

Brush up on your Dental Hygiene knowledge by completing the activities and worksheets included.

Activity 1- Dental Hygiene Sort

On the sorting mat, sort pictures that are good for your teeth and not good for your teeth. Then complete the worksheet.

Healthy Teeth Worksheet- Find the white and bright teeth!

Healthy Mouth Maze- Follow the trail of healthy things.

Smile Search- Search for dental-related words in the word search.

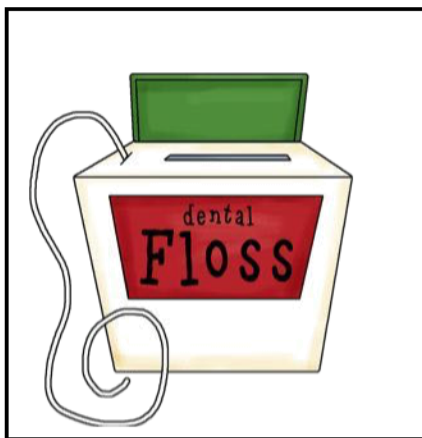
Take the **Toothy Test** to see how much you know about keeping your teeth healthy! Earn a **Smiley Certificate!!**



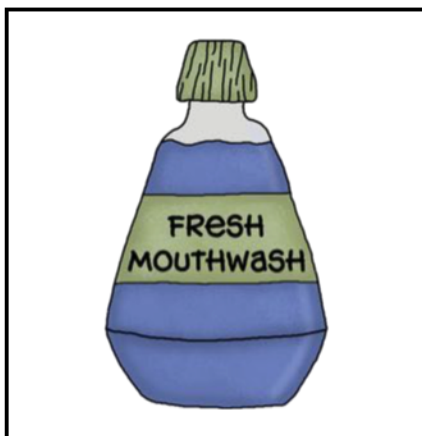
How to Keep Your Mouth Healthy



Brush your teeth 2-3 times every day



Floss your teeth once a day



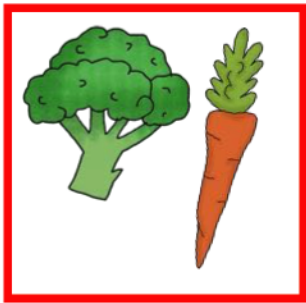
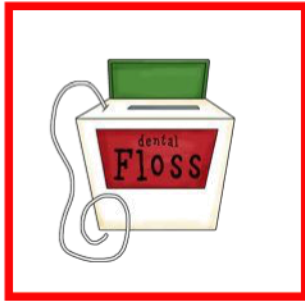
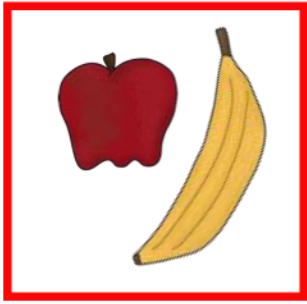
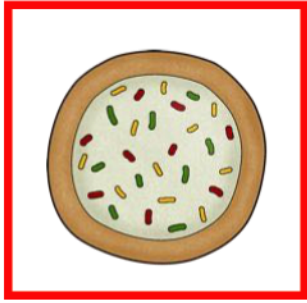
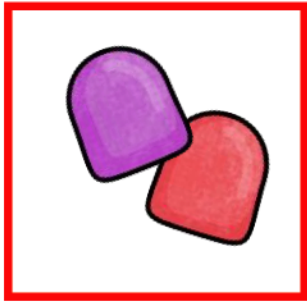
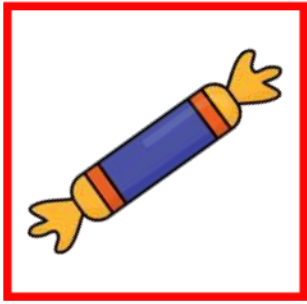
Rinse your mouth using mouthwash once a day



Good for
your teeth

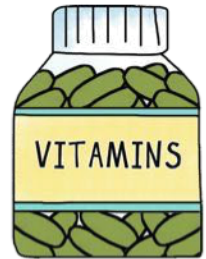
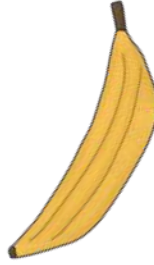


