

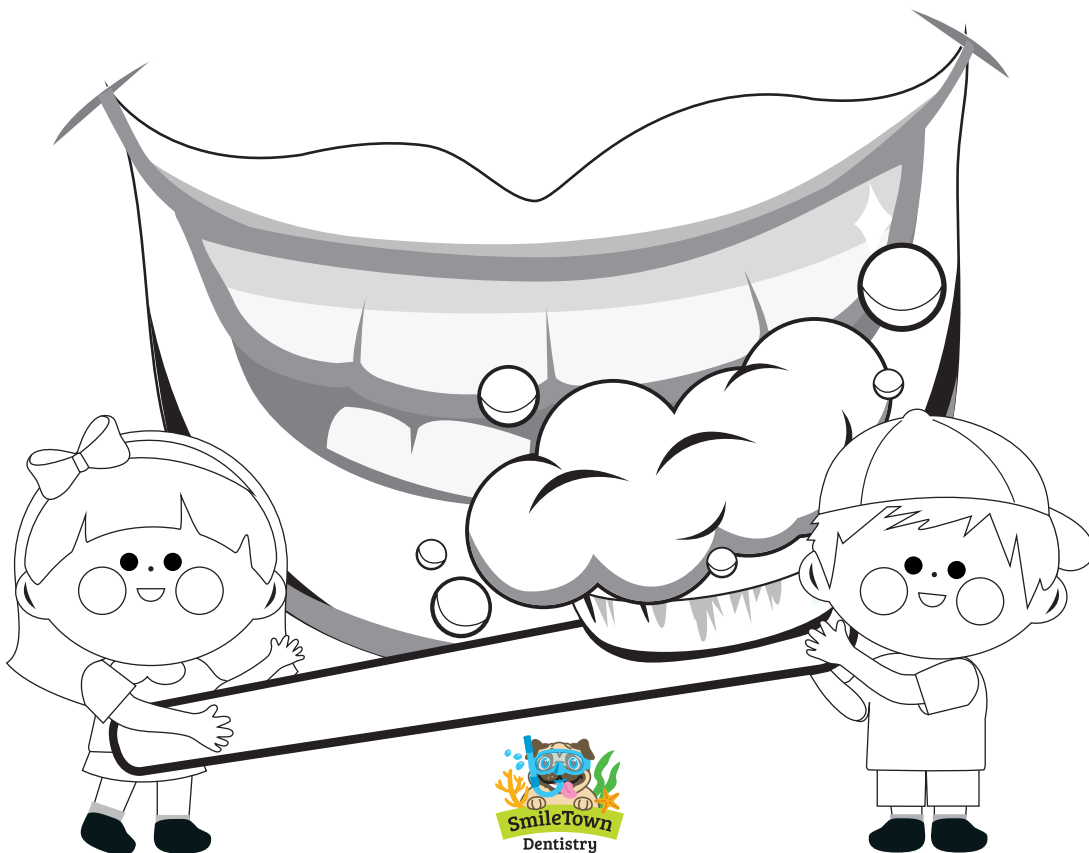


Healthy Smiles Kids Activity Book



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



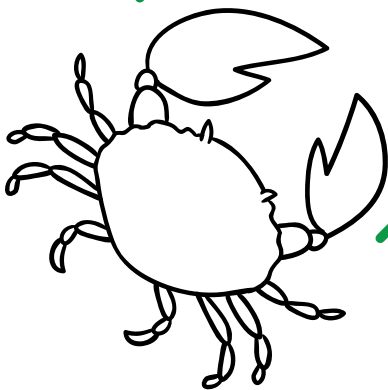
