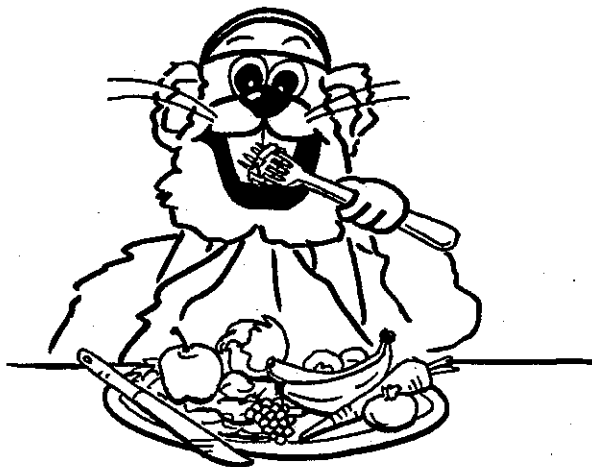


Baxter's Activities For Children and Youth



Dental Health



and Nutrition

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CHILDREN'S DENTAL HEALTH
INITIATIVE OF SAN DIEGO

Baxter's Activities for Children Dental Health and Nutrition

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Materials compiled, written and edited by:

Erin E. Alleman, MPH

Community Health Promotion Specialist, Children's Dental Health Initiative of San Diego / Share The Care

Peggy Yamagata, RDH, MEd

Program Manager, Children's Dental Health Initiative of San Diego / Share The Care

Shannon Crosby

Student Intern, Children's Dental Health Initiative of San Diego / Share The Care

A special thank you to the following persons for their interest and expertise:

Margaret Wing-Peterson, MS, RD

Program Nutritionist, Children's Dental Health Initiative of San Diego / Share The Care

Nancy Starr, MPH

Health Educator, Children's Dental Health Initiative of San Diego / Share The Care

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"Oral Health and Arts and Crafts: A Guide for Leaders Working with Children"

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READ AND COLOR

**A Healthy Mouth Is Part of a Healthy Body!
Preventing Cavities Is Easy!**



How Can You Keep Your Mouth Healthy?

- ◆ Brush twice each day
- ◆ Floss every day
- ◆ Eat healthy foods like fruits, vegetables and cheese
- ◆ Visit the dentist two times each year

For Fun



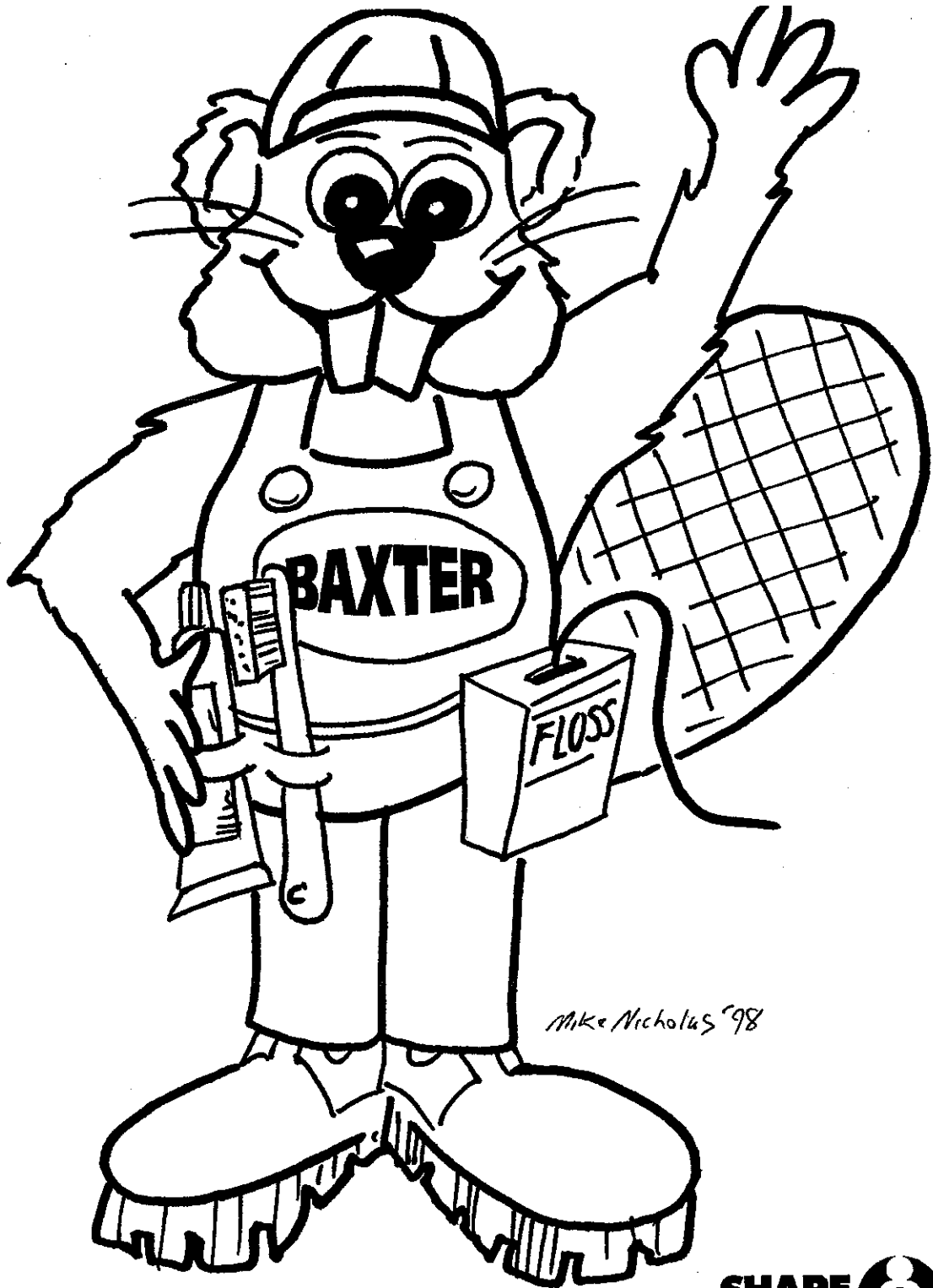
Try some of Baxter's activities to learn about your health. Baxter will join you in your journey! When you are finished you can teach your friends and family about good dental health!

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Color Me!

Hi! My name is Baxter the Beaver. I teach children how to take care of their smile. A healthy mouth is part of a healthy body.



How Does A CAVITY Form?

Bacteria in your mouth eat food left over after meals and produce acid waste. Over time, that acid dissolves the enamel layer on your teeth.



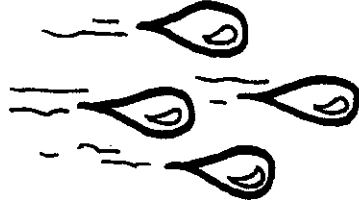
Bacteria

+



Food

=



Acid



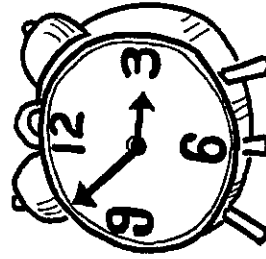
Acid

+



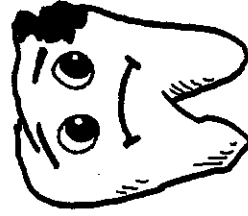
Tooth

+



Time

=



Cavity



SHARE THE CARE

CHILDREN'S DENTAL HEALTH INITIATIVE OF SAN DIEGO

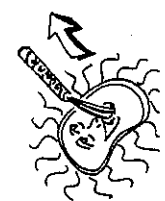
Nutrition NETWORK
FOR HEALTHY ACTIVE FAMILIES

