

Crest[®]

Activity Book



Dear Parents:

Here's a book with many fun activities designed to help children learn about their teeth. It's important that children learn to care for their teeth at an early age. Be sure to tear off and save the brushing and flossing guide on the back cover.

This book was designed to make this learning process fun. We hope you will share the experiences in this book with your children...and have fun together!

COMPLIMENTS OF YOUR DENTAL OFFICE AND SPARKLE CREST

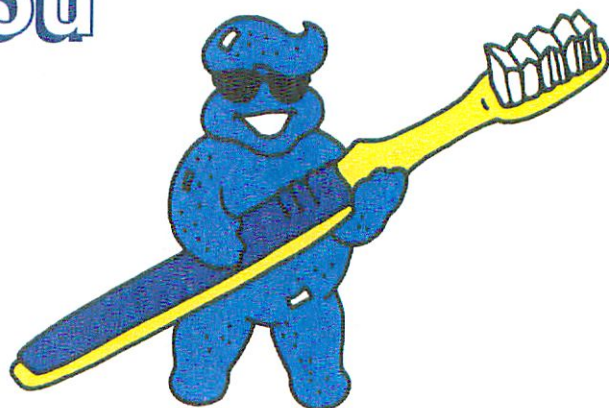


Answers to the activities can be found on the inside back cover.

Some Definite Do's For You

Brought to you by **Crest**
and **Crest Complete**.

Check yourself...
Do you?...



- ☐ 1. Visit your dentist regularly to help prevent dental problems before they start.
- ☐ 2. Eat a well-balanced diet and not too many sugary snacks.
- ☐ 3. Brush your teeth thoroughly twice a day. Your dentist may suggest you use dental floss to remove plaque from areas a toothbrush can't reach.
- ☐ 4. Brush with a great tasting fluoride toothpaste like **Crest** and a soft toothbrush like **Crest Complete**, just for kids.

Color Your Dentist ...Your Tooth Partner

Here are some of the things your dentist does
for your teeth in your six-month checkup.

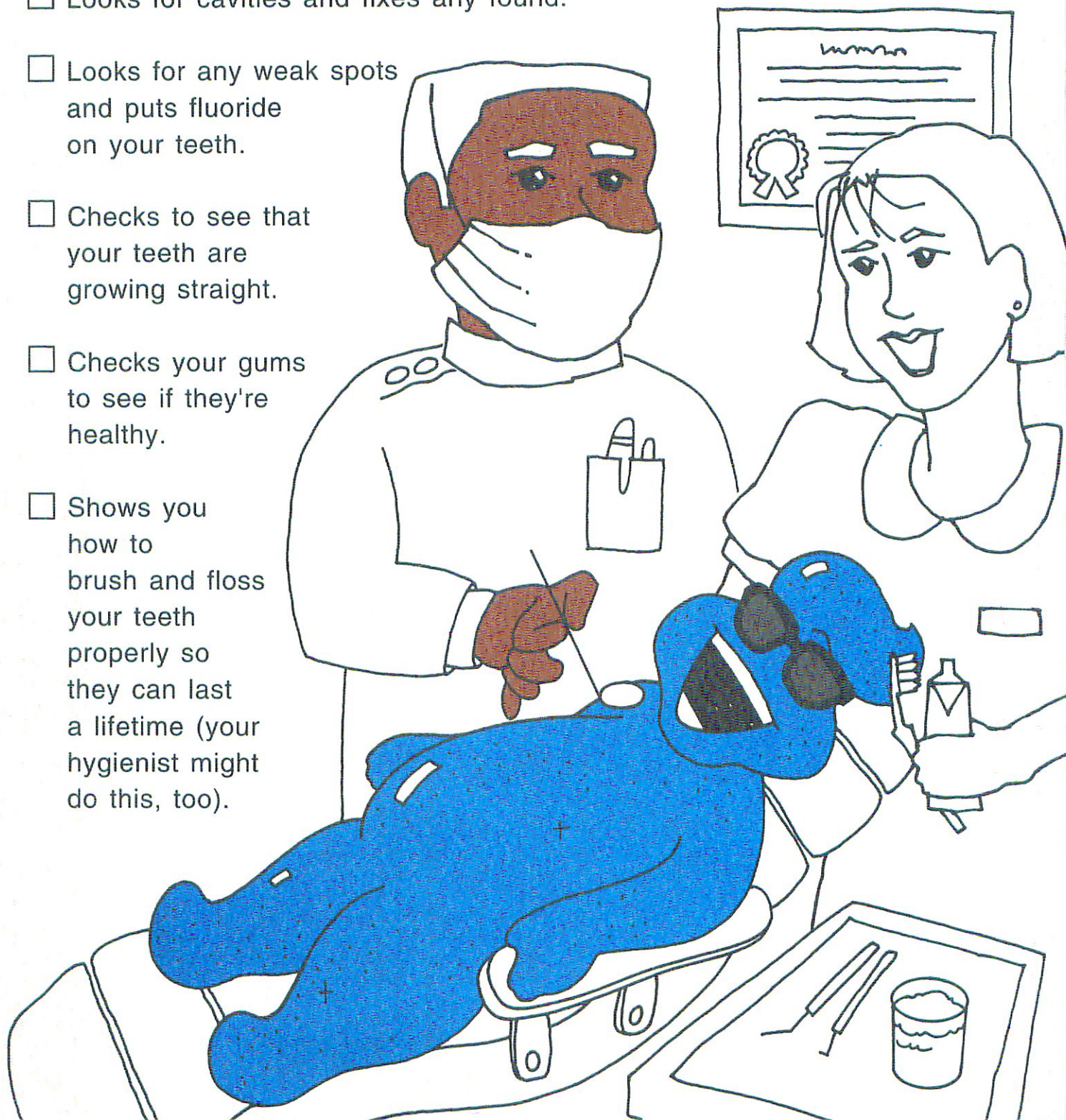
☐ Looks for cavities and fixes any found.

