONS

With just a few folds of paper, you can make a picture that has a surprise inside!

WHAT YOU NEED



8.5x11 piece of paper

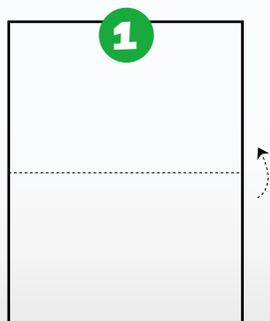


Markers or crayons

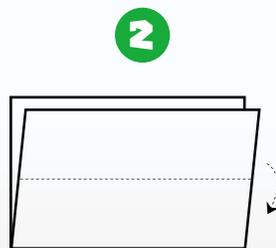


Your imagination!

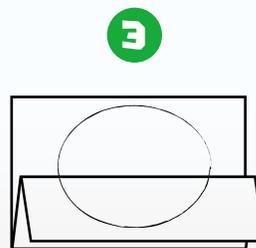
HOW TO DO IT



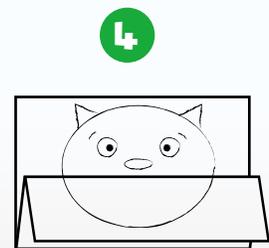
1 Fold a piece of paper in half horizontally, leaving the folded edge closest to you.



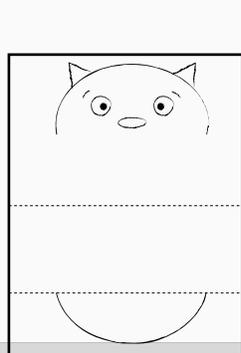
2 Take the top, long edge of the paper and fold it down to meet the folded edge.



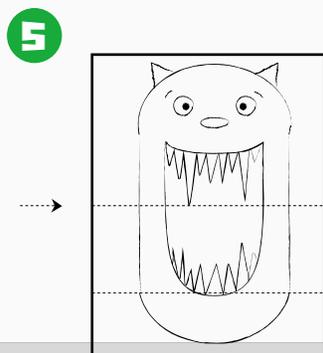
3 Now, draw a circle that goes across the folded parts. This will be the face.



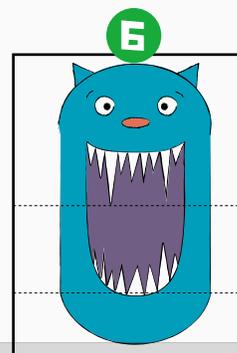
4 Draw eyes and a nose on the top half of the paper.



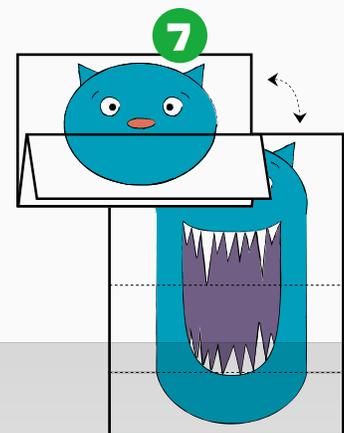
5 Next, open the paper and draw a mouth on the blank part of paper between the top and bottom parts of the face you drew. You can make a scary mouth, a funny mouth or a happy mouth - whatever you feel like drawing! Don't forget to connect the edges of the face.



6 Color your drawing however you like.



7 Open and close the paper at the folds to reveal your drawing's mouth. Try it with a fish, bear, lion, bird or anything else you like to draw.



animal smiles

Animal teeth come in many different shapes and sizes. While some animals use their teeth to mash down grass, others use them to tear apart meat. Can you tell what the teeth below might be used for?

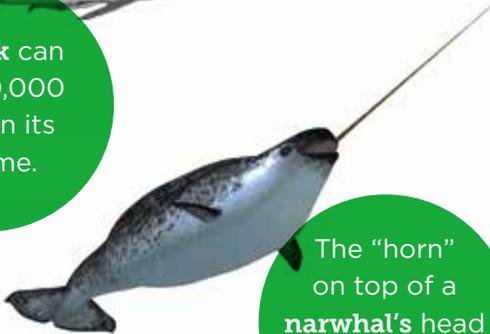
Match each tooth with the animal it belongs to – and learn some fun facts about their chompers along the way!



Cats mostly use their front teeth for grooming.



