

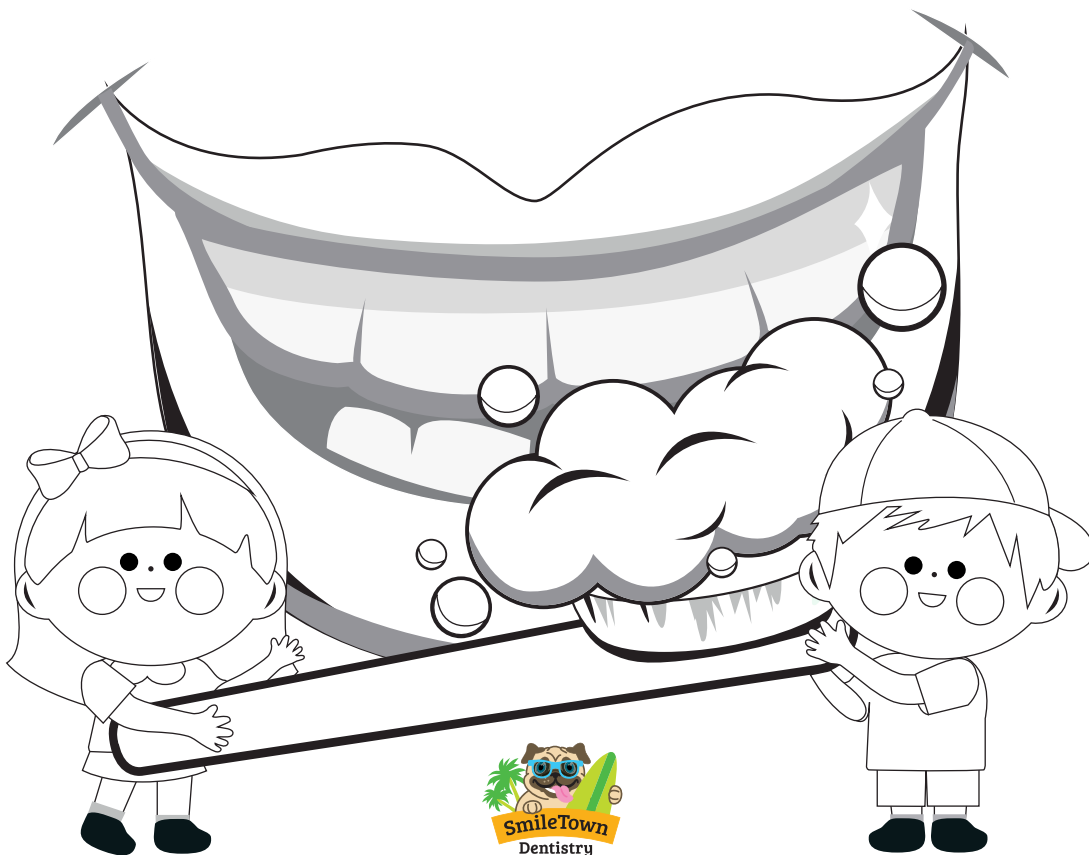


Healthy Smiles Kids Activity Book



Take The Smart Mouth Quiz!

- 1. How often do you need a new tooth brush?**
 - a) every month
 - b) anytime your dog has been chewing on it
 - c) every two to three months
 - d) at least once before you graduate from high school
- 2. How often should you brush your teeth?**
 - a) once a week, or when you start to see a greenish tinge
 - b) after every meal or at least once a day
 - c) twice a day
 - d) whenever things feel fuzzy
- 3. How soon after eating should you brush?**
 - a) right away.
 - b) within a few minutes
 - c) about an hour later
 - d) it doesn't make any difference
- 4. Flossing is only for grown-ups.**
True or False?
- 5. How long should you take to brush your teeth?**
 - a) 20 seconds
 - b) two to three minutes
 - c) one minute to brush your teeth and one minute to brush your tongue
 - d) long enough to sing 'O Canada' quickly in your head
- 6. How should healthy gums look?**
 - a) shiny and swollen
 - b) pale and waxy
 - c) bright red from bleeding
 - d) none of the above
- 7. Why is toffee an especially bad snack?**
 - a) because it's sticky
 - b) it has more sugar than other candy
 - c) it can leave dark stains on your teeth
 - d) all of the above



