

grin!

for **KIDS**

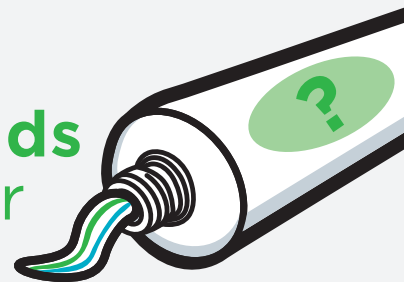


grin![®]

for **KIDS**

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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!"



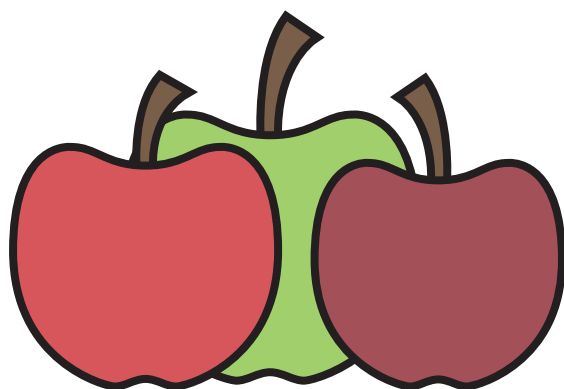


mouth-friendly recipe:

Apple-Slice DOUGHNUTS

Crisp and sweet with a creamy “frosting,” this crunchy alternative to donuts is delicious and healthy!

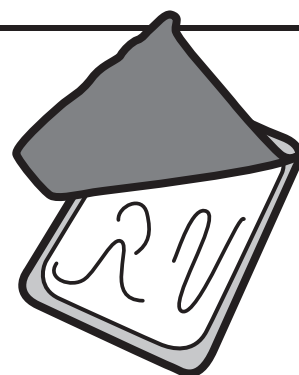
HERE’S WHAT YOU *need*



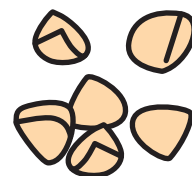
Your favorite kind of apple



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

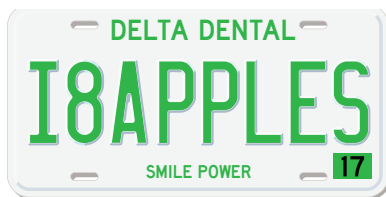
Spread cream cheese on each slice of apple.

④

Add toppings like sprinkles, mini dark chocolate chips, chopped nuts and unsweetened, shredded coconut.

The Road to ↓ Healthy Smiles ↓

When you're in the car, 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? Try to figure out what these license plates 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 secured 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.