☐ Looks for any weak spots
and puts fluoride
on your teeth.

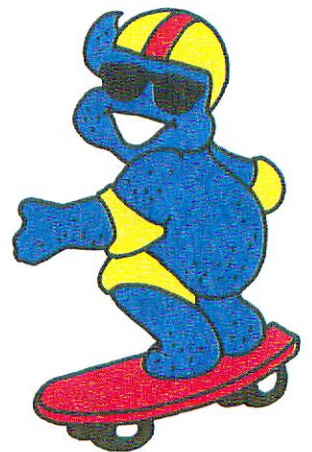
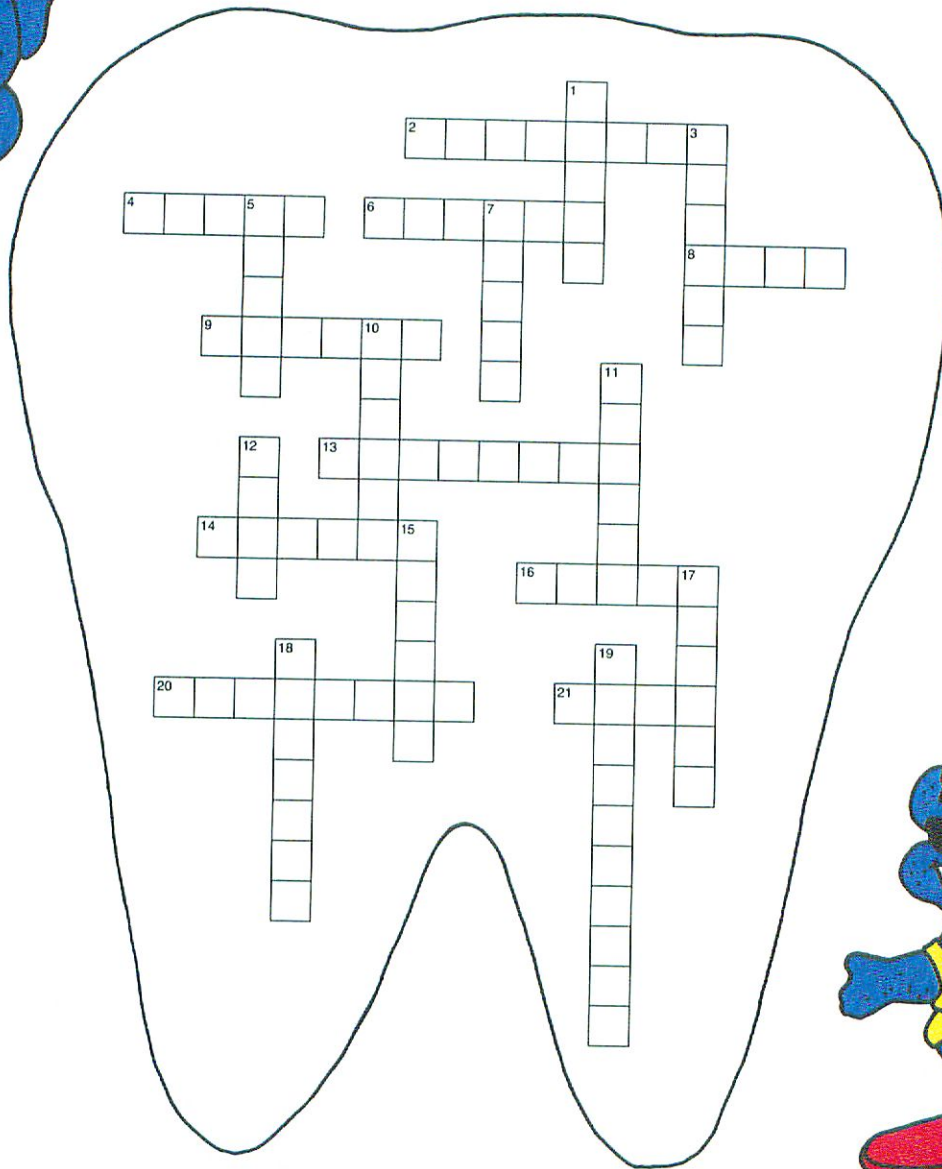
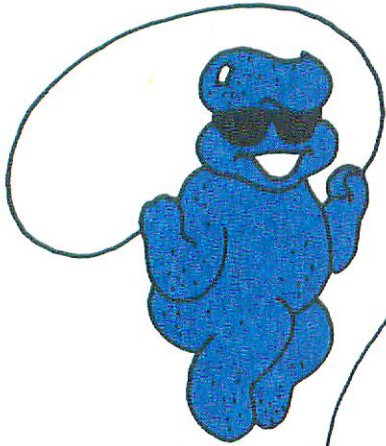
☐ Checks to see that
your teeth are
growing straight.