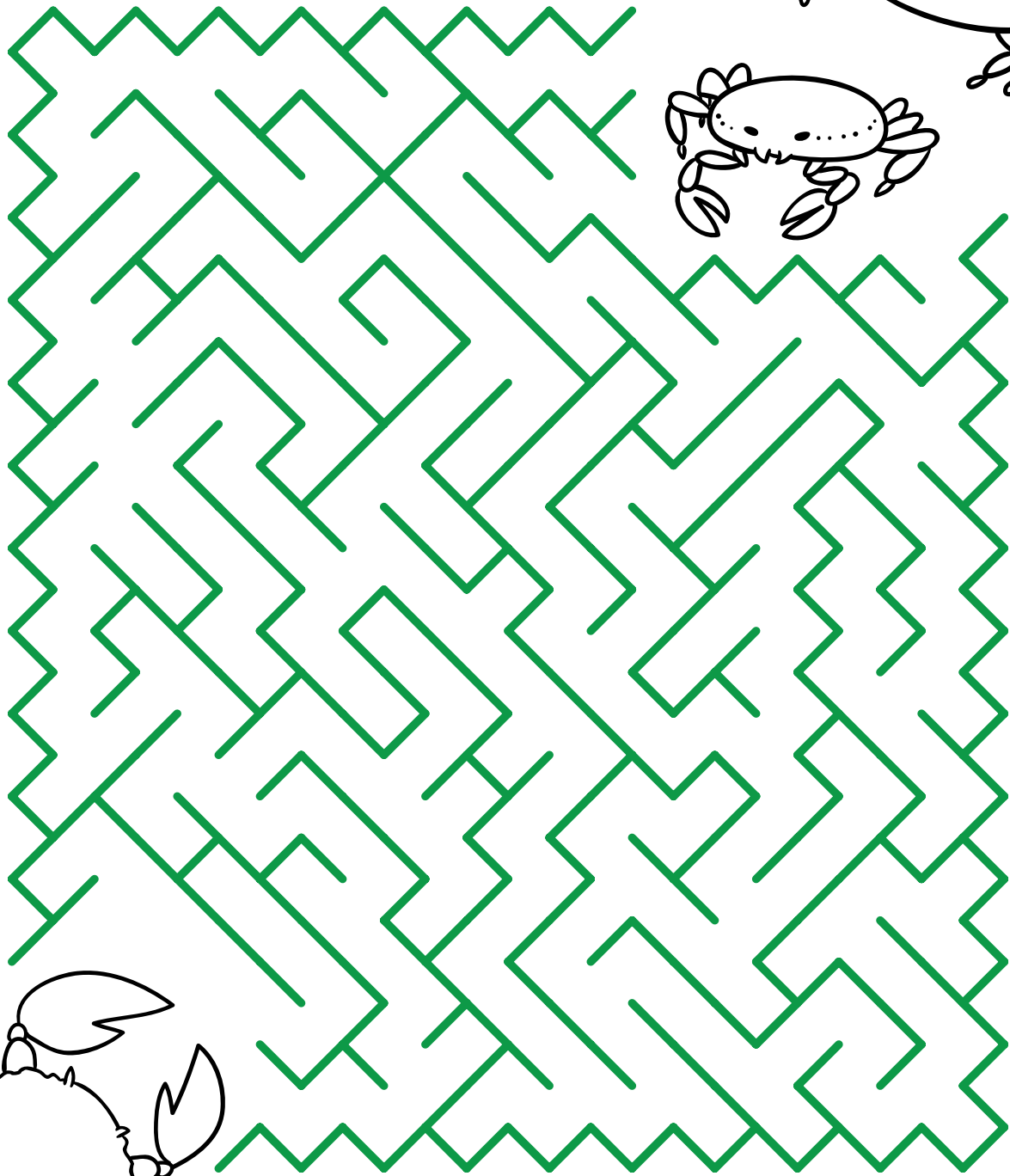
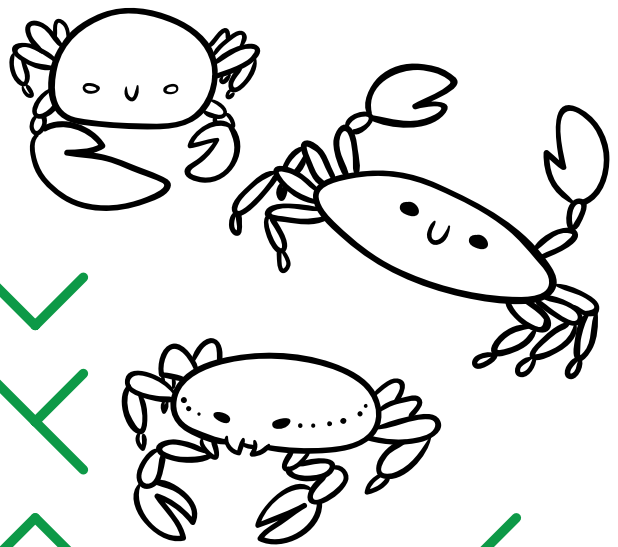
Find the foods that keep your teeth healthy.
Circle them.