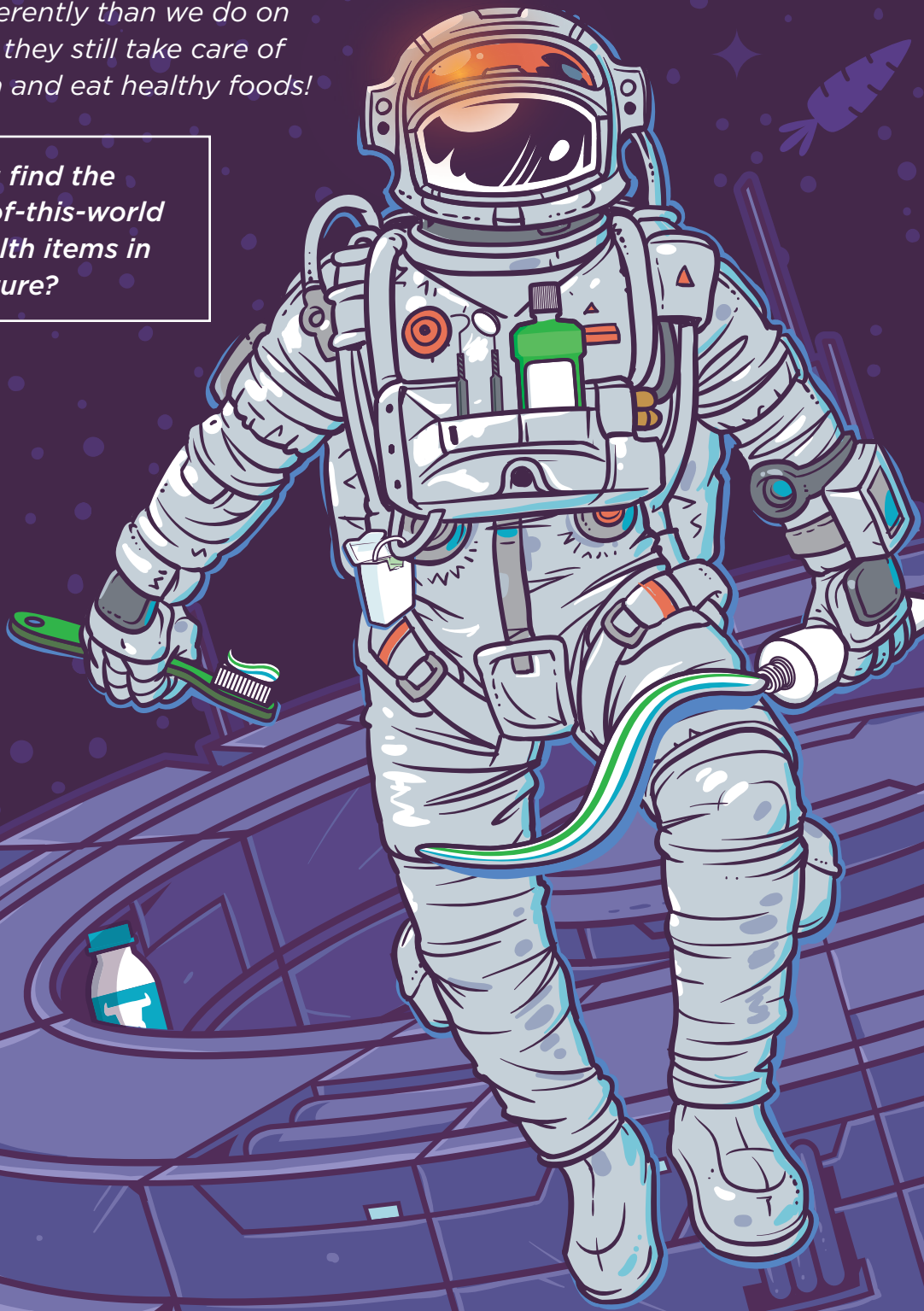
4

When they're done, astronauts can't spit out the extra toothpaste — it would just float around in the air. Instead, they swallow it. Don't try this at home, though. Swallowing fluoride, the cavity-fighting ingredient in your toothpaste, can stain your teeth, especially when they're still growing. So unless you're in space, remember to 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, milk in spaceship, apple in stars, toothbrush in astronaut's hand, floss on astronaut's belt, toothpaste in astronaut's hand, dental mirror in astronaut's uniform, mouthwash in astronaut's uniform, carrot in stars

UNSCRAMBLE this picture!

Oh, no! This photo is all mixed up. After you complete the activity on the other side of this page, cut out the squares below, then reassemble them in the correct spots over here.



**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 and hockey!



1

2

3

4

5

A

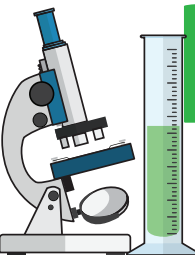
B

C

D

E

F



PLAQUE ATTACK

experiment

Plaque is a sticky substance made by the same bacteria that cause cavities. Brushing and flossing your teeth helps remove this layer, keeping your teeth healthy and strong.

