

Now, it's time to draw your smile!

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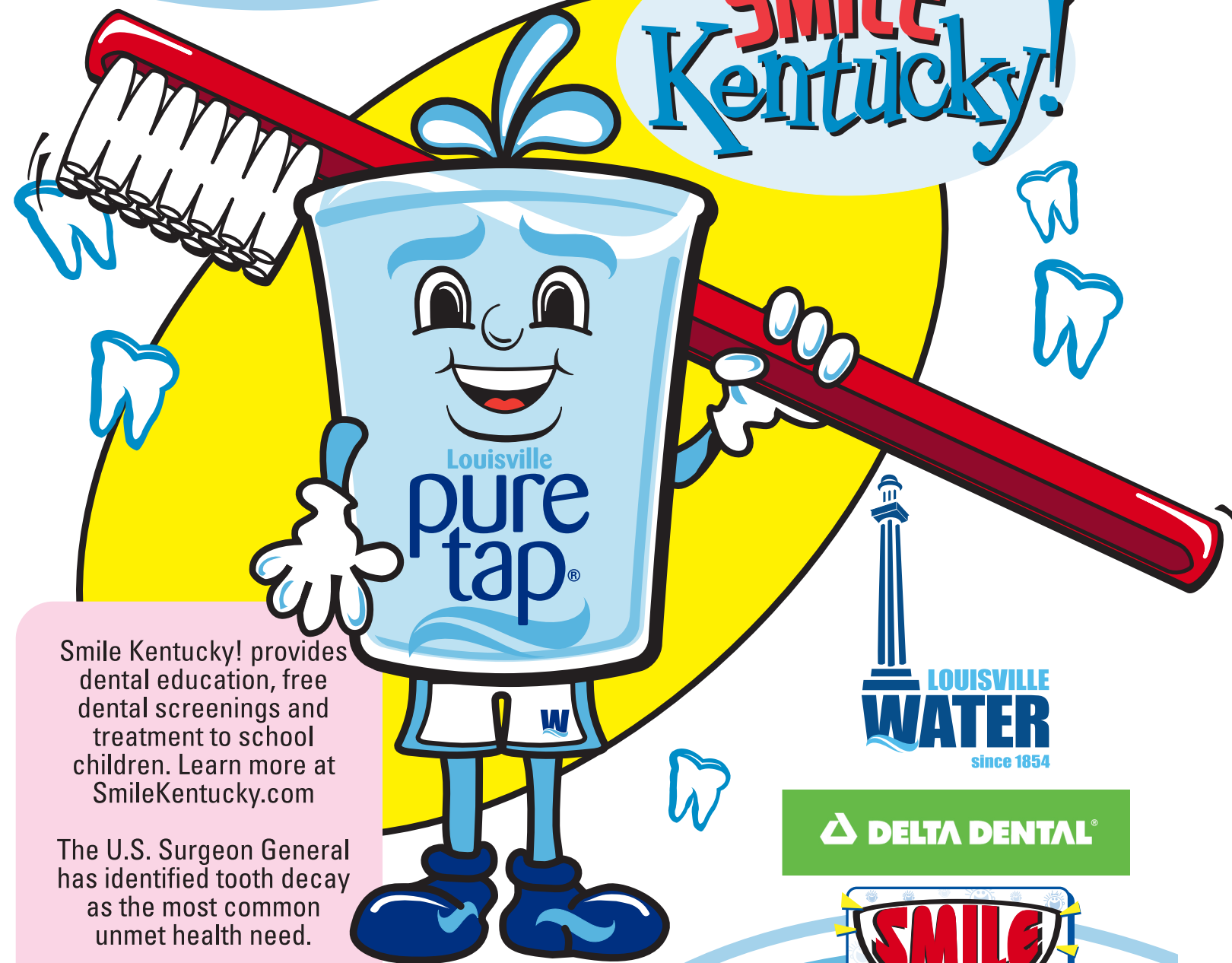
### Good Oral Health Starts with the Grown-ups!

- Never allow a child to fall asleep with a bottle containing milk, juice or other sweetened drinks.
- Have your child's first dental check-up after the first birthday.
- Help children brush their teeth until they're at least six years old.
- Children need to brush their teeth at least two times a day.
- Fluoride helps prevent decay. Toothpaste and tap water contain fluoride. Most bottled waters do not contain fluoride.

**Plaque Attack Answers: Soda - 19, Peanut Butter - 1, Juice Box - 6, Strawberries - 0, Pastry - 4, Gummy Bear - 2-1/2, Water - 0**

TAPPER SAYS...