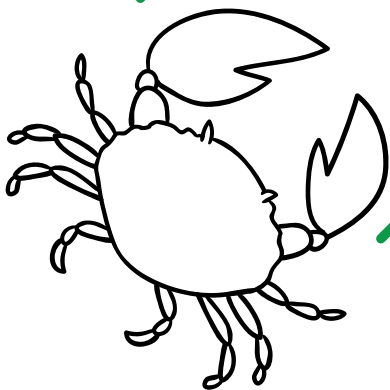
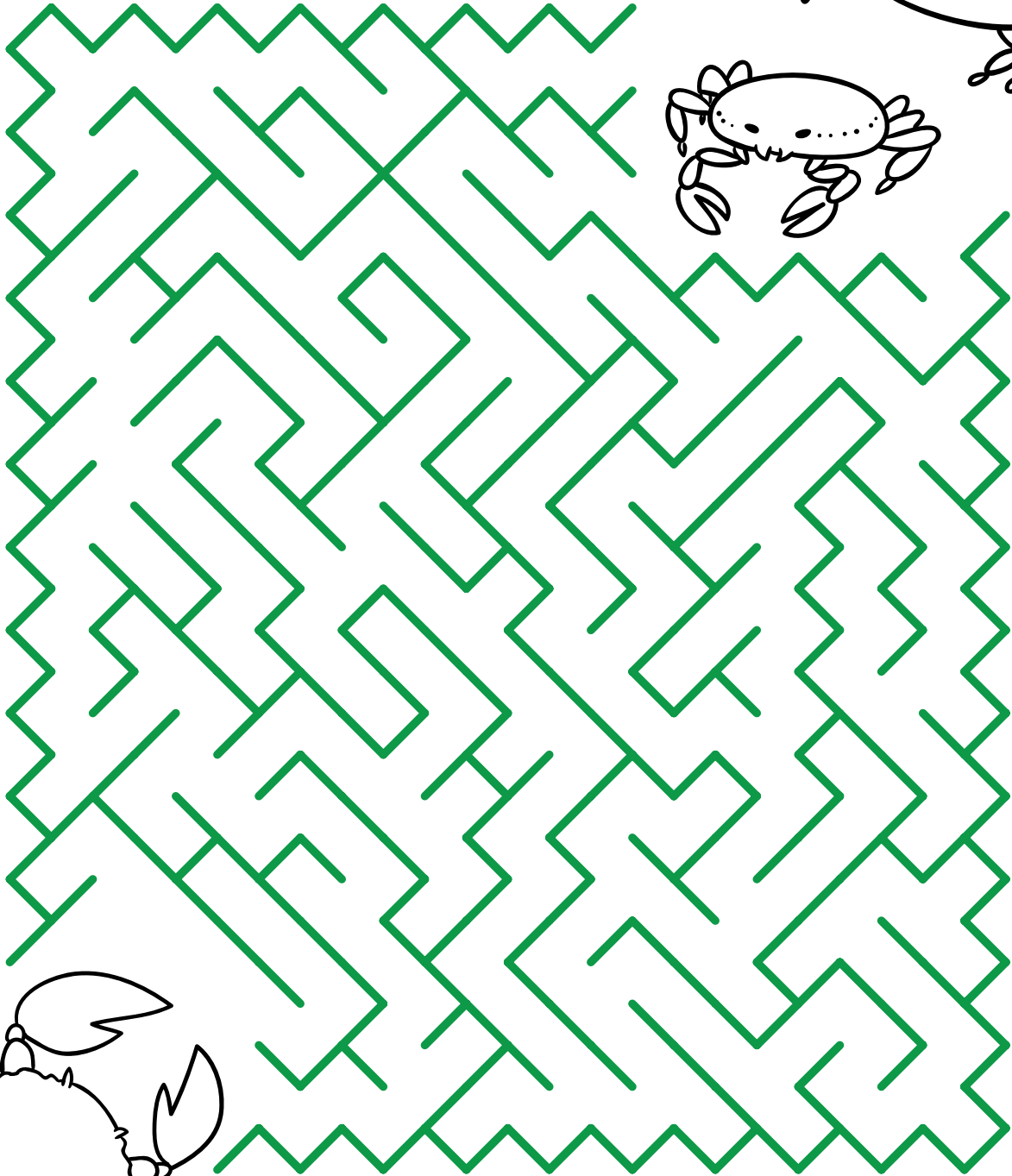
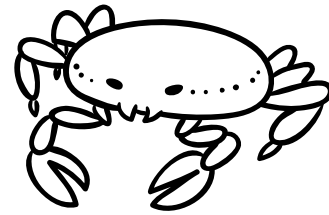
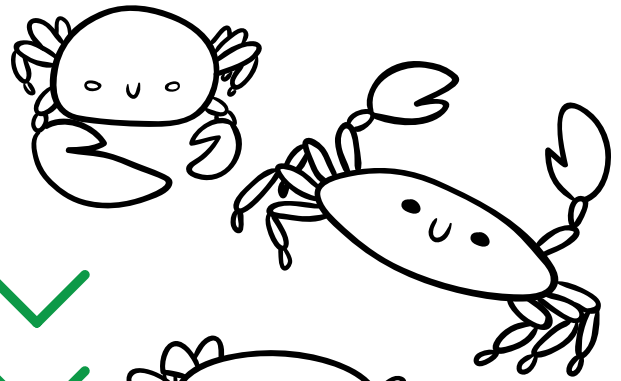
Find the foods that keep your teeth healthy.
Circle them.