Not good
for your
teeth

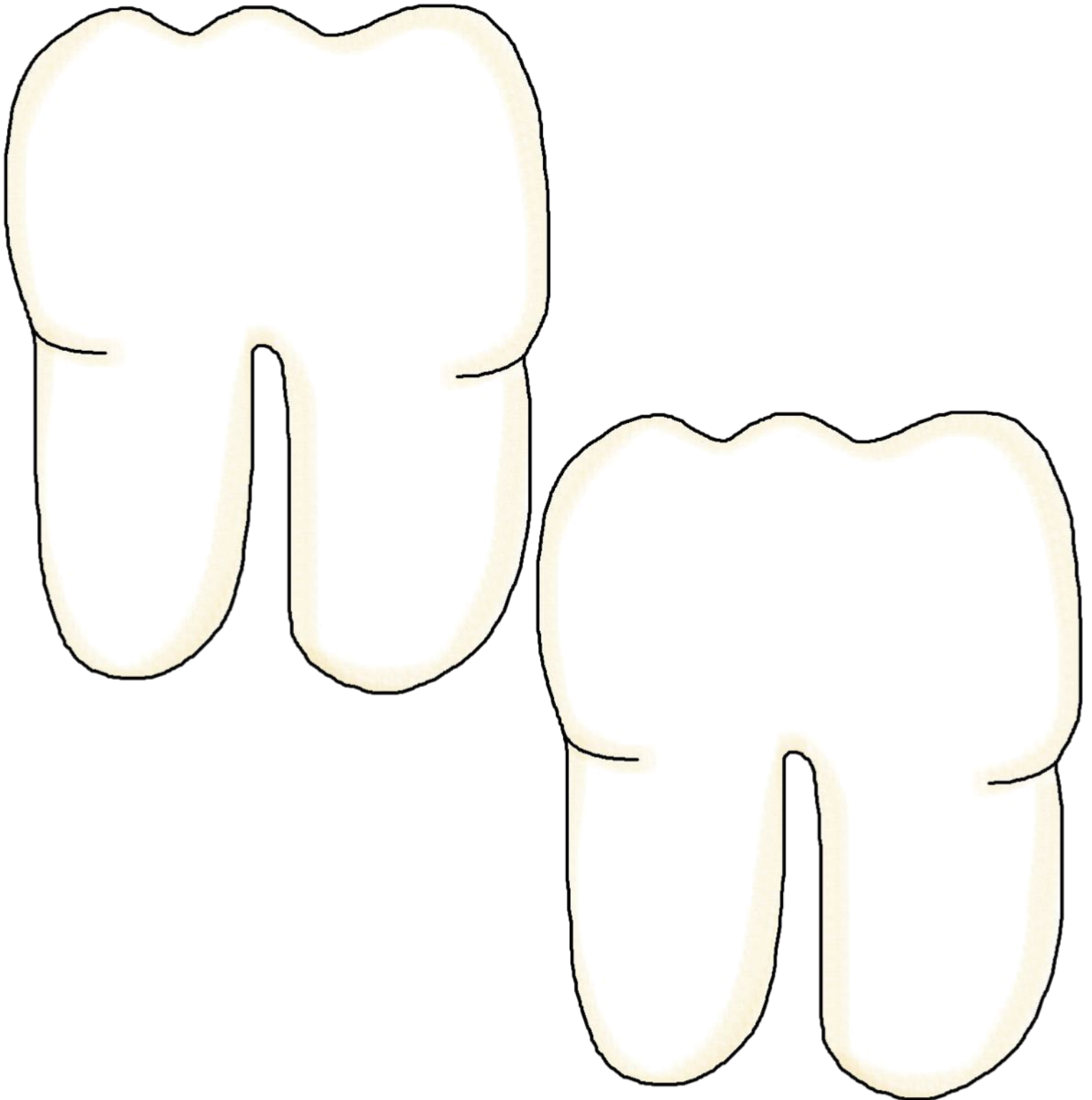


Name _____

Directions: Circle the things that are good for your teeth.