☐ Checks your gums
to see if they're
healthy.

☐ Shows you
how to
brush and floss
your teeth
properly so
they can last
a lifetime (your
hygienist might
do this, too).



Crossword Puzzle



ACROSS

2. Helps fight tooth decay by strengthening your teeth.
4. A special string designed to clean between your teeth.
6. Foods that are eaten between meals.
8. A dairy drink that is good for you.
9. A hole in your tooth caused by decay.
13. Very, very small germs.
14. An orange, crunchy vegetable.
16. _____ and cereal, one of the four basic food groups.
20. The hard, bone-like structure that covers the roots of teeth.
21. The part of the tooth that holds it in place.

DOWN

1. A fluoride toothpaste accepted as effective by the American Dental Association.
3. The hard, shiny white covering of a tooth.
5. Foods with a lot of _____ in them can cause cavities.
7. Too much of this snack is bad for your teeth.
10. A tasty, round vegetable that usually is red.
11. Bacteria that can stick to your teeth and cause cavities.
12. You should brush your teeth after every _____.
15. To talk, you need your lips, teeth and _____.
17. The body of the tooth.
18. Your Tooth Partner.
19. What you put on your toothbrush to help clean your teeth.

Find The Words

To find the words, you will need to read across, backwards, up, down, and diagonally. Once you find a word, draw a circle around it and cross it off the word list.

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

WORD LIST:

DENTIST
ACID
VEGETABLES
TOOTHBRUSH
JUICES
LIPS
CHEW

BACTERIA
PLAQUE
FISH
DAIRY
WEAK SPOT
SWALLOW
SUGAR

SNACKS
GUMS
TOOTHPASTE
MILK
TONGUE
FLOSS
CANDY

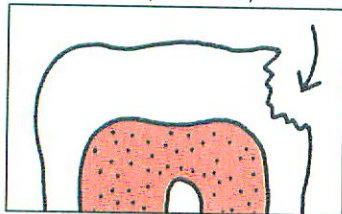
CAVITY
MEAT
FRUITS
CREST
EAT
MOUTH
BITE

FLUORIDE
TEETH
CHEESE
GRAIN
DECAY

Dental Definitions

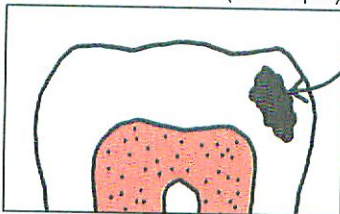
You will probably come across some new words while you read this book. A few of these words and their meanings are given below.