Find the foods that are bad for your teeth.
Put an X through them.



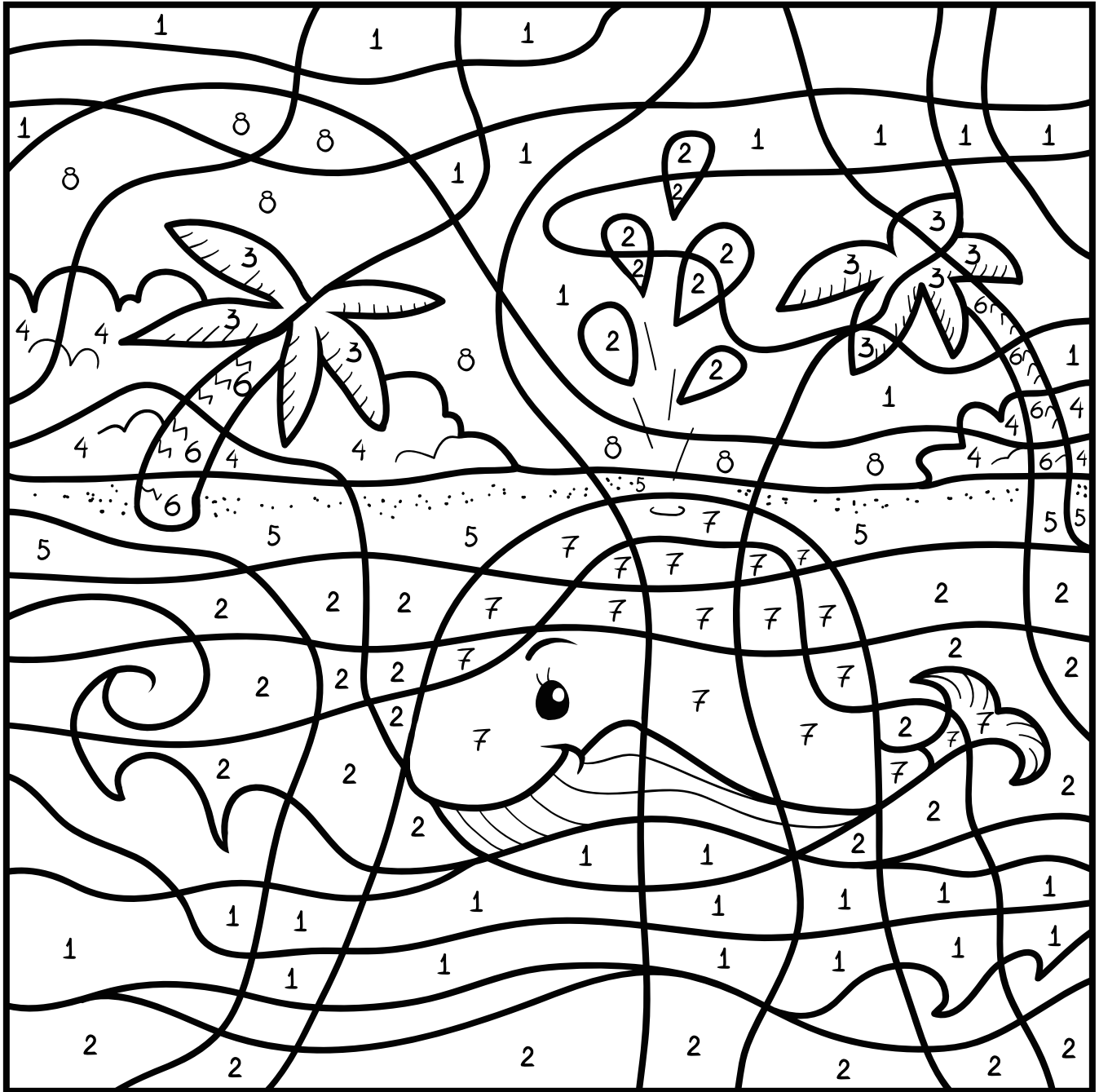
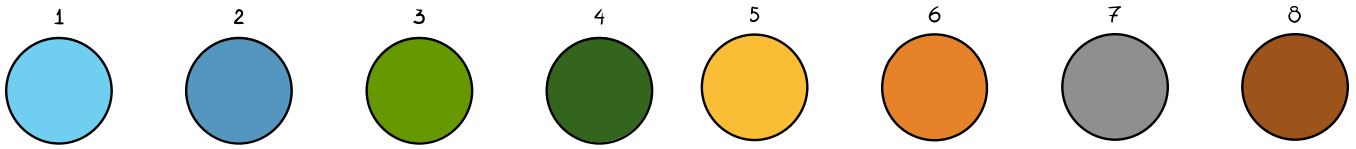
Help Mr. Crab find his friends, so that he can have some fun!