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



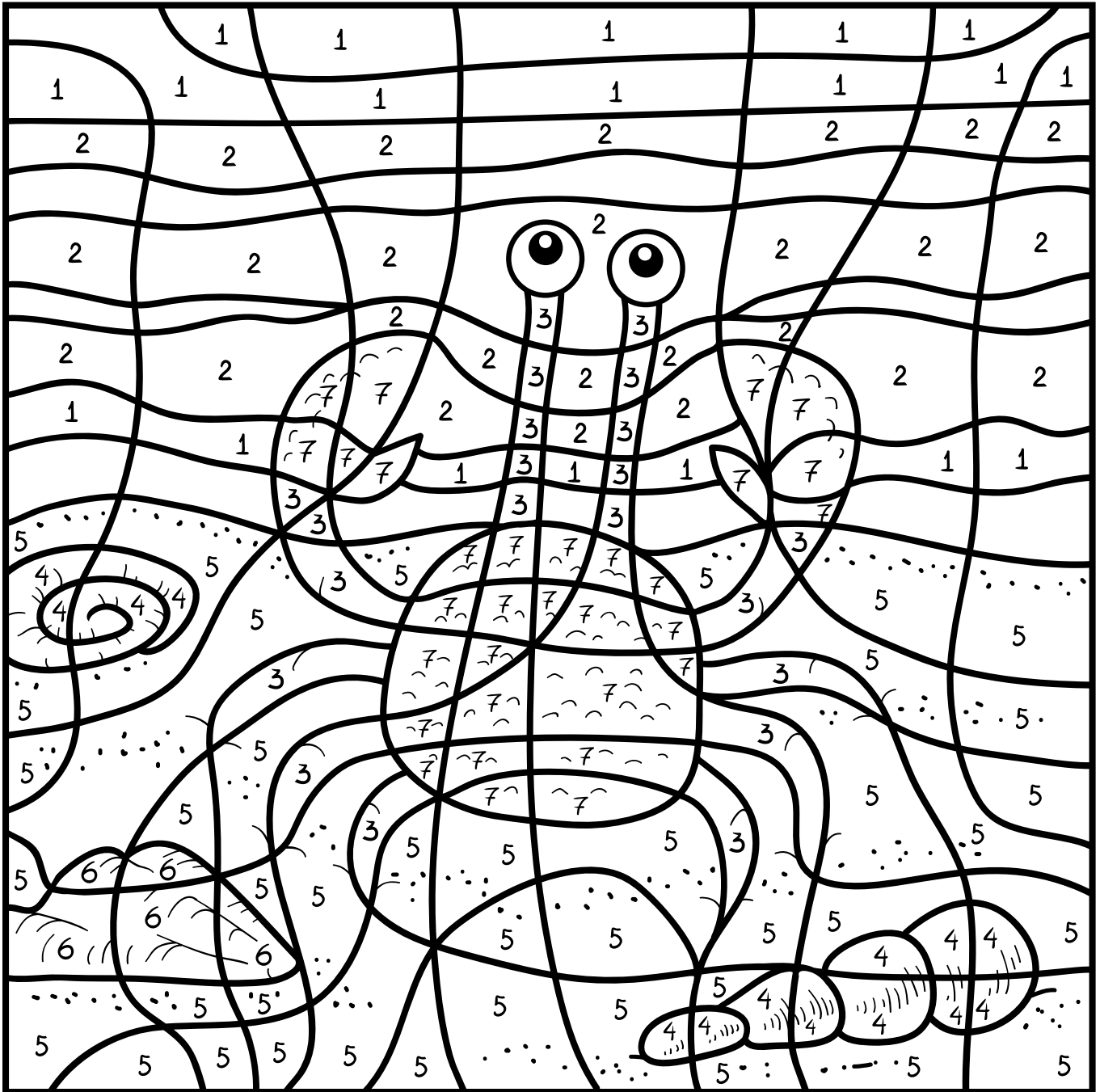
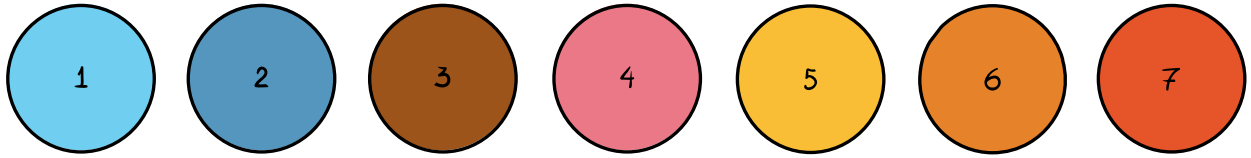
Help Mr. Crab find his friends, so that he can have some fun!