CAVITY (KAV-i-tee)



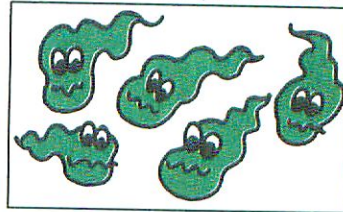
A hole in your tooth.

WEAK SPOT (week spot)



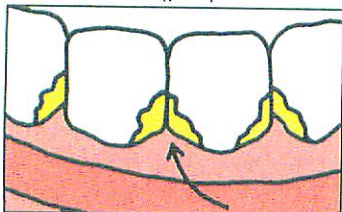
A tiny spot inside the tooth that has lost its mineral strength. It can grow into a cavity, or perhaps fluoride can help the spot to rebuild.

BACTERIA (bak-TIR-ee-uh)



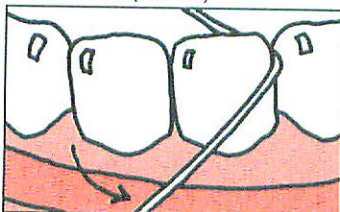
Very, very small germs that can only be seen with a special instrument called a microscope. They often group together in clumps and many live in your mouth.

PLAQUE (plak)



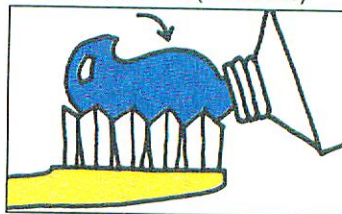
A sticky film of bacteria, saliva and food particles that can cause cavities.

FLOSS (flawss)



A special string designed to clean between your teeth, especially around the gums, where your toothbrush can't reach.

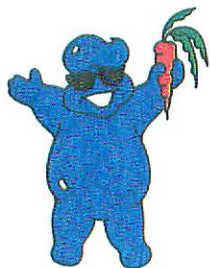
FLUORIDE (FLOR-ide)



Helps fight tooth decay by strengthening your teeth. It is often found in drinking water or your dentist may put it directly on your teeth. It is also found in toothpastes like Crest (which is accepted by the American Dental Association).

What Are Teeth Good For?

Fill in the missing letters
(get a clue from the pictures).



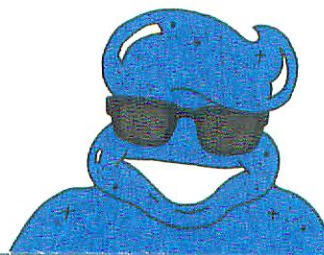
E _ _ _ _ G

L _ _ _ G H _ _ G



S _ _ _ _ G

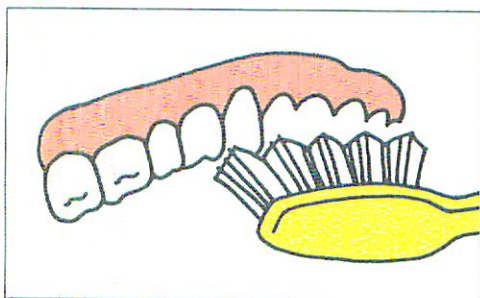
S _ _ _ L _ _ G





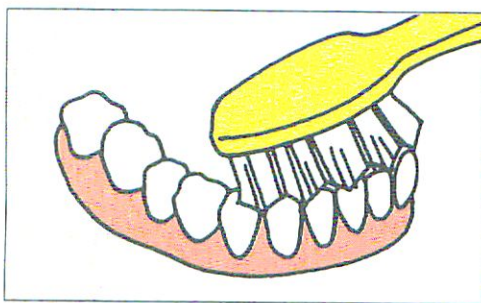
How To Brush

Use a soft toothbrush like Crest Complete—the kind your dentist and hygienist tell you to use. Always use your own toothbrush—not one that belongs to someone else.