Calif. Dept. of Health Services & The U.S. Dept. of Agriculture

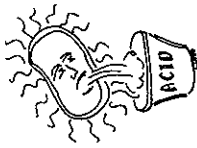
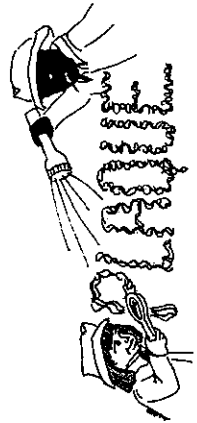


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Read and Color



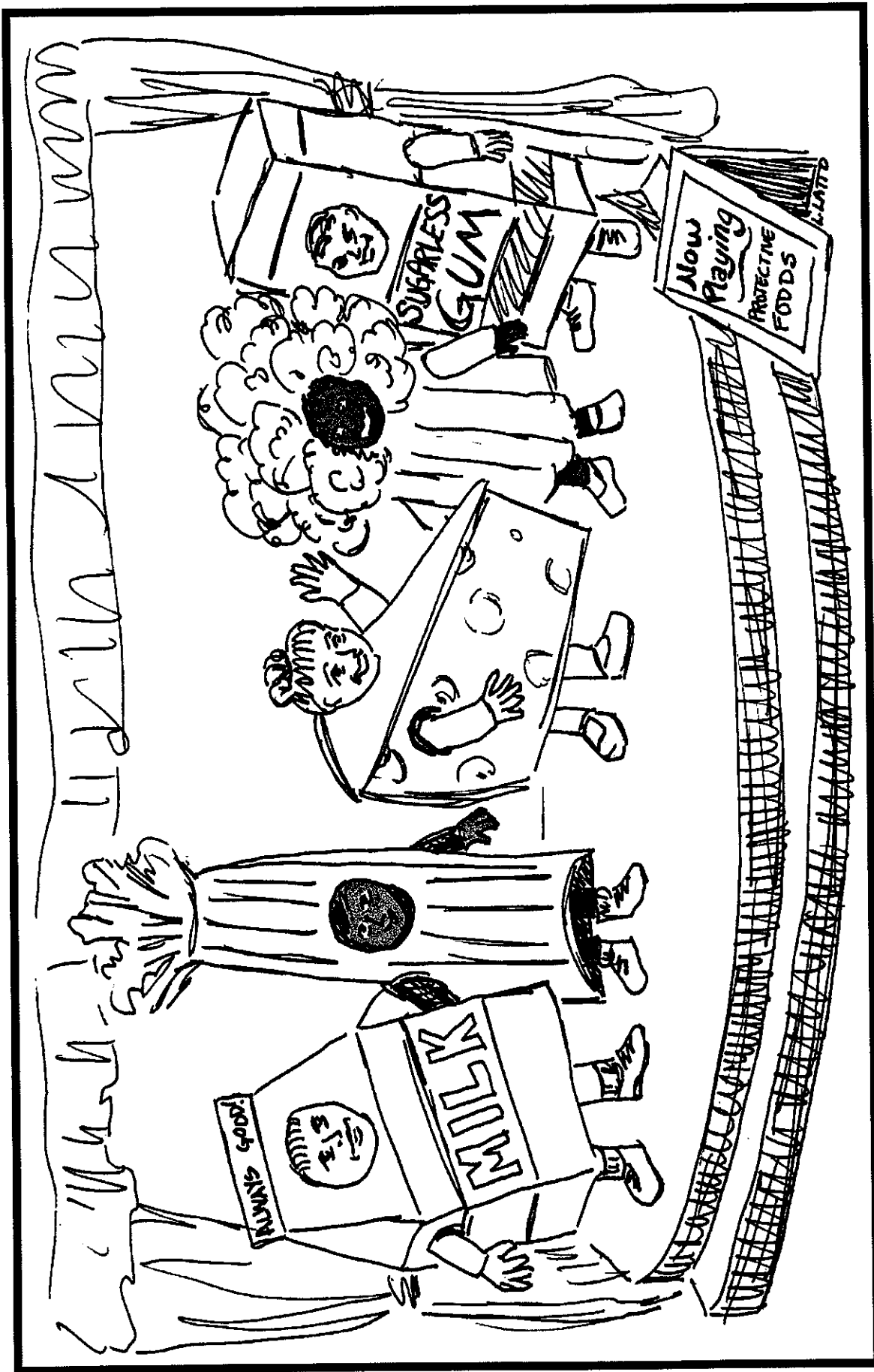
Remember to brush your teeth each morning **after** breakfast and each night **before** you go to bed.



Place an "X" on a "PLAQUE BACTERIA BUG" each time you brush!

Sun M T W Th F Sat





Choosing foods like milk, celery, cheese, broccoli and sugarless gum is ALWAYS good for your body AND your teeth.



Calif. Dept. of Health Services & The U.S. Dept. of Agriculture



CHILDREN'S DENTAL HEALTH INITIATIVE OF SAN DIEGO

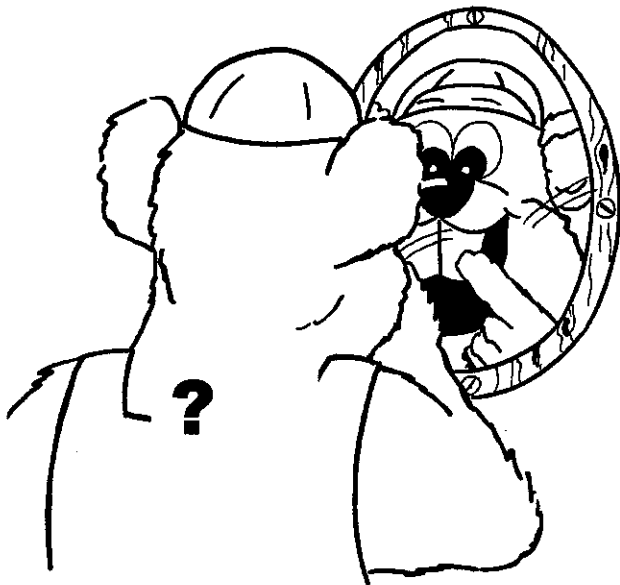
COLORING PAGE



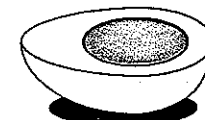
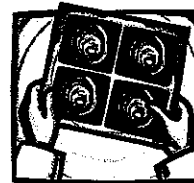
Healthy Teeth Healthy Teeth



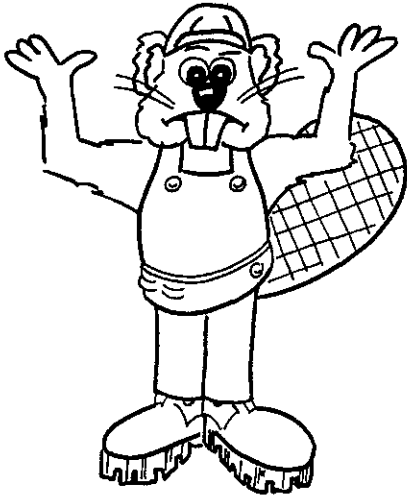
Write in the first letter of each picture you see in the box next to that picture to solve the puzzle and spell the beaver's name.



The Beaver's Name Is



Answer: "BAXTER" the BEAVER (banana, apple, x-ray, tomato, egg, raspberry)



Connect The Dots

Hint: We use it to eat, to smile and to talk

16.

15.

17.

18.

14.

1.

13.

2.

8.

3.

9.

7.

4.

6.

10.

12.

Answer: It is a tooth!

5.

11.

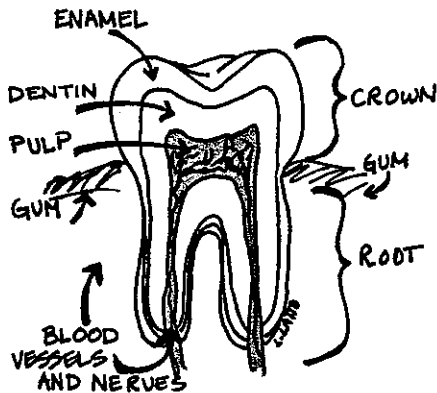
An adult human has 32 teeth. How many teeth does a frog have?