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



Colour by Number & Find the Crab!



Unscramble The Dental Words

1. ubhrs _____

2. othto _____

3. sitndte _____

4. htteaopots _____

5. yiatvc _____

6. sfslo _____

7. elsim _____

8. adyce _____

9. humot _____

10. nleca _____



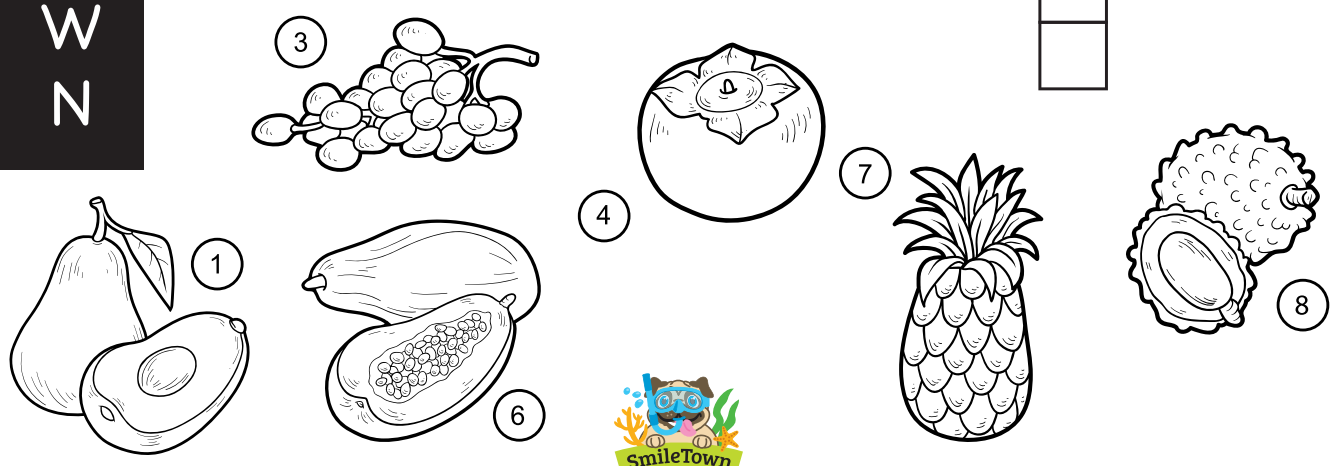
Healthy Fruits Crossword

ACROSS

A crossword puzzle grid with 12 numbered starting points for across clues:

- 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 6, Column 1
- 10: Row 6, Column 4
- 11: Row 7, Column 4
- 12: Row 8, Column 3

D
O
W
N



Find the paths to help the baby fish find their moms!