With this experiment, you can see how plaque “grows” if food debris isn’t removed. 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

Thermometer
2 spoons for mixing
1 marker

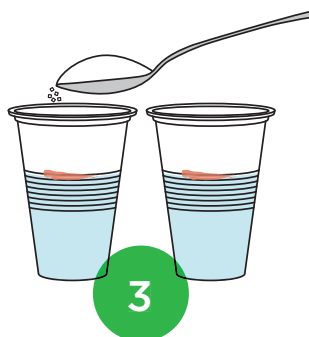
HOW TO DO IT



Pour a cup of warm water into each plastic cup. Warm water should be from 105° F to 110° F. Use a thermometer to test the water.



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!



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.



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

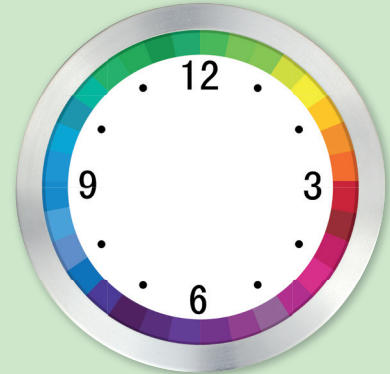
You may not realize it, but you take care of your mouth from the time you wake up to the time you go to sleep. Draw hour hands and minute hands on the clocks below to show what time you do each activity.



Eat a filling breakfast.



Brush your teeth
before school.



Have milk with
your lunch.



Wear a mouthguard
at practice.



Drink water to stay
refreshed.



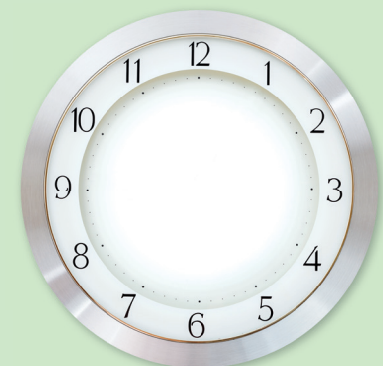
Eat a healthy snack.



Eat dinner.



Floss your teeth.



Brush your teeth
before bed.

THE A-MAZE-ING dentist's office

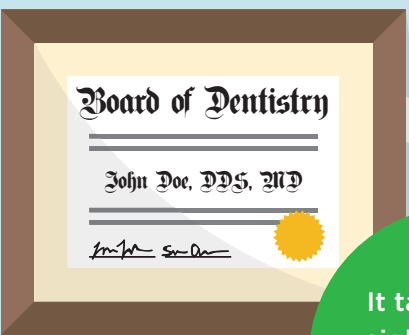
A dentist's office can sometimes seem like a maze! Can you find your way from the waiting room to the dentist's chair?



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



¹ Gallup-Healthways Well-Being Index survey



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.”