Answer: none



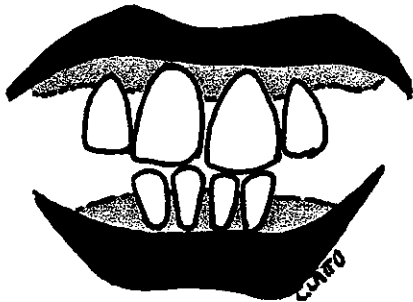
Read and Color...

How a Tooth Is Built

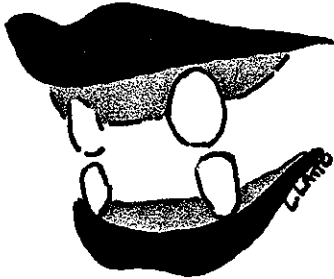
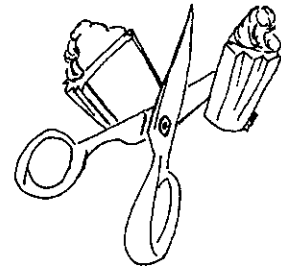


The **GUMS** surround the teeth and attach teeth to the jaw bone. The **CROWN** is the part of the tooth that is normally visible outside the gum. The **ROOT** is the part below the gum that holds the tooth in place. Teeth are covered with a layer of **ENAMEL**. This is what you see when you look in your mouth.

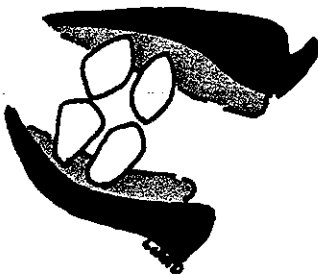
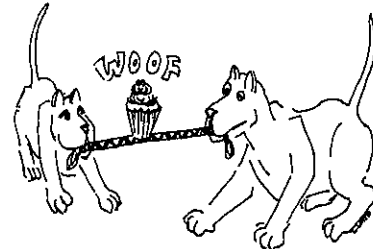
Enamel is the hardest substance in your body. Below the enamel is **DENTIN**, a very soft substance. Blood vessels and nerves are inside the tooth, in the **PULP**. This is why a "toothache" aches!



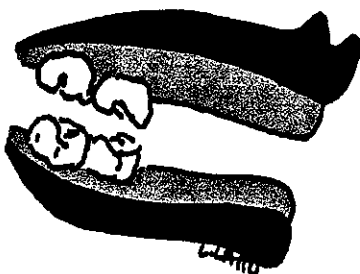
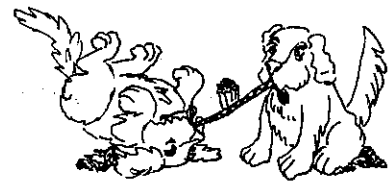
INCISORS are the front teeth. They work like scissors to bite into food.



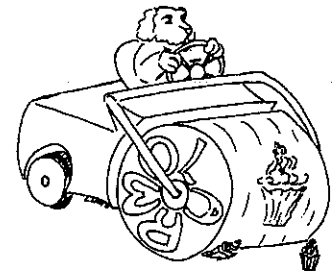
CANINES are located on the corners of the mouth. You tear food with these teeth.



BICUSPIDS are on the sides of the mouth. They are more pointed than incisors and more rounded than canines and help to tear food.



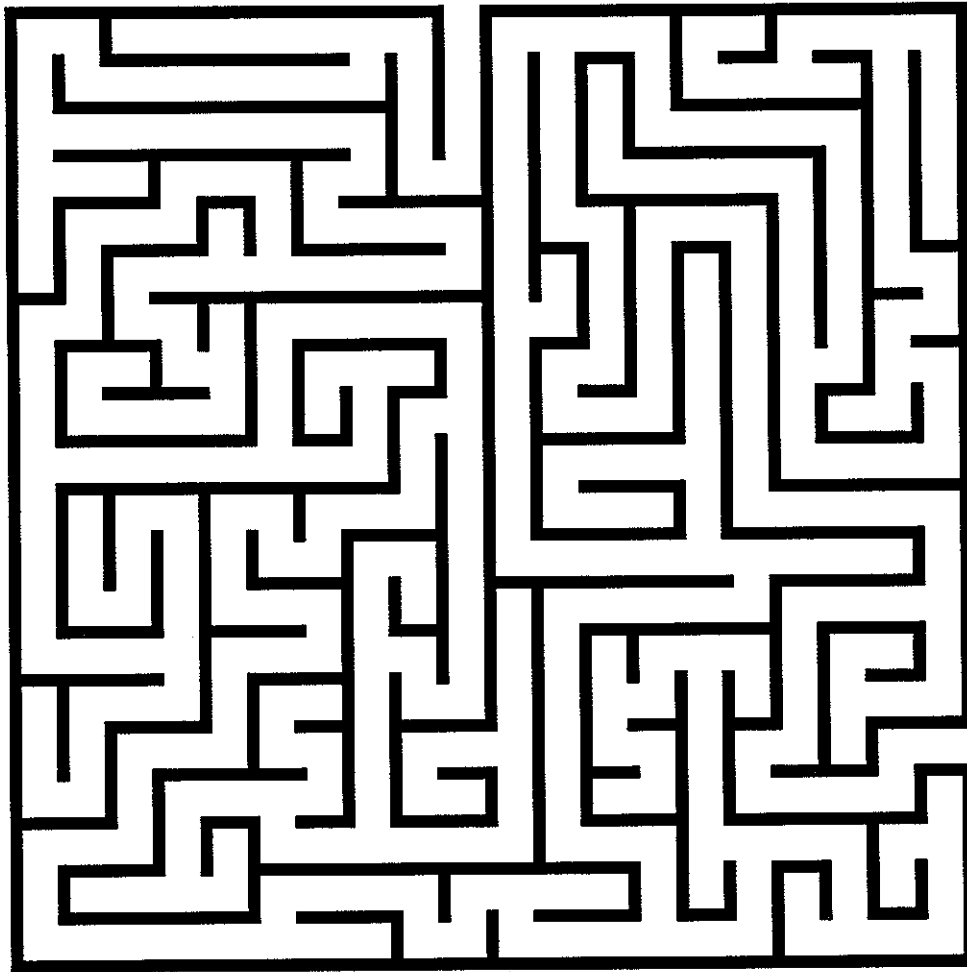
MOLARS are way in the back of the mouth. These are the food grinders



Water- Satisfy Your Body's Thirst

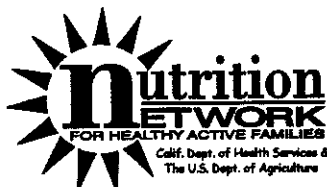
Instructions: Baxter is thirsty. Can you help him find his way to water?

ENTER



What percent of your body weight is water?

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Answer: 65%

Picture Puzzles

Name the picture you see. Under one letter of each word is a number. Place these letters below to solve the puzzle!



1 _____

2 _____



4 _____

3 _____



5 _____

6 _____



HINT: Your teeth and body love them, so eat them EVERYDAY

1 2 3 4 5 6

Answers: Fruits

Baxter's Word Play



- E + AR = _____

HINT: Big teeth way in the back of your mouth that grind and mash food



+  = _____

HINT: Your molars are "painted" to protect them from cavities

Answers: Molar, Sealant



What three colors might an apple be?

Answers: Red, green or yellow

Word Find



KEEP TEETH STRONG: EAT LESS SUGAR !!
 Help Baxter the Beaver find 4 healthy snacks and 4 not-so-healthy snacks in the puzzle...

- Candy
- Carrots
- Cheerios
- Cheeses
- Cocoa Puffs
- Doughnut
- Oatmeal
- Soda

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

List the 4 healthy snacks...