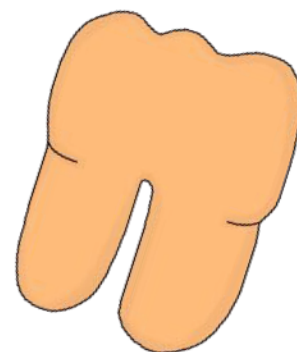
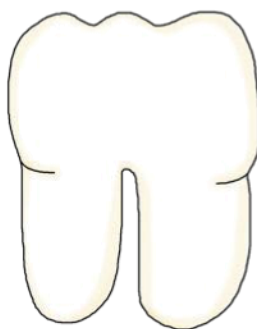
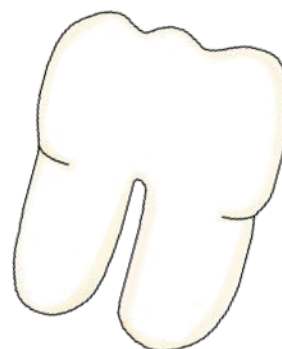
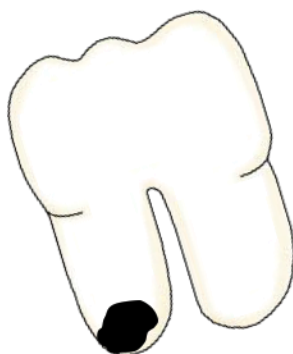
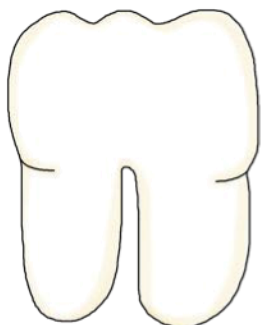
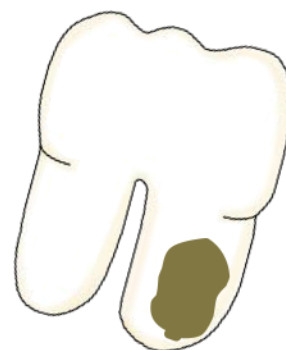
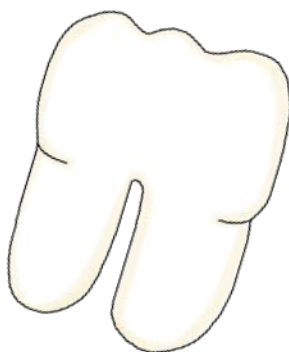
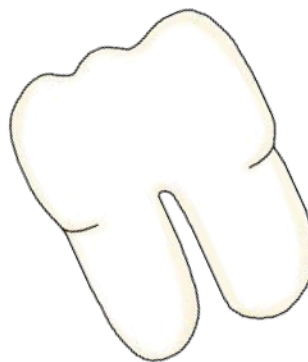
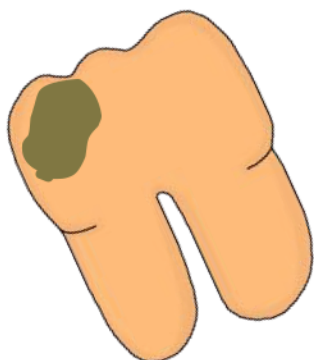


Fun Idea: Print a few copies of the tooth template and draw stains and cavities. Students can brush with white out to clean them. For another idea, print the teeth and then laminate them. Using a dry erase marker, draw cavities and stains on the teeth. Students can practice "brushing" these dirty teeth until they are bright and white with a toothbrush or eraser.



Name _____


























Directions: Healthy teeth should be white and bright. Circle the healthy teeth and put an "X" over the unhealthy teeth.



Name _____

Directions: Help the boy get to the dentist by following the trail of healthy things for your teeth. Color in the trail of each healthy item.



