Discover the power of a healthy smile

VISIT www.mouthpower.org

PLAY DENTAL JEOPARDY!

Test Your Dental IQ!
Smile with Style!

Brushing & Flossing

Cavity Creeps

Healthy Foods
Make Healthy Smiles

Rock Your Smile!

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CATEGORIES
What’s Your Score?

- More than 6000 -- 😊😊
  Your Smile Rocks!
- 4000 to 6000 -- 😊
  Your Smile Has Style!
- 2000 to 4000 -- 😊
  Keep Brushing!
- Under 2000 -- 😊😊😊😊
  Watch Out For Cavity Creeps!
What is a cavity?
A. A sick tooth
B. A tooth that got knocked out
C. A filling in a tooth

How can you keep from getting a cavity?
A. Brush your teeth
B. Floss your teeth
C. Visit the dentist regularly
D. All of the above

If you have a cavity and don’t see a dentist...
A. The cavity will get bigger.
B. The cavity will stay the same size.
C. The cavity will disappear like magic.

What is Plaque?
A. A cavity in the tooth
B. Gum disease
C. A smelly, sticky layer of germs on your teeth

What does Plaque and Sugar make?
A. Plaque + Sugar = Acid
B. Plaque + Sugar = Cake
C. Plaque + Sugar = Strong Teeth

Cavity Creeps
A cavity is:

A. A sick tooth
B. The tooth gets sick when acid and germs eat tooth enamel.
C. Tooth enamel is the white part that protects the insides of a tooth.

D. All of the above

If you have a cavity and don’t see a dentist...

A. The cavity will get BIGGER.

Brush twice a day for at least two minutes
Floss once a day
Have regular dental checkups

If you have a cavity and don’t see a dentist...

A. The cavity will get BIGGER.

Plaque is...

C. A smelly, sticky layer of germs on your teeth

C. Plaque + Sugar = ACID!
ACID destroys tooth enamel.
Enamel is the white part that protects the inside of a tooth.

Answer:
“If you have a cavity and don’t see a dentist...”

Answer:
“How can you keep from getting a cavity?”

Answer:
“What is a cavity?”

Answer:
“What does plaque and sugar make?”

Answer:
“What is plaque?”
How often should you brush your teeth?
A. Once a day
B. At least twice a day
C. Never

How many minutes should you brush?
A. 30 seconds
B. Two minutes
C. Five minutes

What parts of the mouth must be brushed?
A. Brush every tooth
B. Brush where teeth and gums meet
C. Brush the tongue
D. All of the above

What kind of toothbrush should you use?
A. Soft
B. Medium
C. Hard

How often should you floss your teeth?
A. Once a day
B. Once a week
C. Only when you feel something stuck

Smile with Style!
Brushing and Flossing
Brush for at least two minutes.

Be sure to brush after breakfast and before bedtime.

Floss your teeth once a day.

Your dentist or dental hygienist can show you how.

A. Soft
Soft toothbrushes remove plaque and won’t hurt tooth enamel.

D. All of the above.
Brush the teeth, tongue and gums.

♦ Remember to brush every surface of each tooth.
♦ Don’t forget teeth in the back.

“What parts of the mouth must be brushed?”

“How many minutes should you brush?”

“How often should you brush your teeth?”

“What kind of toothbrush should you use?”

“How often should you floss your teeth?”
100

Name two things you can do to keep your teeth healthy after eating something sugary.

Turn over for answer

200

What's the best thing to drink in between meals?

Turn over for answer

300

Name at least one food or drink that helps make teeth and bones **STRONG**.

Turn over for answer

400

Which is a better choice:

- Apple slices
- or
- apple juice?

Turn over for answer

500

What are healthy snacks to eat in between meals?

A. Apple or orange slices
B. Cheese
C. Nuts
D. All of the above

Turn over for answer

500

Healthy Foods For Healthy Smiles
**Answer:**
“Name at least one food or drink that helps make teeth and bones STRONG.”

Dairy foods such as milk, cheese and yogurt are high in calcium. Other sources are:
- Green leafy veggies (spinach, collard greens and broccoli)
- Oranges, strawberries, apples and papaya

Healthy Foods for Healthy Teeth Category

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**Answer:**
“What’s the best thing to drink inbetween meals?”

**WATER** is the best thing to drink in between meals!

Healthy Foods for Healthy Teeth Category

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**Answer:**
“Name two things you can do to keep your teeth healthy after eating something sugary.”

- Rinse with water.
- Brush your teeth.
- Chew sugarless gum.
- Eat a piece of cheese or drink milk (not chocolate milk!)