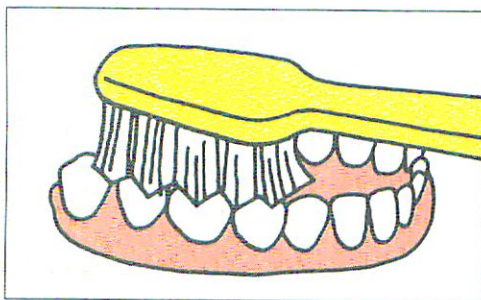
1. Start with your four front teeth.

Hold your brush on a slant at the place where your teeth and gums meet. Gently brush your teeth side to side. Not too hard. Clean the outside of your teeth—top and bottom.



2. Now your back teeth.

Brush with short, half-tooth wide strokes to clean the outside of your back teeth—top and bottom, both sides of your mouth.



3. Now brush the inside of your back teeth.

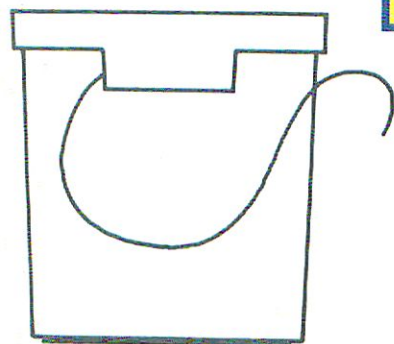
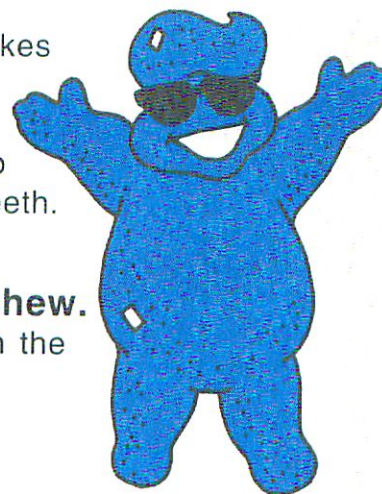
Use short strokes. Top and bottom, both sides.

4. Turn your brush so the handle points up.

Brush with up-and-down strokes on the inside of your bottom front teeth. Turn the brush so the handle points down to clean inside your top front teeth.

5. Now clean the tops of your teeth where you chew.

Hold the brush flat and clean the chewing places on all your teeth—top and bottom.



Flossing

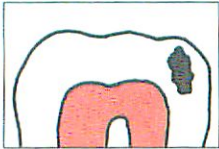
This is how you clean between your teeth and along the gums. Your dentist and hygienist can show you how to do it the right way. Then practice at home with help from grown-ups.

Word Scramble

Unscramble the words. Look at the pictures for clues.



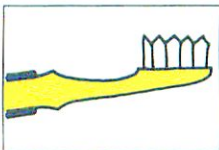
HOTOT



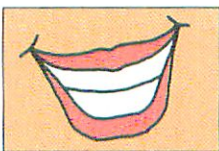
KWAEOSTP



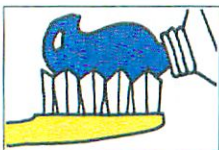
NSITEDT



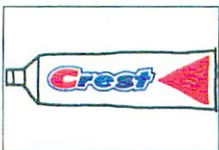
HRUBTOSOHT



IMELS

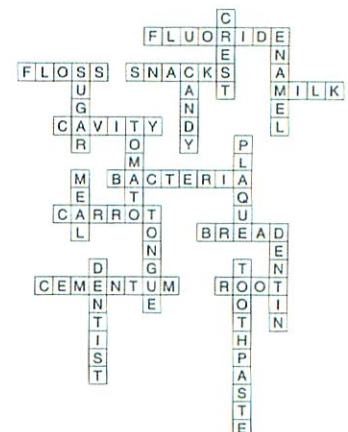


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TERCS

Answers



Answers to Word Scramble: TOOTH, WEAK SPOT, DENTIST, TOOTHBRUSH, SMILE, FLUORIDE, CREST

Answers to What Are Teeth Good For?: EATING, LAUGHING, SINGING, SMILING