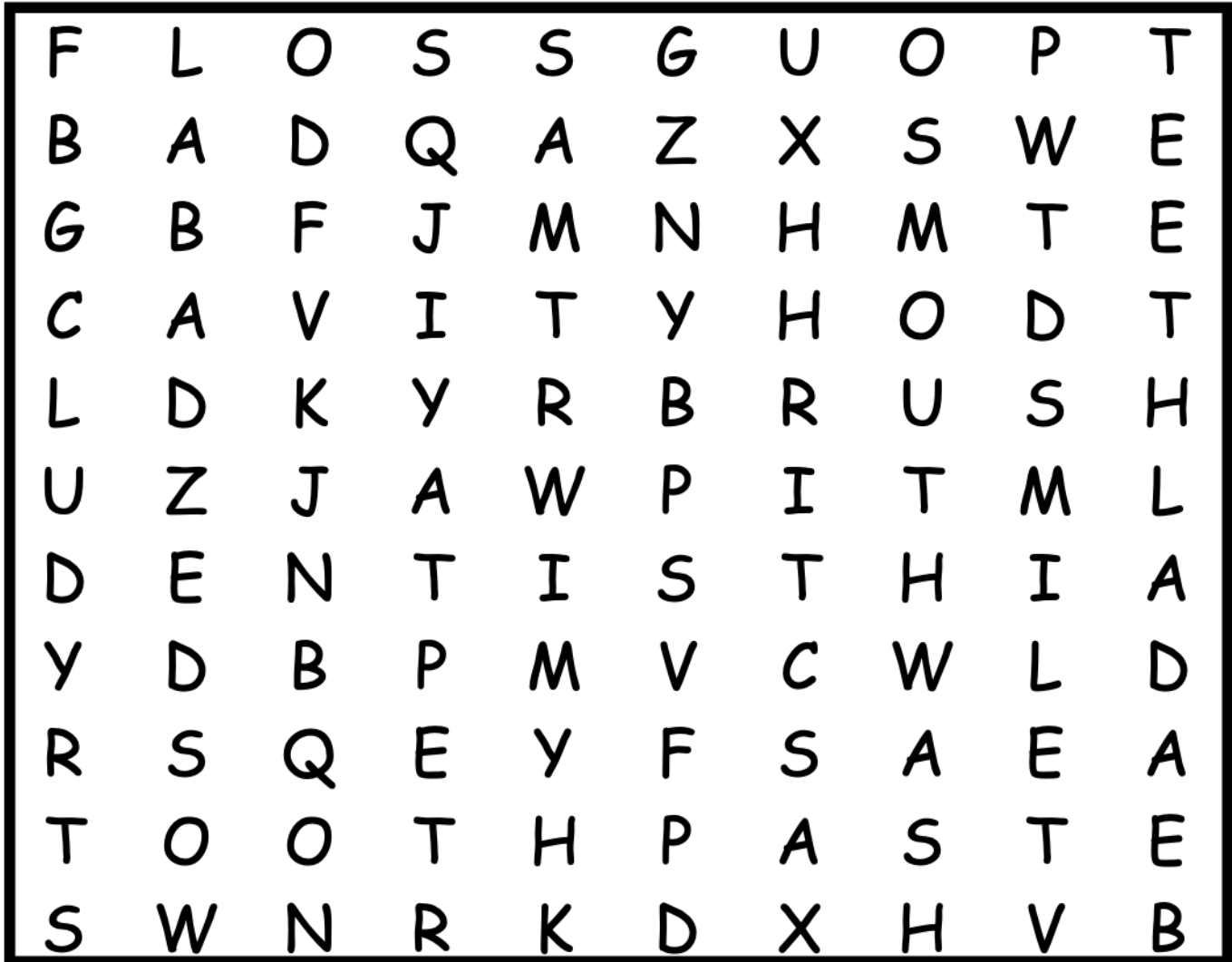
				
				
				
				
				



Name _____



Directions: Look for the toothy words below in the word search!
Circle each word when you find it.



TOOTHPASTE

MOUTHWASH

FLOSS

CAVITY



BRUSH

TEETH

SMILE

DENTIST

Name _____

Toothy Test

Directions: Listen to your teacher read each question. Color in the circle next to the right answer.

1. How many times per day should you brush your teeth?

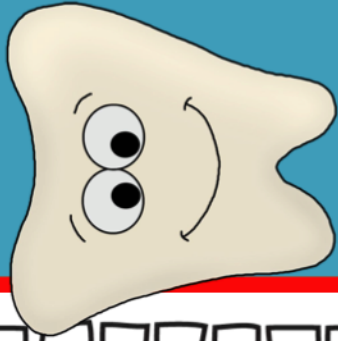
- 1 time
- 2 or 3 times
- 0 times

2. How should you brush your teeth?

- brush side-to-side and up-and-down to brush all of your teeth
- very fast
- do not brush your teeth

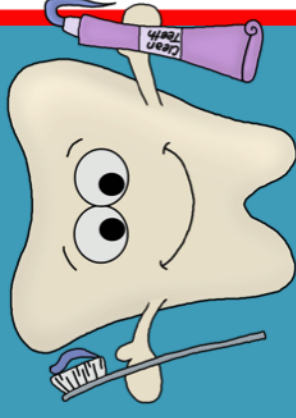
3. Which is the healthiest for your teeth?

- eating candy
- drinking soda
- drinking milk



Smiley Certificate

Congratulations!



for completing all dental hygiene activities and
passing the Toothy Test!

Awarded by

Date