A shark can lose 30,000 teeth in its lifetime.



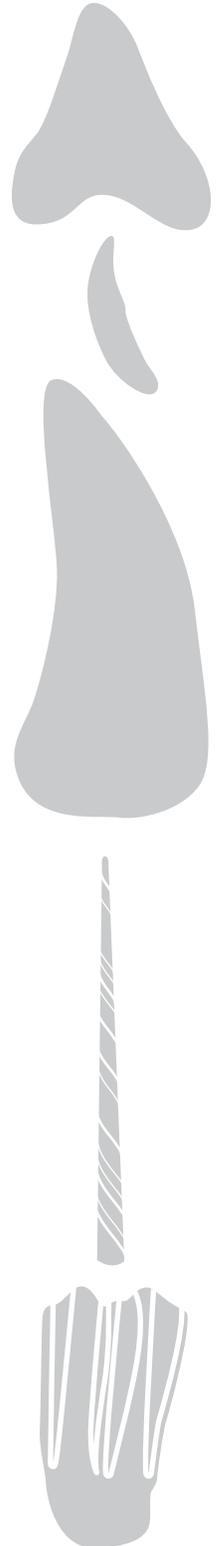
The “horn” on top of a narwhal’s head is really a big tooth.



Cows use their teeth to chew grass. They chew about 40 times per minute.



The longest T. rex tooth ever found is a foot long, which is a little longer than this page!



Answers (from top to bottom): Shark, Cat, T. rex, Narwhal, Cow

here's what you

left behind

Pretend the little girl hasn't brushed. Draw all the gross germs and gunk on her teeth. Then color in the rest of the picture. If you don't brush your teeth very well, you can leave all kinds of gross stuff behind in your mouth such as:



Plaque, which is soft, sticky stuff that can harden into tartar, lets bacteria stick to teeth and causes cavities.

Bacteria that live in plaque make acid and cause cavities.

Food pieces, which help plaque grow and can cause bad breath.

Halitosis, another name for bad breath. Brushing your teeth can keep your breath from getting smelly!

draw

attention to your smile

Brushing your teeth twice a day for two minutes each time and flossing once every day are the best ways to keep your mouth healthy.

Cleaning your teeth in the morning and at night gets rid of germs, bacteria, plaque and bits of food that have gotten stuck in your teeth throughout the day. It also helps keep your breath fresh. If you don't brush your teeth, they may look clean on the surface, but all of those gross things are still hiding where you can't see them.

Give this girl a healthy smile by drawing your best grin.



what's your smile power

SUPERHERO name?

Did you know you're a smile superhero? You fight plaque and tartar every day, using your toothbrush and floss. You even have a superhero name!

To find out what it is, look at the chart below. To uncover the first part of your secret identity, find the word next to the month you were born. For the second half, find the word that goes with the first letter of your last name.

BIRTH MONTH	FIRST LETTER OF LAST NAME	
January - DOCTOR	A - BICUSPID	N - SMILE
February - WONDER	B - PALATE	O - GINGIVA
March - SUPER	C - MOUTHGUARD	P - CUSPID
April - MEGA	D - WISDOM	Q - MANDIBLE
May - AMAZING	E - CALCIUM	R - EXAMINATOR
June - CAPTAIN	F - ORTHODONTIA	S - ENAMEL
July - ASTOUNDING	G - BRUSHER	T - FLOSSER
August - INCREDIBLE	H - SALIVA	U - DENTIST
September - PROFESSOR	I - X-RAY	V - DENTIN
October - PHANTOM	J - SWISHER	W - MAXILLA
November - ULTRA	K - CEMENTUM	X - BITE
December - COMMANDER	L - HYGIENIST	Y - FLUORIDE
	M - MOLAR	Z - INCISOR

For example, if your birthday was June 2, and your last name is Smith, your secret superhero name would be
CAPTAIN ENAMEL!

My smile power name is:

smile **POWER!**

You may not realize it, but your mouth gives you super powers.

Strong, healthy teeth and gums give you the powers of Excellent Eating, Super Singing, Terrific Talking and Wonderful Whistling! That's pretty amazing - and you definitely don't want to lose any of those cool powers. Here's what you need to do to make sure you keep your Super Smile.



make a

SUPERHERO mask

1

Use the dotted lines as a guide to cut out your Smile Power mask. (You may need some help from an adult.)