There are 10 differences between these two pictures!
Can you find them?



Colour the Whale... Colour by Number



Unscramble The Dental Words

1. ubhrs _____
2. othto _____
3. sitndte _____
4. htteaopots _____
5. yiatvc _____
6. sfslo _____
7. elsim _____
8. adyce _____
9. humot _____
10. nleca _____

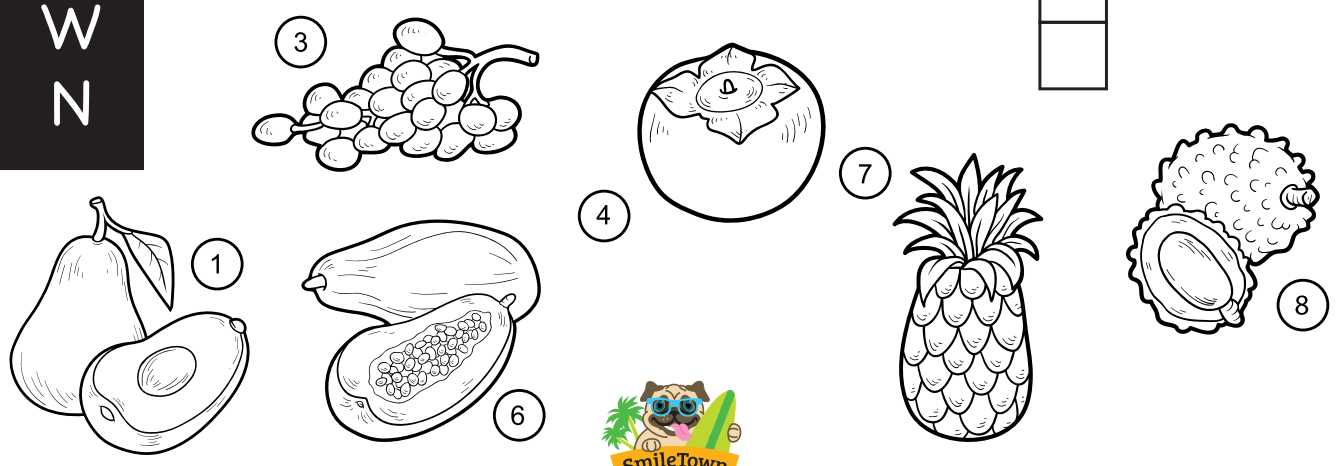


Healthy Fruits Crossword

ACROSS

A crossword puzzle grid with 12 numbered starting points for across clues. The grid is composed of white squares for letters and black squares for empty space. The numbers are: 1 (row 1, column 3), 2 (row 2, column 2), 3 (row 3, column 1), 4 (row 3, column 4), 5 (row 4, column 2), 6 (row 4, column 6), 7 (row 5, column 7), 8 (row 5, column 8), 9 (row 5, column 1), 10 (row 6, column 4), 11 (row 6, column 4), and 12 (row 7, column 1).

D
O
W
N



ACROSS: 1-Apple, 2-Lemon, 5-Orange, 9-Apricot, 10-Kiwi, 11-Pomegranate, 12-Coconut
 DOWN: 1-Avocado, 2-Grapes, 4-Perismmon, 6-Papaya, 7-Pineapple, 8-Lychee

Help the submarine get to the underwater ruins!