List the 4 not-so-healthy snacks...



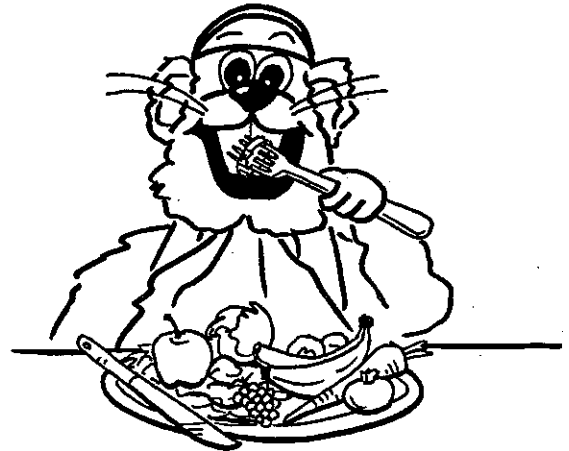
How many pounds of sugar does the average American eat each year?



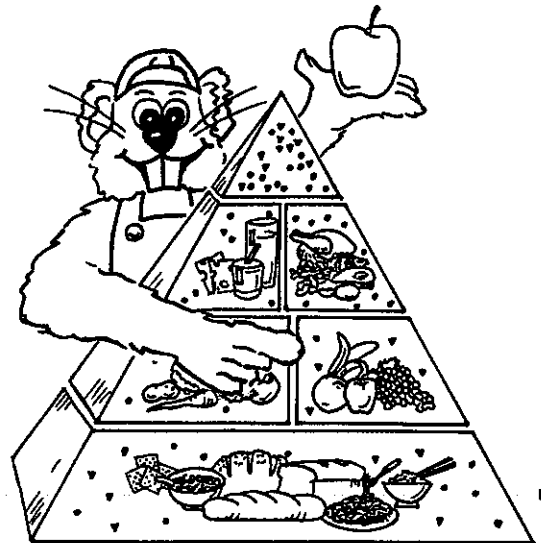
Baxter says...

"Eat five servings of fruits and vegetables each day!"

How many words can you make using the letters in the word
VEGETABLES?



How many words can you make using the letters in the word
FRUITS?



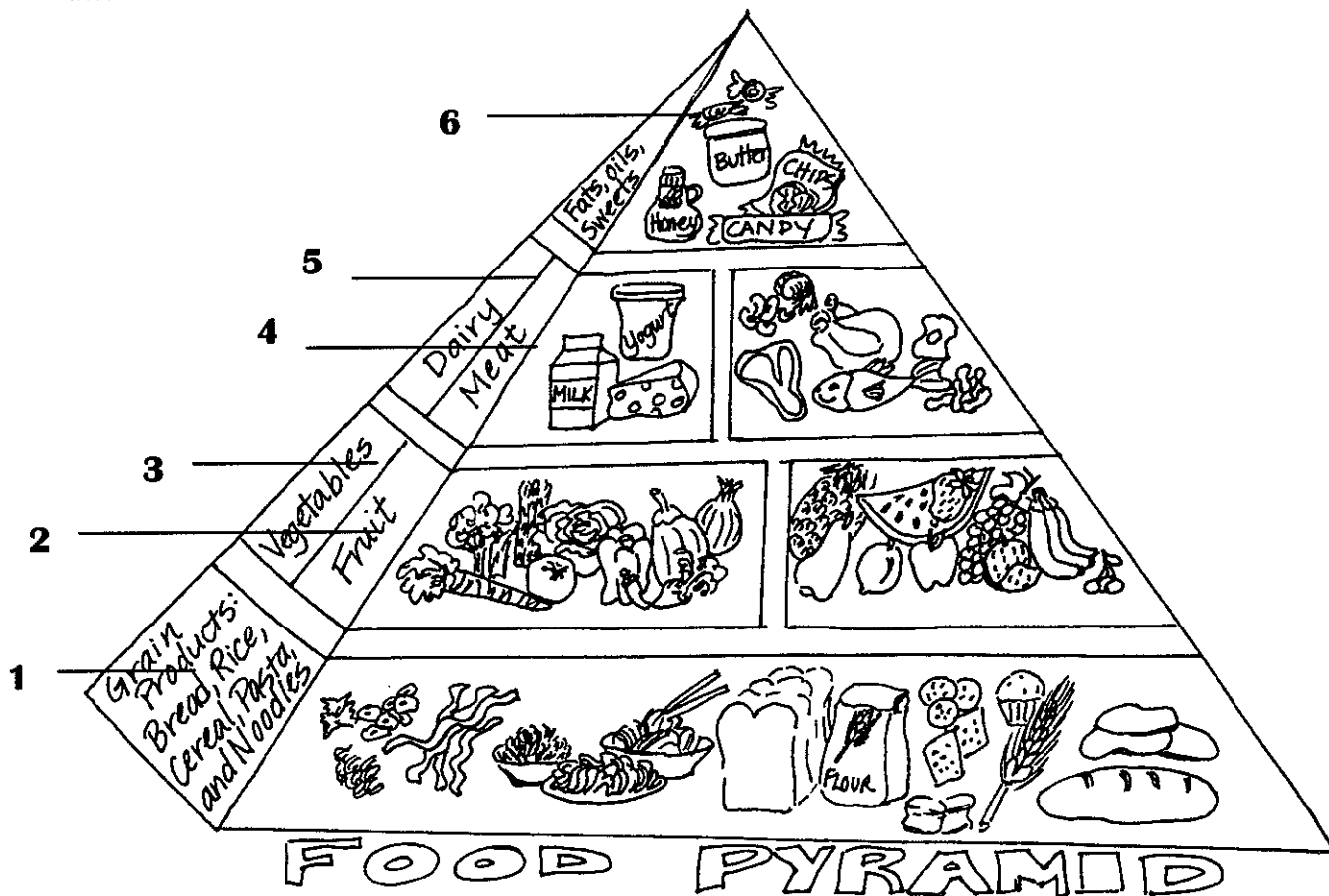
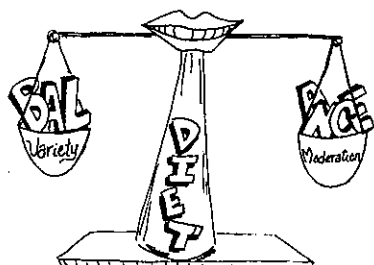
Fruit or Vegetable?

- | | |
|------------------|------------------|
| 1. Rhubarb _____ | 4. Avocado _____ |
| 2. Tomato _____ | 5. Celery _____ |
| 3. Pumpkin _____ | |

Answer: 1. V, 2. F, 3. F, 4. F, 5. V

The Food Guide Pyramid:

A Balanced Diet Builds Healthy Teeth



FOOD PYRAMID

To Which Group Does Each Food Belong?

Write the number from the Food Guide Pyramid next to the food below.

- | | |
|-------------|-------------|
| ___ Carrots | ___ Grapes |
| ___ Chicken | ___ Peanuts |
| ___ Popcorn | ___ Celery |
| ___ Cheese | ___ Apples |
| ___ Milk | ___ Candy |

Answers: 3, 2, 4, 4, 1, 3, 5, 2, 5, 6

To which food group does EGGPLANT belong?

Answer: Eggplant is shaped like an egg and is considered a vegetable but it is really a fruit because it has seeds!



PROTECT AGAINST DENTAL DISEASE!

In the decoder below, each number is equal to a letter of the alphabet. Use the decoder to create a word and complete the sentences below.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
16	17	18	19	20	21	22	23	24	25	26	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

1. Strengthen your teeth and reduce your risk for cavities by using

21 1 10 4 7 24 19 20

(Clue: Your toothpaste should contain this!)



2. Remove plaque bacteria and its food by regularly

17 7 10 8 23 24 3 22 and 21 1 4 8 8 24 3 22

(Clue: You should do both of these twice each day!)