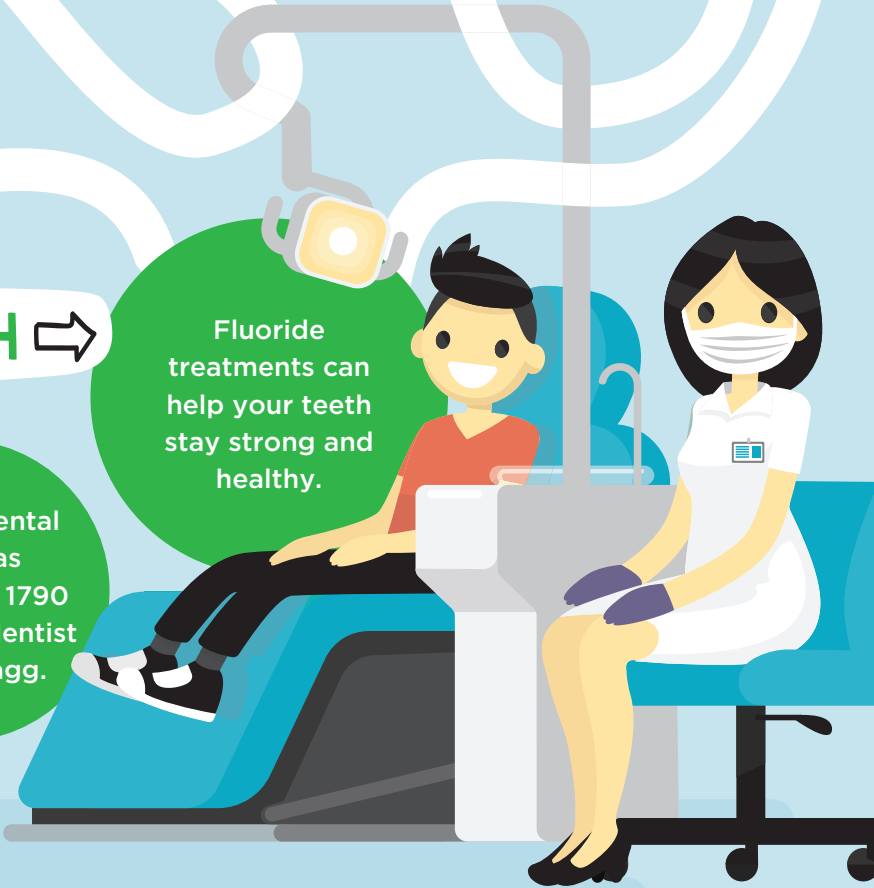


Most pirates didn't really use treasure chests.

FINISH ➡

Fluoride treatments can help your teeth stay strong and healthy.

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





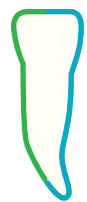
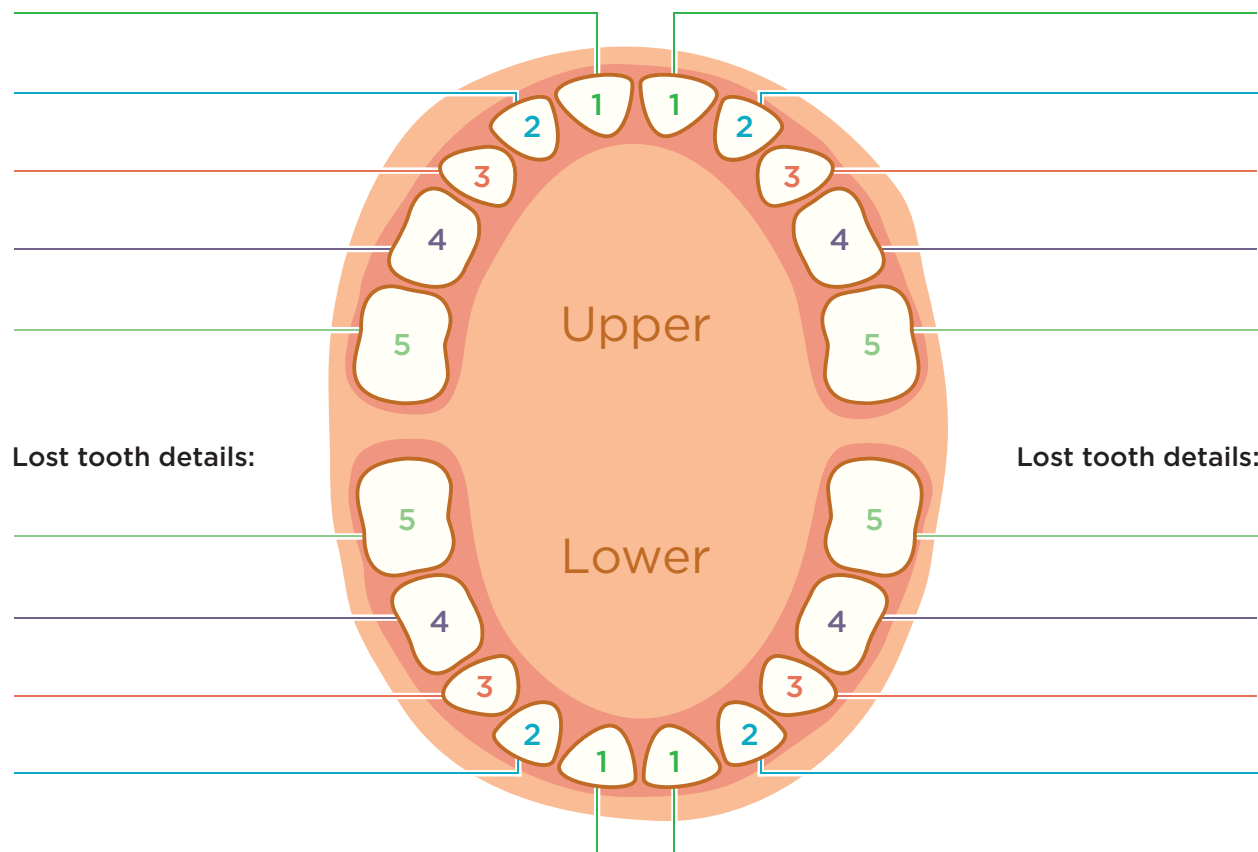
tooth tracker

