

# 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](http://DeltaDentalMN.org)

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Delta Dental of Minnesota