3. Ask your dentist about dental

8 20 16 1 16 3 9 8

(Clue: They are a special coating painted onto the tooth's chewing surfaces to seal out bacteria, food and acid.)



4. If you cannot brush, swish with water or eat a crunchy, juicy piece of

21 7 10 24 9

(Clue: Apples, oranges, blueberries and tomatoes!)



Answers: Fluoride, Brushing and Flossing, Sealants, Fruit

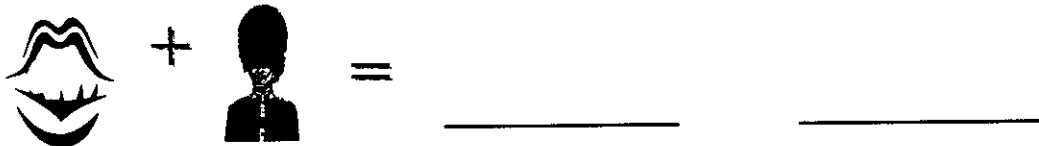
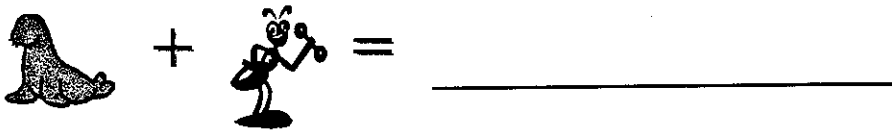
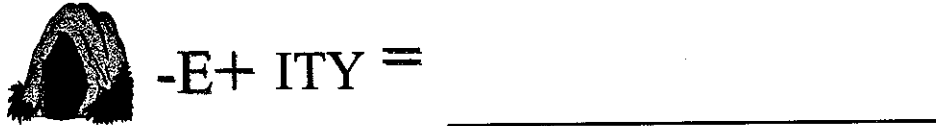
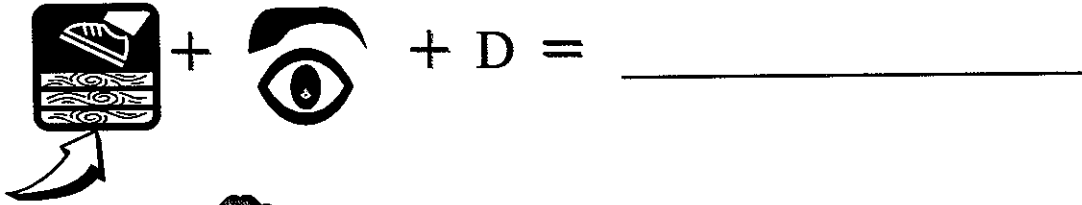
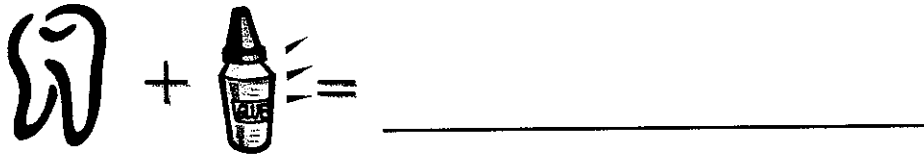
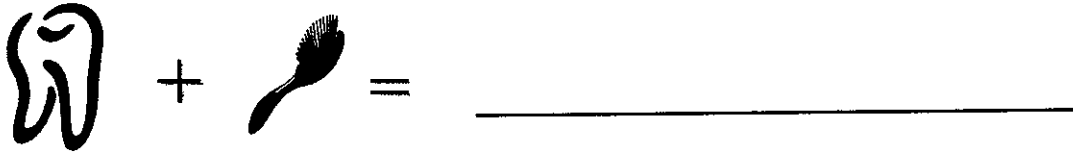


Tooth Trivia

What were the bristles of the first toothbrush made of?

Answer: The hairs of a hog

Baxter's Word Play: Add the pictures to make a word!



Answers: Toothbrush, Toothpaste, Fluoride (floor-eye-d), Cavity (cave-ity), Molar (mole-l), Sealant, Mouth guard

What Foods Contain Calcium?

Circle Those Foods Below Which Provide Calcium for Your Body



Help Baxter Unscramble the Calcium Foods Below

LKMI _____
 WSECEHSSIS _____
 GOUYTR _____
 OCLICORB _____
 CEI ERCAM _____

Answers:
 Milk
 Swiss cheese
 Yogurt
 Broccoli
 Ice cream

Baxter's Silly Word Game

**Can you fill in the blanks below to tell
Baxter's funny story?**

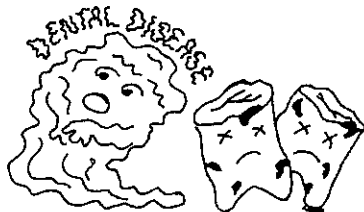
What a(n) _____ day! Baxter is going on his first
trip to the dentist! In order to prepare for the visit, he
_____ his teeth and _____ them, too! He doesn't
want any _____! He doesn't worry too much
because he takes care of his teeth by eating _____ and
not much _____. His mother won't let him drink
any _____. She says water is better.

At the office, the dentist says Baxter's teeth look
_____. He is very proud of Baxter. Now Baxter knows
that _____ and _____ his teeth help keep his
mouth _____!!

Answers: exciting, brushed, flossed, cavities, fruit,
candy, soda/pop, great, brushing, flossing, healthy.

Read and Color

Dental health is much more than just preventing cavities. Poor dental health can cause...



- Pain
- Speech problems
- Poor nutrition
- Low self-esteem
- Bad breath
- Discolored teeth
- Tooth loss

Poor dental health is one of the leading health problems in young children and tooth decay or **CAVITIES** is the most common chronic childhood disease. Cavities are considered to be an infections disease and are caused by bacteria. The cost of treating cavities totals millions of dollars in the U.S. and results in thousands of school and work hours lost.

Keeping Your Mouth Healthy and Clean

Bacteria are always present in the mouth, feeding on what a person eats. The bacteria's favorite foods are carbohydrates in the form of sugars and cooked starches. When fed, the bacteria produce acid containing wastes. This acid dissolves the tooth enamel and repeated acid contact can cause enough decay to form a hole or cavity.

- Brush twice each day (after breakfast and before bed)
- Floss each day (before you brush)
- Eat healthy foods like fruits, vegetables and cheese
- Visit the dentist two times every year

A Healthy Mouth is Part of a Healthy Body. Preventing Cavities is Easy!

Secret Code Sleuth

What is the secret message? To find out, complete the problems below. Write the letter under each problem on the line that matches the answer.



1. $10 - 2 = \underline{\hspace{1cm}}$
E

8. $2 + 2 = \underline{\hspace{1cm}}$
A

15. $6 + 7 = \underline{\hspace{1cm}}$
D

2. $8 + 1 = \underline{\hspace{1cm}}$
E

9. $11 + 1 = \underline{\hspace{1cm}}$
E

16. $2 - 1 = \underline{\hspace{1cm}}$
H

3. $9 - 7 = \underline{\hspace{1cm}}$
B

10. $4 + 6 = \underline{\hspace{1cm}}$
S

17. $10 + 11 = \underline{\hspace{1cm}}$
R

4. $6 + 9 = \underline{\hspace{1cm}}$
Y

11. $7 + 10 = \underline{\hspace{1cm}}$
V

18. $9 - 4 = \underline{\hspace{1cm}}$
U

5. $20 - 9 = \underline{\hspace{1cm}}$
X

12. $3 + 4 = \underline{\hspace{1cm}}$
S

19. $9 + 9 = \underline{\hspace{1cm}}$
R

6. $10 + 9 = \underline{\hspace{1cm}}$
E

13. $10 + 10 = \underline{\hspace{1cm}}$
R

20. $20 - 4 = \underline{\hspace{1cm}}$
Y

7. $7 - 4 = \underline{\hspace{1cm}}$
T

14. $18 - 4 = \underline{\hspace{1cm}}$
B

14 4 11 3 8 20

2 18 5 10 1 19 7

9 17 12 21 15

13 4 16 !!!