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

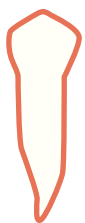
Lost tooth details:

Lost tooth details:



Central and lateral incisors

are used to help you bite into food, like apples. 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.

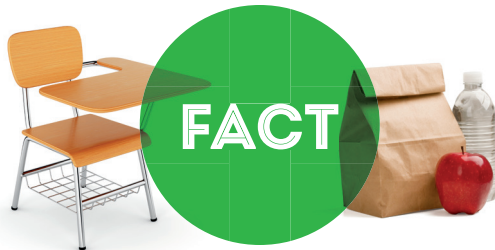


Molars

help you chew and grind up food. 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 chocolate 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** You should brush your teeth once a day.



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



F **M** You should visit the dentist for regular exams.



Turn the 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 for regular exams.

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 other sports where you can get hit by a ball or run into other players.



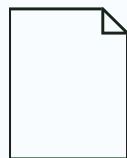
You should brush your teeth once a day.

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

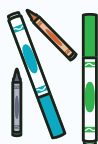
CHOMPY CARTOONS

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

WHAT YOU NEED



Regular piece
of paper

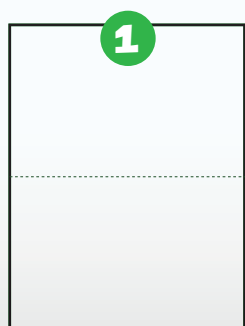


Markers or
crayons

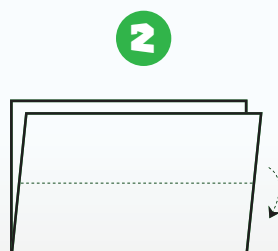


Your
imagination!

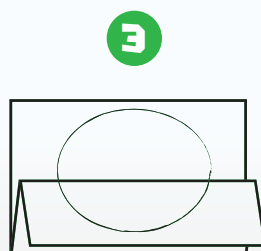
HOW TO DO IT



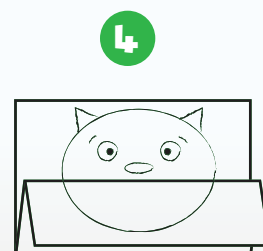
1
Fold a piece of paper
in half horizontally,
leaving the folded
edge closest to you.



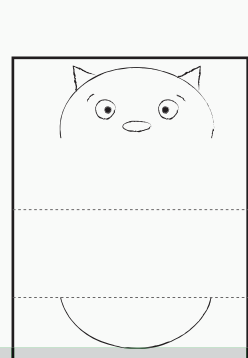
2
Take the top, long
edge of the paper
and fold it down to
meet the folded edge.



