Discover the power of a healthy smile

VISIT
www.MOUTHPOWER.org

PLAY DENTAL JEOPARDY!

Test Your Dental IQ!
Smile with Style!

Cavity Creeps

Brushing & Flossing

Healthy Foods
Make Healthy Smiles

Rock Your Smile

VISIT
www.mouthpower.org

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's Your Score?

100

200

300

400

500
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

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

D. All of the above

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

A. The cavity will get BIGGER.

A cavity is:

A. A sick tooth

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

“What is a cavity?”

“What is plaque?”

Plaque is...

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

“What does plaque and sugar make?”

C. Plaque + Sugar = ACID!

- ACID destroys tooth enamel.
- Enamel is the white part that protects the inside of a tooth.

“What can you do to prevent cavities?”

- 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.
100
How often should you brush your teeth?
A. Once a day
B. At least twice a day
C. Never

200
How many minutes should you brush?
A. 30 seconds
B. Two minutes
C. Five minutes

300
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

400
What kind of toothbrush should you use?
A. Soft
B. Medium
C. Hard

500
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
<table>
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<th><strong>Answer:</strong></th>
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<tr>
<td>“What parts of the mouth must be brushed?”</td>
<td>“How many minutes should you brush?”</td>
<td>“How often should you brush your teeth?”</td>
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<tr>
<td>D. All of the above. Brush the teeth, tongue and gums.</td>
<td>Brush for at least two minutes.</td>
<td>B. At least twice a day Be sure to brush after breakfast and before bedtime.</td>
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<td>♦ Remember to brush every surface of each tooth.</td>
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<td>♦ Don’t forget teeth in the back.</td>
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<td>Floss your teeth once a day.</td>
<td>A. Soft Soft toothbrushes remove plaque and won’t hurt tooth enamel.</td>
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<td>Your dentist or dental hygienist can show you how.</td>
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Name two things you can do to keep your teeth healthy after eating something sugary.

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

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

Which is a better choice: Apple slices or apple juice?

What are healthy snacks to eat in between meals?
A. Apple or orange slices
B. Cheese
C. Nuts
D. All of the above

Healthy Foods For Healthy Smiles
**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

**Answer:**

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

**Answer:**

“What’s the best thing to drink in between meals?”

**WATER**

is the best thing to drink in between meals!

**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!)

**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.

**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.
100 How old are you when the last baby tooth falls out?  
A. 8 years old  
B. 10 years old  
C. 12 years old  
Turn over for answer

200 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  
Turn over for answer

300 What does a mouth guard do?  
Turn over for answer

400 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  
Turn over for answer

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

Smile Smile

Rock Your Smile
Answer: “What does a mouth guard do?”
A mouth guard protects teeth in case they get hit.
Wear a mouth guard if you think you may run into someone or something!

Answer: “What is a tooth sealant?”
C. All of the above
Sealants cover teeth and help prevent cavities.
It doesn’t hurt when sealants are placed on teeth!

Answer: “How does fluoride protect teeth?”
C. Fluoride
- Fluoride is found naturally in our environment.
- It is added to toothpastes to help prevent cavities.

Answer: “How old are you when the last tooth to fall out is a molar?”
C. 12 years old
The last tooth to fall out is a molar. Molars help you chew food. Keep brushing!

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.

Answer: “How does fluoride protect teeth?”
B and C!
- Fluoride makes tooth enamel (the protective outer layer) stronger.
- Fluoride kills germs living in the plaque.
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
**Answer:**
“What is the right way to brush your teeth?”

*C. Hold the brush at a slight angle towards gums and brush in a gentle circular motion.*

**Answer:**
“What is the best plan to keep your teeth clean?”

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

**Answer:**
“How many chemicals are in tobacco smoke?”

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

**Answer:**
“What is the best plan to keep your teeth clean?”

♦ 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

**Answer:**
“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*