2

Then, decorate the mask however you want. Get creative! You can use markers, crayons, colored pencils, stickers, gems and more.

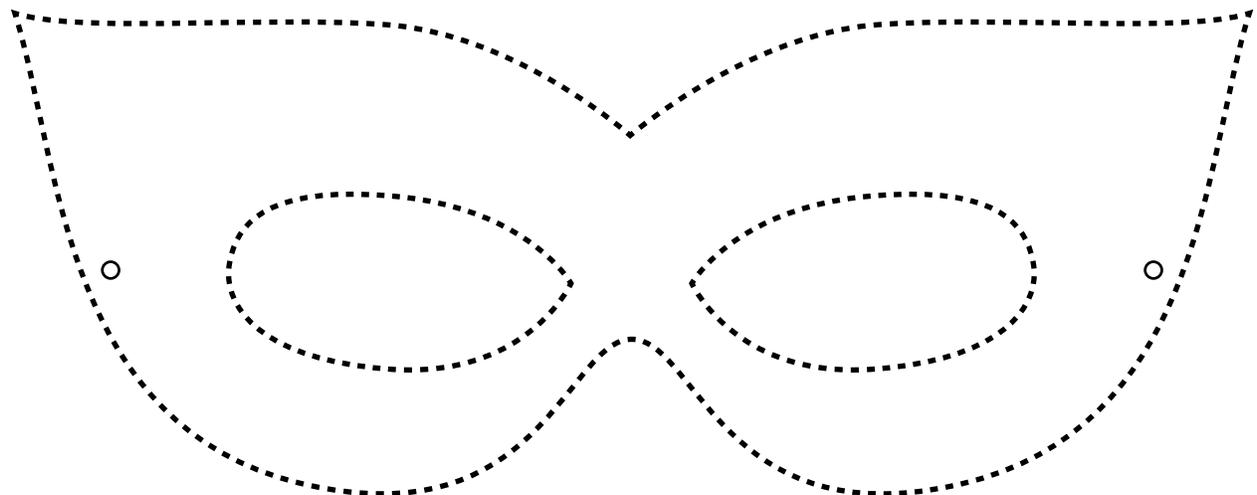
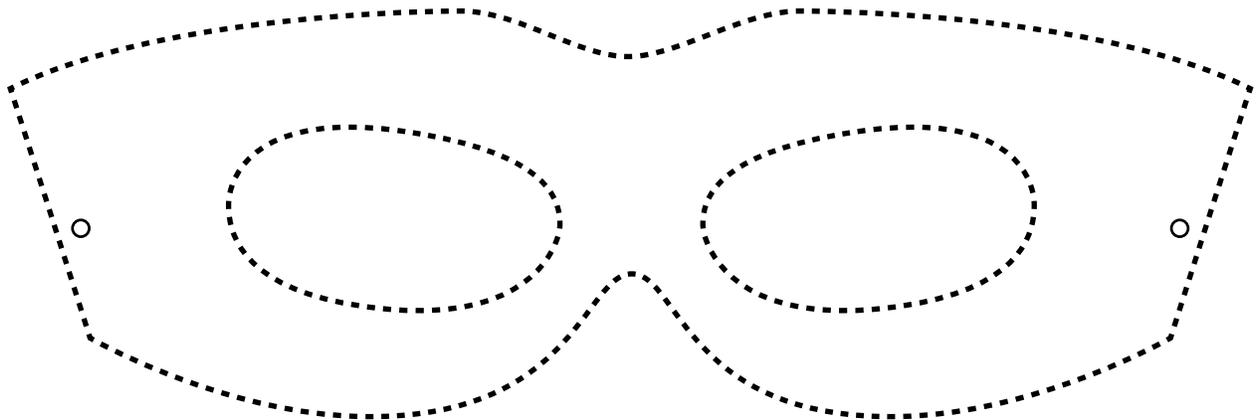
3

When you're done decorating, use a hole punch to create holes on each end of the mask, then tie string through each end so you can wear it to conceal your true identity.



Braden B.,
age 11

NOW YOU'RE READY TO FIGHT PLAQUE, TARTAR AND OTHER TOOTH BAD GUYS!



BRUSH!

FLOSS!

CLEAN!

SWISH!

SMILE

?!!