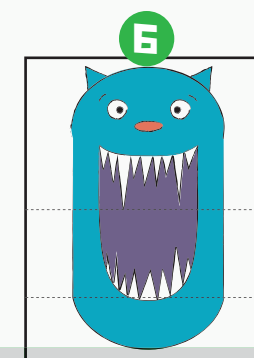
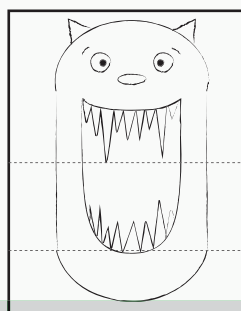
3
Now, draw a circle
that goes across the
folded parts. This
will be the face.



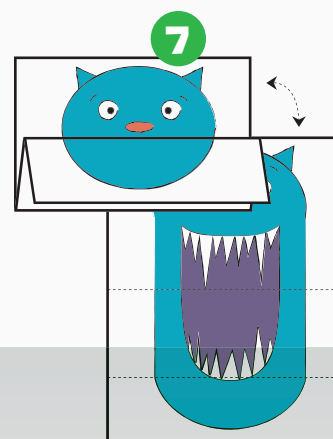
4
Draw eyes and a
nose on the top half
of the paper.



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 the
drawing's mouth.
Try it with a fish,
bear, lion, bird or
any other creature.

animal smiles

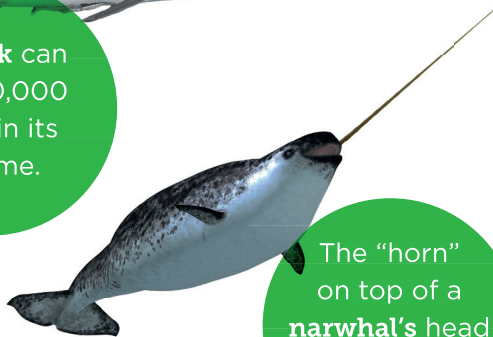
Animal teeth come in many different shapes and sizes. While some animals use their teeth to mash down grass, others use them to tear apart meat. Can you tell what the teeth below might be used for? Match each tooth with the animal it belongs to.



Cats mostly use their front teeth for grooming.



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



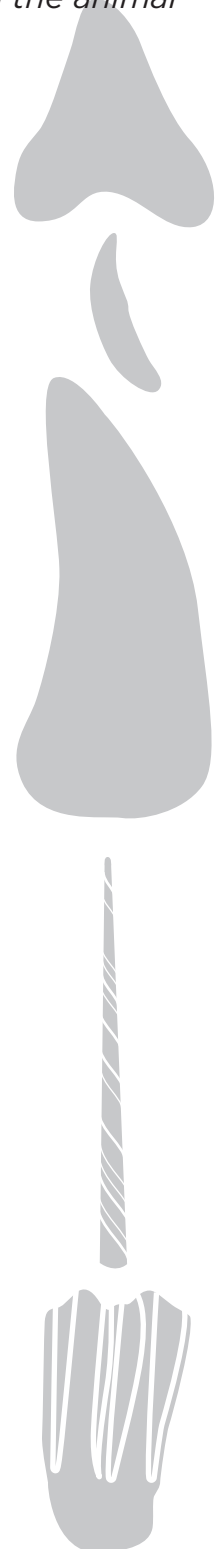
The “horn” on top of a **narwhal’s** head is really a big tooth.



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

your smile

lights up the room

Hold the page
to the light
to see what
is hiding!

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. **Shine a flashlight behind this page or hold it up to the light to see what your mouth looks like when you don't brush.**



here's what you

left behind

If you don't brush your teeth very well, you can leave all kinds of gross stuff behind in your mouth such as:

Plaque is a soft, sticky layer on your teeth. When you don't remove it, it can cause cavities.

Bacteria create acid that eats away at your teeth.

Bits of food help bacteria grow.

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



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! 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.

