

SmileSHEETS

Toothfully some good fun!

All Mixed Up

Keeping your teeth healthy takes more than just brushing them twice a day – although that’s a good start! Unscramble these 6 oral health-related words. Feel free to ask a grown-up for help.

REFODLIU _____

Hint: This helps fight cavities, so make sure it’s in your toothpaste and mouth rinse, or ask your dentist for more information.

CMUCLAI _____

Hint: String cheese and other dairy products are good sources of this nutrient, which helps build strong teeth.

TNHSRTIDTOOO _____

Hint: You should visit this dental health professional by age 7.

HMOWHTUSA _____

Hint: Swishing this helps fight bad breath.

LFSOS _____

Hint: This should be used from the time you have two teeth that touch.

TNISDTE _____

Hint: Visit this person every six months.

Answer key: fluoride, calcium, orthodontist, mouthwash, floss, dentist

Find more fun oral health activities at:
DeltaDentalMN.org

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Delta Dental of Minnesota