Healthy Foods for Healthy Teeth Category

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**Answer:**
“What are healthy snacks to eat in between meals?”

D. All of the above

- Fruit, nuts and cheese are all healthy snacks for in between meals.

- It’s best to eat sugary treats after supper.

Healthy Foods for Healthy Teeth Category

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**Answer:**
“Which is a better choice: Apple slices or apple juice.”

Apple slices!

Apple slices are crunchy, juicy and they don’t stick to your teeth.

Healthy Foods for Healthy Teeth Category
How old are you when the last baby tooth falls out?
A. 8 years old
B. 10 years old
C. 12 years old

What is a tooth sealant?
A. A plastic covering over the chewing surface of a tooth
B. A way of preventing cavities from forming
C. All of the above

What does a mouthguard do?
Turn over for answer

How does fluoride protect teeth?
A. Fluoride makes cavities disappear
B. Fluoride makes tooth enamel stronger
C. Fluoride kills the germs that live in plaque
D. All of the above

What does toothpaste have that helps protect teeth from cavities?
A. Mint flavor
B. Bubble gum flavor
C. Fluoride

Rock Your Smile!
**Answer:**
“**What does a mouthguard do?**”

A mouthguard protects teeth in case they get hit.

Wear a mouthguard if you think you may run into someone or something!

Rock Your Smile! Category

**Answer:**
“**What is a tooth sealant?**”

- Sealants cover teeth and help prevent cavities.
- It doesn’t hurt when sealants are placed on teeth!

C. All of the above

Rock Your Smile! Category

**Answer:**
“**How old are you when the last baby tooth falls out?**”

C. 12 years old

- The last tooth to fall out is a molar.
- Molars help you chew food.

Keep brushing!

Rock Your Smile! Category

**Answer:**
“**What does toothpaste have the helps prevent teeth from cavities?**”

C. Fluoride

- Fluoride is found naturally in our environment.
- It is added to toothpastes to help prevent cavities.

B and C!

Rock Your Smile! Category

**Answer:**
“**How does fluoride protect teeth?**”

- Fluoride makes tooth enamel (the protective outer layer) stronger.
- Fluoride kills germs living in the plaque.

Rock Your Smile! Category
How many chemicals are in tobacco smoke?
A. More than 4,000
B. More than 400
C. More than 40

Hint: Look in Tobacco Station

What is the best plan to keep your teeth clean?
A. Brush twice a day, floss once a day and have regular dental checkups
B. Brush once a day
C. Never brush and never see the dentist

Hint: Look in Cleaning Station

What is the right way to brush your teeth?
A. Brush up and down
B. Make wide strokes side to side
C. Hold the brush at a slight angle towards gums and brush in a gentle circular motion

Hint: Look in Brushing & Flossing

Which food has something from FIVE different food groups?
A. Chicken burrito with lettuce, tomato, cheese and sour cream
B. Cheeseburger - no lettuce, tomato, pickle or ketchup!
C. Hot fudge sundae

Hint: Look in Food Station

Match the food with the correct size portion...
- 1 portion of a pancake
- 1 portion of a hamburger
- 1 portion of peanut butter
- 1 portion of mashed potatoes
- Walnut
- Baseball
- Compact disc
- Deck of cards

Hint: Look in Food Station

Answers for this category can be found by visiting this website...

VISIT www.mouthpower.org

MOUTH POWER

NATIONAL MUSEUM of DENTISTRY

The smile experience

The Dr. Samuel D. Harris Foundation
### C. Hold the brush at a slight angle towards gums and brush in a gentle circular motion.

- **Answer:** "What is the right way to brush your teeth?"

- **Answer:** "What is the best plan to keep your teeth clean?"

- **Answer:** "How many chemicals are in tobacco smoke?"

### A. Brush twice a day, floss once a day, and have regular dental checkups

- **A. More than 4,000**
  - Nicotine
  - Ammonia
  - Aluminum
  - Butane
  - Copper
  - Arsenic
  - Formaldehyde
  - Lead
  - AND MANY MORE

### Match the food with the correct portion.

- **1 portion of Pancake = size of a compact disc**
- **1 portion of Hamburger = size of a deck of cards**
- **1 portion of Peanut butter = size of a walnut**
- **1 portion of Mashed potatoes = size of a tennis ball**

### Which food has something from 5 different food groups?

- **A. Chicken Burrito**
  1. Sour cream and cheese are dairy
  2. Tomato is a fruit
  3. Lettuce is a vegetable
  4. Chicken is a meat
  5. Tortilla is a bread