2

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

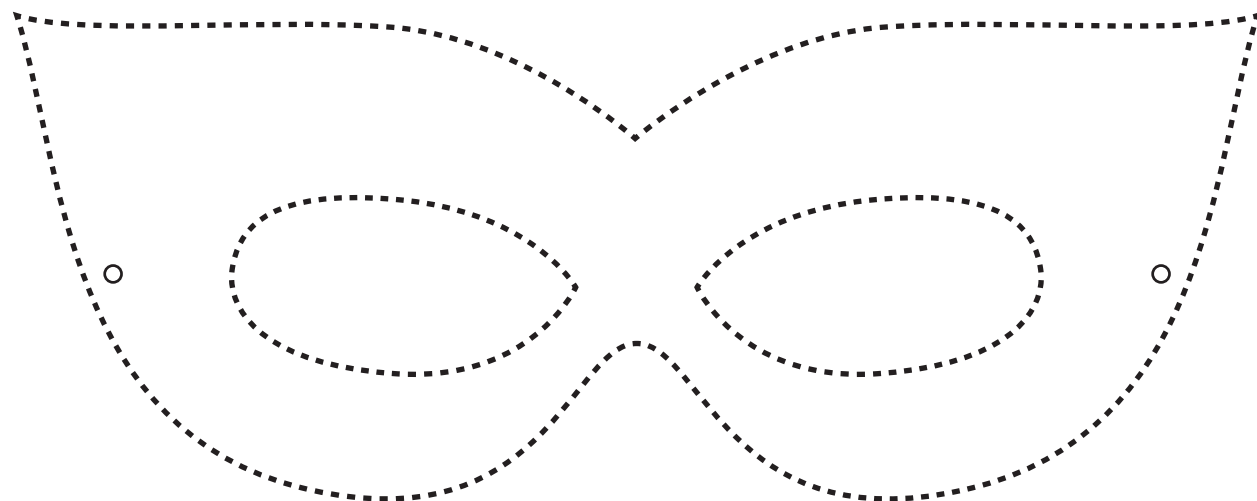
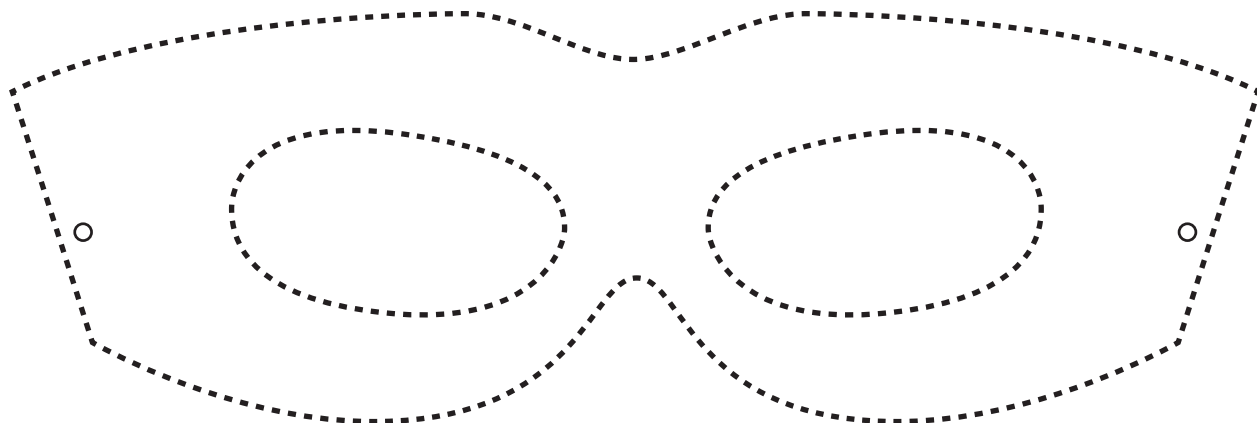
3

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 BAD GUYS!



BRUSH!

FLOSS!

CLEAN!

SWISH!

SMILE

?!!