Answer: Baxter Brushes Every Day!!!

Envision Division

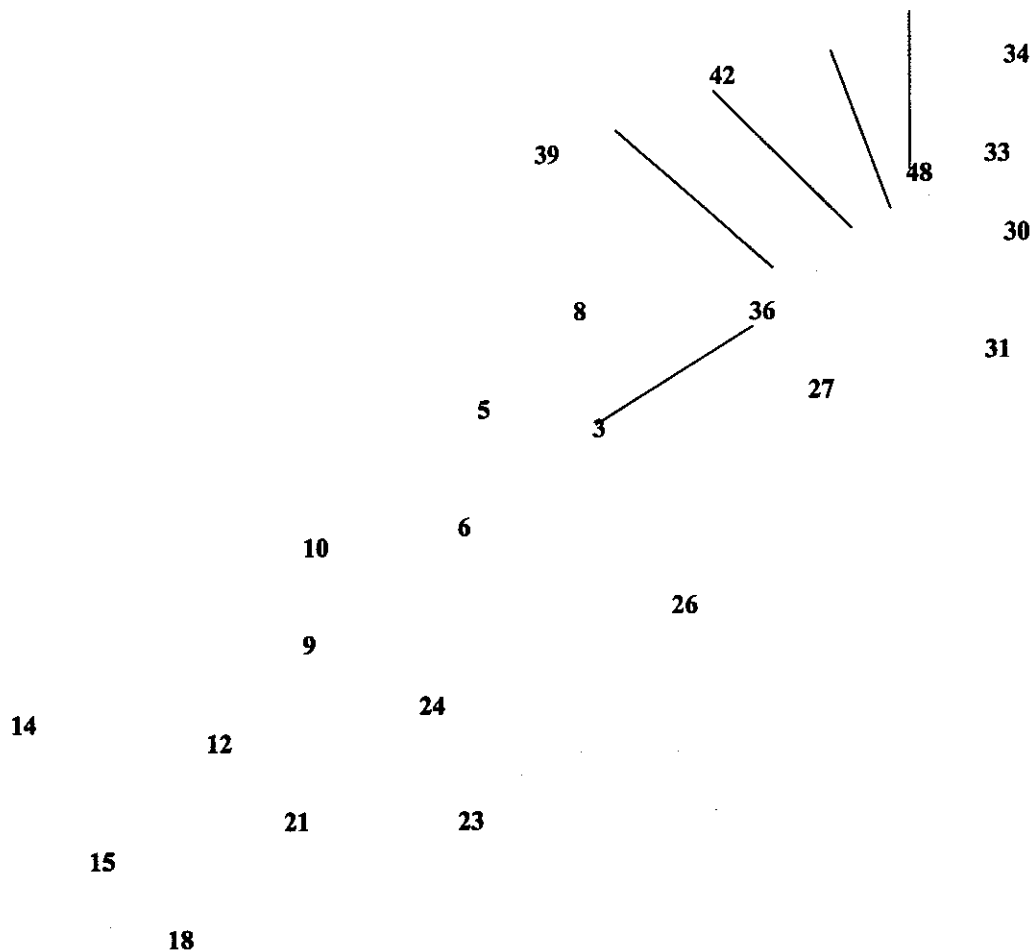
$$12/4 = 3...$$



First, figure this out...

$$396 / 132 = \underline{\hspace{2cm}}$$

Now, connect the numbers which are divisible by your answer to the problem above, in increasing order.



Answer: It is a toothbrush!

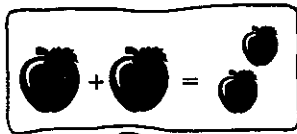


Tooth Trivia

There are up to 300 types of bacteria living on your toothbrush! How often should you replace it?

Answer: Every three months and especially after you have been sick!





SECRET CODE MATH



What is the secret message? To find out, complete the problems below. Write the letter under each problem on the line that matches the answer.

$$1. 5 \times 18 = \frac{\quad}{F} \times 3 = \frac{\quad}{S}$$

$$6. 4 \times 20 = \frac{\quad}{O} / 2 = \frac{\quad}{F}$$

$$2. 7 \times 11 = \frac{\quad}{O} \times 5 = \frac{\quad}{T}$$

$$7. 2 \times 600 = \frac{\quad}{T} / 4 = \frac{\quad}{N}$$

$$3. 8 \times 12 = \frac{\quad}{D} \times 4 = \frac{\quad}{G}$$

$$8. 27 / 3 = \frac{\quad}{T} \times 13 = \frac{\quad}{S}$$

$$4. 470 / 5 = \frac{\quad}{R} \times 7 = \frac{\quad}{O}$$

$$9. 1978 / 2 = \frac{\quad}{L} \times 3 = \frac{\quad}{E}$$

$$5. 2465 \times 2 = \frac{\quad}{O}$$

Hint:

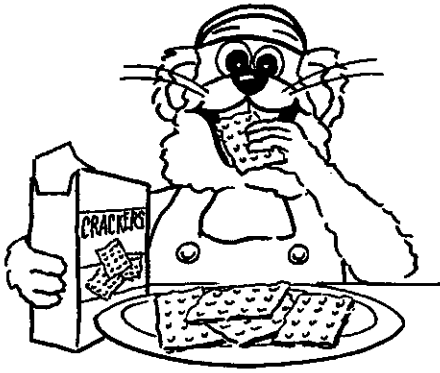


96 658 300 9 40 4930 94 384 2967 1200

385 80 90 989 77 117 270 !!!

Answer: Don't Forget To Floss!!!

A Mouthful of Syllables



The words that fit the definitions below can be formed by putting together the appropriate syllables from the list. The number in parentheses will tell you how many syllables you need for each word. The number of dashes will tell you how many letters are in each word. Use each syllable only once!

bi ca ci con cus cy den e el
 fluor in lar mo nam nine
 pid sis sors ide ten tin

1. Naturally occurring mineral that adds strength to the inner structure of bones and teeth
 (2) _ _ _ _ _
2. The tooth at the rear of the mouth used to crush food
 (2) _ _ _ _ _
3. Front teeth used for biting and cutting
 (3) _ _ _ _ _
4. Sharp, pointed tooth in front used for tearing
 (2) _ _ _ _ _
5. The texture of food
 (4) _ _ _ _ _
6. Soft tissue layer just under the enamel layer of tooth
 (2) _ _ _ _ _
7. Tooth at the side of the mouth used to tear and mash food
 (3) _ _ _ _ _
8. The outermost layer covering the crowns of teeth and also the hardest substance in the body
 (3) _ _ _ _ _

- Answers:
- | | |
|------------|----------------|
| 4. Canine | 1. Fluoride |
| 3. Incisor | 2. Molar |
| 8. Enamel | 7. Bicuspids |
| | 6. Dentin |
| | 5. Consistency |

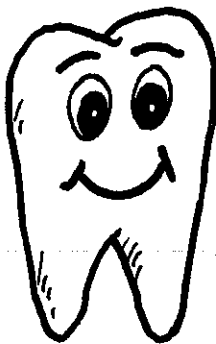


Keep Your Teeth Strong With.....

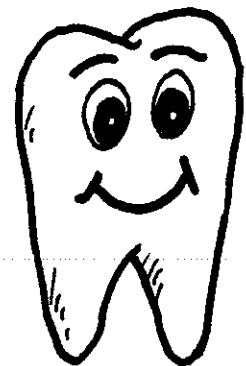
Find each letter in the diagram according to the instructions. Write each letter on its corresponding dash. If you have found all the right letters, you will find out the eight letter word that helps keep your teeth strong!