**SMILE**  
Kentucky!



Smile Kentucky! provides dental education, free dental screenings and treatment to school children. Learn more at [SmileKentucky.com](http://SmileKentucky.com)

The U.S. Surgeon General has identified tooth decay as the most common unmet health need.

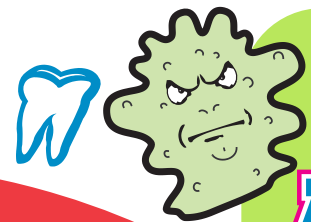
This booklet is made possible by Delta Dental, Louisville Water Company and Smile Kentucky!.

 **DELTA DENTAL**



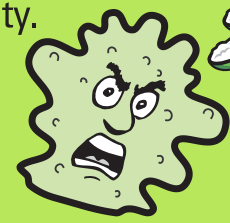
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# THE SMILE ZONE!










## Plaque ATTACK!

Plaque is a germ; it forms on your teeth when sugar and saliva mix together. Too much plaque can cause a cavity.



See back for answers

Avoid a plaque attack! Match the amount of sugar to each food.

							
	Juice Box	20-ounce Soda	Strawberries	Pastry	Peanut Butter	Water	Gummy Bears
							
	19 teaspoons	0 teaspoons	6 teaspoons	0 teaspoons	1 teaspoons	2-1/2 teaspoons	4 teaspoons

Water is a good choice with sweets; it doesn't contain sugar but does contain fluoride to protect your teeth.

## Seek and Find

Find the hidden words for a healthy smile!

- Dentist
- Fluoride
- Fruit
- Healthy snacks
- Milk
- Toothbrush
- Toothpaste
- Vegetables
- Water

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

## A Sticky Mess Jumble

What kinds of sweets can easily cause a cavity?

Place the red letters in the circles and then unscramble the letters to form the answer!

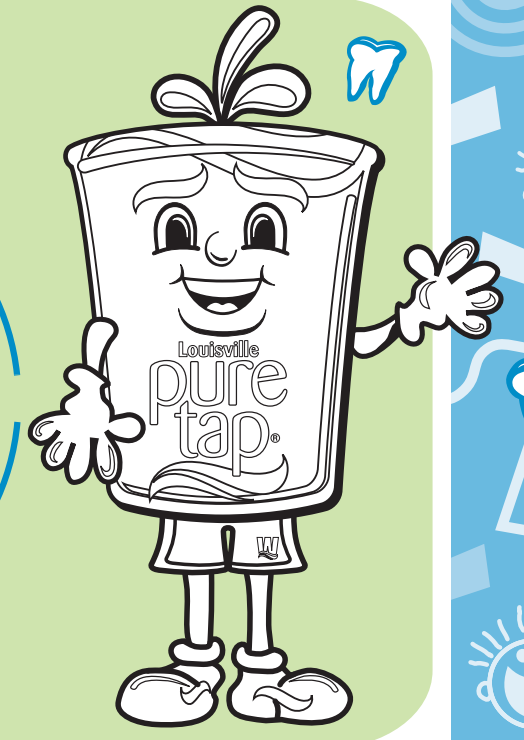
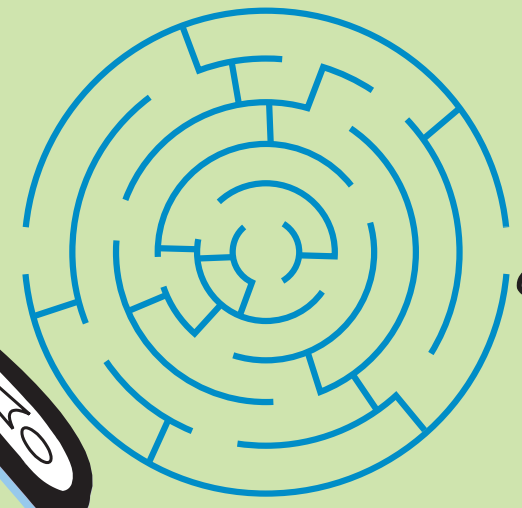


## BEGIN WITH THE BRUSH!

Can you help Tapper get to his toothbrush?



Brush your teeth at least twice a day for two minutes! Make small circles; be gentle!



## Find 32!

Adults have 32 permanent teeth. Can you find 32 teeth hidden in this booklet?

Which animal has the same number of permanent teeth as humans? The animal is hidden in this booklet.

