## Children's Dental Month \*CROSSWORD PUZZLE\*\* **WORD BANK Bacteria Dentist** Saliva Baby **Fluoride** Cavity **Toothpaste Enamel Floss** X-Ray **ACROSS** 2. Used to clean inbetween your teeth A hole in your tooth is a 3. is another word for germs 5. Who you visit to make your teeth healthy 7. Your first set of teeth are \_\_\_\_ teeth 8. Helps protect your teeth from cavities **DOWN** 1. What you put on your toothbrush in order to clean your teeth 6. The hard outer layer of your teeth 9. What a dentist uses to inspect teeth 10. \_\_\_\_ helps to break down food while

February is National Children's Dental Health Month | www.sada.co.za, +27 11 484 5288, info@sada.co.za

## **HEALTHY SMILE TIPS**

washing your teeth and gums

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.



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