1. My first letter is directly under an 'S' and directly above a 'C'
2. My second letter is directly above a 'G' and directly left of a 'P'
3. My third letter appears three times in one line
4. My fourth letter appears once on the edge of each side of the diagram
5. My fifth letter has a vowel directly above and below it, and to its immediate left and right
6. My sixth letter is directly under a 'B' and next to an 'L'
7. My seventh letter appears in two corners of the diagram
8. My eighth letter is in the same line as my second letter and in the same column as my first letter

1 2 3 4 5 6 7 8



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



Answer: Fluoride

Now Playing:

Dental Dilemma

Oh no! Johnny, Susie, and Baxter were running and bumped into each other! Each one dropped their snack and their toothbrush. From the following clues, can you determine which color toothbrush and which snack each person had?

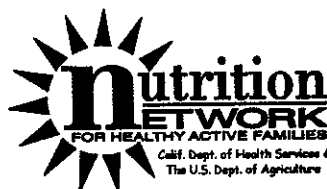
1. Baxter did not have a green snack.
2. Johnny hates the color yellow.
3. The person who has the green toothbrush does not eat carrots.
4. Susie had a carrot for snack.
5. The person who has a peach, has a blue toothbrush.



To use the chart below, enter all the information you get from the clues using an 'x' to indicate a definite "no" and a dot to indicate a definite "yes". Remember: once you enter a dot ("yes"), place an 'x' ("no") in all the rest of the boxes in each row and column that contains the dot.

	Green	Yellow	Blue	Peach	Carrot	Celery
Johnny						
Susie						
Baxter						
Peach						
Carrot						
Celery						

Answers:
 Johnny, celery, green
 Susie, carrot, yellow
 Baxter, peach, blue



THE COOKIE EXPERIMENT



BACKGROUND

Sometimes you can't brush! You are at school and you don't have your toothbrush or you are snacking in the car and you don't even have a sink! But leaving bits and pieces of food in your mouth can cause cavities and halitosis (yes, bad breath).

SUPPLIES

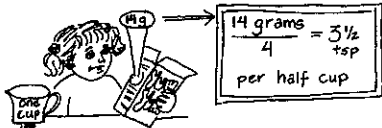
- Cookies
- Apple Slices
- Carrots
- Water
- Sugar free gum
- Mirrors

THE EXPERIMENT

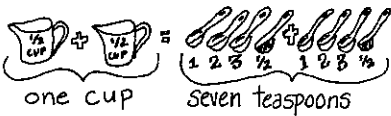
1. Form teams of 4 as directed by your leader.
2. Get supplies
3. Each team member eats a cookie. Chew and swallow as you normally do.
4. After swallowing each team member will examine their own mouth.
 - a) Are there still cookie particles in your mouth?
 - b) Where are the cookie particles stuck?
5. Each team member does one of the following: 1) eat an apple slice 2) eat a carrot 3) chew a piece of sugar free gum 4) swish with water and swallow.
6. Now, look in your mouth again...
7. Look in each other's mouths...

CONCLUSION

If you don't have a toothbrush you are not stuck (and neither is the food)... you can munch on a crunchy or juicy fruit or veggie, chew some sugar free gum or even swish with water. **REMEMBER!** It isn't just what you eat (cookies aren't so bad) it is also how long that food sits on your teeth.



Sugar Conversions



1 teaspoon = 4 grams of sugar
 4 grams of sugar = 1 sugar packet

ABOVE:
Breakfast Cereal Conversion

Read the nutrition label on the right. The grams of **SUGAR** in the granola bar are listed under **CARBOHYDRATES**. Most of us do not measure sugar in grams, but instead in teaspoons, cups or by some number of sugar packets like what you get in restaurants. So, divide the number of grams by 4 to find the number or teaspoons of sugar. Complete the calculations below for the granola bar on the right.

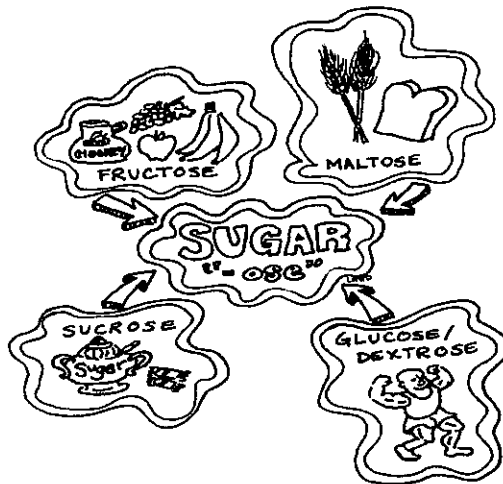
ACTIVITY

1. About how many teaspoons of sugar are in this granola bar? _____
2. How many sugar packets in this? _____
3. If this granola bar comes in a package of two, how many teaspoons of sugar are in the total package? _____

Nutrition Facts	
Serving Size 1 bar (42g)	
Amount Per Serving	
Calories 180	
% Daily Value	
Total Fat 0g	0%
Sodium 160mg	7%
Total Carbohydrate 29g	10%
Sugars 11g	
Protein 4g	6%
Not a significant source of other nutrients	
*Percent Daily Values are based on a 2,000 calorie diet	

SUGAR

It comes in many forms and has just as many names. The ending "ose" indicates a sugar. All sugars can cause cavities in the same way. Natural sugars like the sugar in milk or molasses are no better for your teeth than sugars added during food processing.



ACTIVITY

Take a look at the diagram on the left. What type of sugar is in each of the following food items?

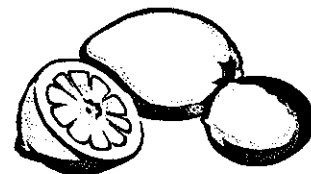
- MILK _____
 HONEY _____
 HARD CANDY _____
 FRUIT JUICE _____
 BREAD _____
 APPLE SAUCE _____

Answers: 1. Almost 3, 2. Almost 3, 3. Almost 6

Answers: lactose, fructose, sucrose, fructose, maltose, fructose



Acid Snacks



And Your Teeth...

Question: What makes candy and soda taste tart?

Answer: ACID

Q: Where does acid come from?

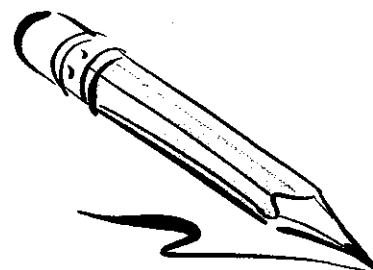
A: There is a natural acid in lemons and vinegar. Other foods have added acid to make them taste sour or tart.

Q: How can I tell from a food label if a food has added acid?

A: Acid comes in many forms and has many names. Usually the name includes the word "acid" such as CITRIC ACID.

Q: How does acid affect my teeth?

A: Complete the following activities...

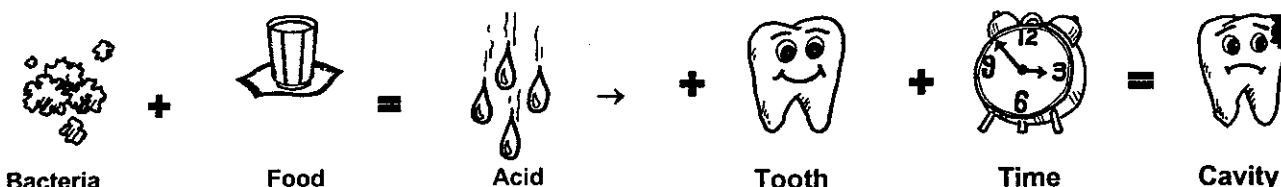


Activity

1. Choose a few fruit juices, fruit-flavored beverages or sodas. What beverages did you choose?

2. Read the ingredients of your beverages and list as many types of acid you can find.

Think about the CAVITY EQUATION.



The acid produced by bacteria can dissolve your tooth enamel when it sits on your teeth for a long period of time. When you choose to eat acid snacks you have simply eliminated the bacteria's job by putting acid directly in your mouth! That doesn't mean you shouldn't eat oranges or drink lemonade or even eat *some* sour candy. Just remember these three things...

