TAKE CARE OF YOUR TEETH!

Bacteria (germs) in the mouth attach themselves to the teeth in a sticky film called PLAQUE.

Once organized on the teeth in plaque, the bacteria are able to change SUGAR into an ACID. The acid causes CAVITIES and PERIODONTAL (gum) DISEASE.

Almost every food we eat contains sugar. Candies, cookies, cakes and soft drinks have sugar. Bread, peanut butter, canned vegetables, lunch meats and other foods we don't think of as "sweet" also have sugar.

FOR HEALTHY TEETH:

1. Use FLUORIDE - in your drinking water, toothpaste, mouthrinses, and applied at the dental office.
2. Get DENTAL SEALANTS as soon as the first permanent molars come in around age 6 years and again when the second permanent molars come in at age 12.
3. Visit your DENTIST regularly.
4. BRUSH and FLOSS daily to remove plaque.
5. Eat a WELL-BALANCED DIET and choose NON-SUGAR SNACKS between-meals.

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Smile America!

DENTAL WORD SEARCH

TEETH	ACID
ASSET	CAVITIES
SMILE	DENTIST
TALK	PREVENTION
EAT	FLUORIDE
HEALTH	BRUSH
BACTERIA	FLOSS
PLAQUE	MOLAR
FOE	ROOT
SUGAR	PULP
SNACK	GUMS

These words can be found in the puzzle. Find them by reading FORWARD, BACKWARD, UP, DOWN and DIAGONALLY in a straight line of letters. Do not try to form a word by skipping over any letters. Circle each word you find in the diagram. Words overlap and letters may be used more than once. There are 8 letters in the diagram that are not part of a word: T A L E N S S A. Unscramble them to make an important dental word: _ _ _ _ _ _ _ _

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

TEETH ARE GOOD THINGS TO HAVE...