1. **How much?** How many ounces of soda or how many "sour balls"? The more you eat, the more acid there is on your teeth
2. **How long?** How long will your teeth be exposed to the acid (It takes much longer to finish a piece of hard, sour candy than to drink a glass of lemonade)? It also helps to eat or drink tart foods before or with meals or other foods to wash away some of the acid.
3. **How healthy?** A regular or diet soda has no nutrients while 100% orange juice contains vitamin C, potassium, and folic acid, which are good for you. Even if they contain the same amount of acid, orange juice is the healthier choice.

THE TOXINS IN TOBACCO



Hydrazine: a flammable, corrosive liquid used in rocket and jet engine fuels

Arsenic: a poisonous ingredient in weed killer and insecticides

Urea: the chief component of human urine

Cadmium: a metallic element used in rechargeable batteries

Formaldehyde: a pungent liquid used to prevent decomposition of dead animals

Carbon Monoxide: a toxic gas emitted from cars as exhaust

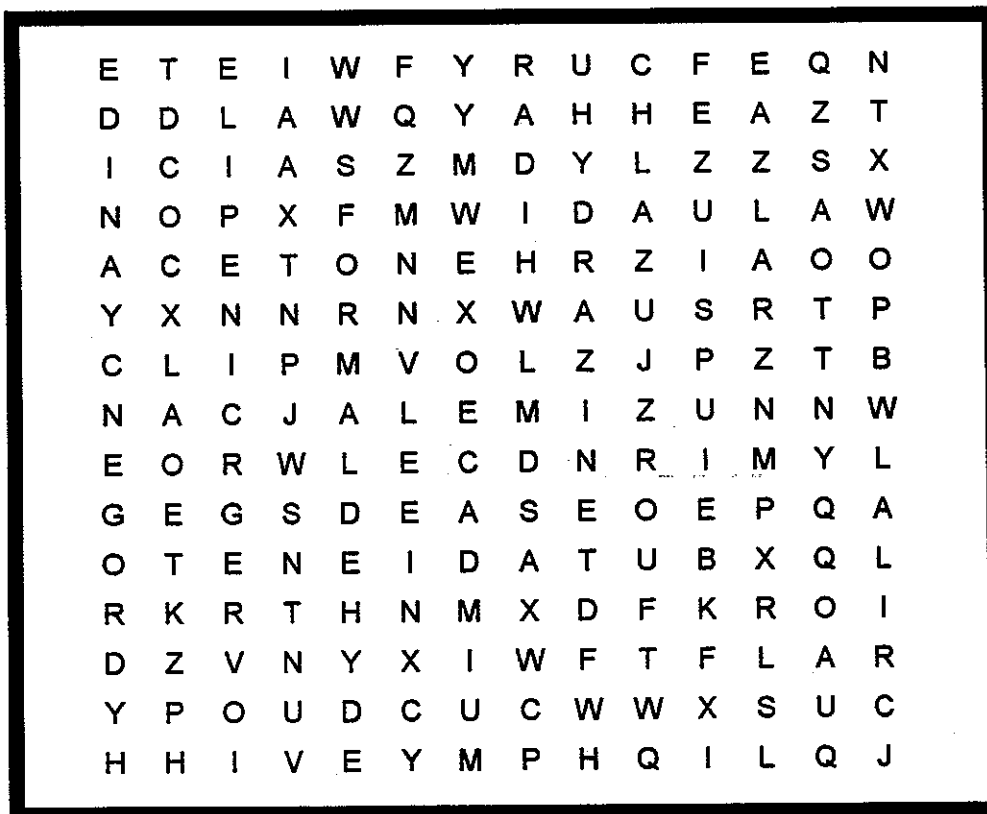
Ammonia: active ingredient in toilet cleaners

Hydrogen Cyanide: a poisonous gas used in the gas chamber

Acetone: a solvent used in nail polish removers

Butadiene: a flammable gas used in the synthesis of automobile tires

Find the cigarette ingredients listed above in the puzzle below. Words can be found in any direction, including backwards!



If you don't smoke, don't start. If you do smoke, stop.

Beat Bad Breath



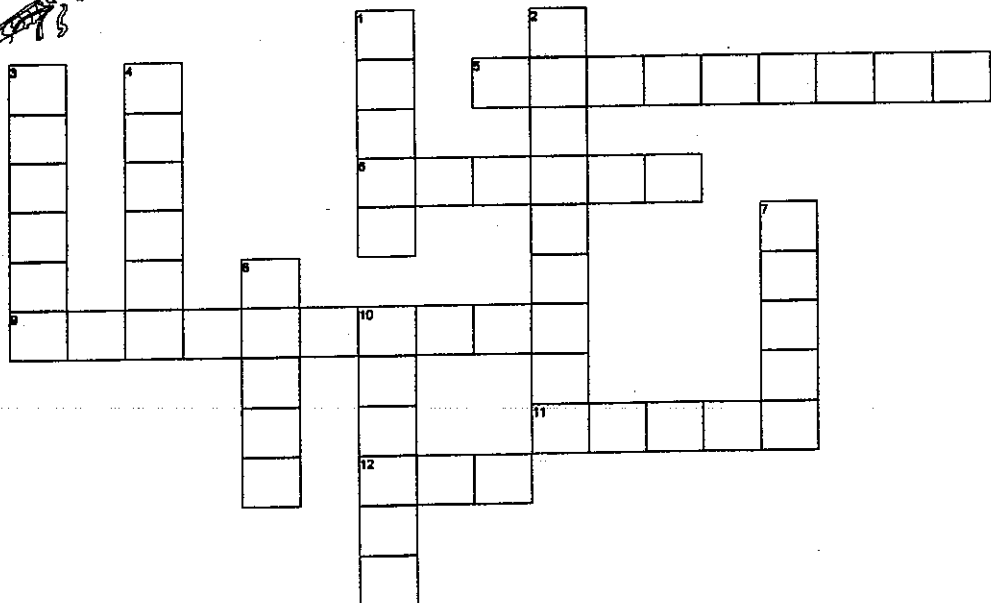
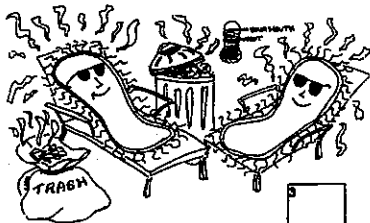
At least 90% of halitosis (bad breath) starts in your mouth. Bacteria that live in the mouth feed on leftover food particles. These bacteria create waste with an unpleasant odor. Sometimes the odor of the food such as raw onions or eggs directly contributes to bad breath. Fortunately, brushing after meals and flossing before bedtime can remove this food and reduce your risk for bad breath.

Across

5. Oral bacteria feed on food _____ in the mouth.
6. Moisture of the mouth and nature's mouthwash.
9. When smoked, these rolls of tobacco result in very objectionable breath odor.
11. Chewing _____-free gum can increase saliva flow and decrease breath odor.
12. _____ disease is the infection of the pink tissue surrounding the teeth.

Down

1. _____ and _____ (use either answer) your teeth to remove food particles on which bacteria feed.
2. Technical term for bad breath.
3. Bulb vegetable used in many Italian dishes which can cause breath odor.
4. What works in the "fridge", works in the mouth. Try brushing with a toothpaste with added _____ soda.
7. Drink eight glasses of _____ each day and swish it in your mouth.
8. Snacking on _____ such as apples keeps plaque from forming on the teeth.
10. This soft home of your taste buds must be brushed twice daily, too.



Answers: ACROSS: 5. Particles, 6. Saliva, 9. Cigarettes, 11. Sugar, 12. Gum DOWN: 1. Brush/Floss, 2. Halitosis, 3. Garlic, 4. Baking, 7. Water, 8. Fruit, 10. Tongue

