



**Discover the power
of a healthy smile**

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.org

PLAY

**DENTAL
JEOPARDY!**

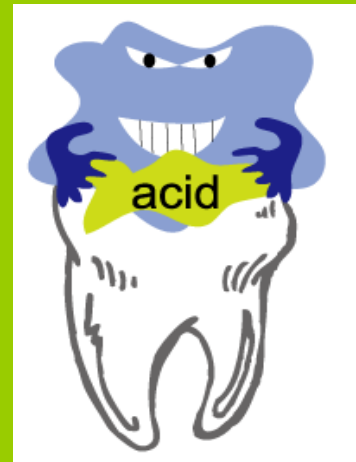
Test Your Dental IQ!

Smile with Style!



Brushing & Flossing

Cavity Creeps



**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!

100

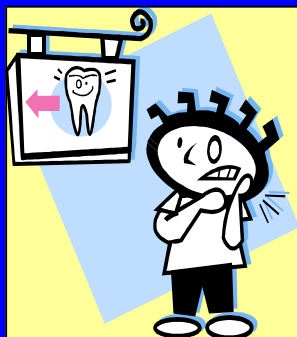
200

300

400

500

1
○○



What is a cavity?

- A. A sick tooth
- B. A tooth that got knocked out
- C. A filling in a tooth

Turn over for answer

2
○○



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

Turn over for answer

3
○○

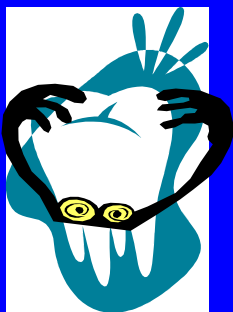


If you have a cavity and don't see a dentist...

- A. The cavity will get bigger.
- B. The cavity will stay the same size.
- C. The cavity will disappear like magic.

Turn over for answer

4
○○



What is Plaque?

- A. A cavity in the tooth
- B. Gum disease
- C. A smelly, sticky layer of germs on your teeth

Turn over for answer

5
○○



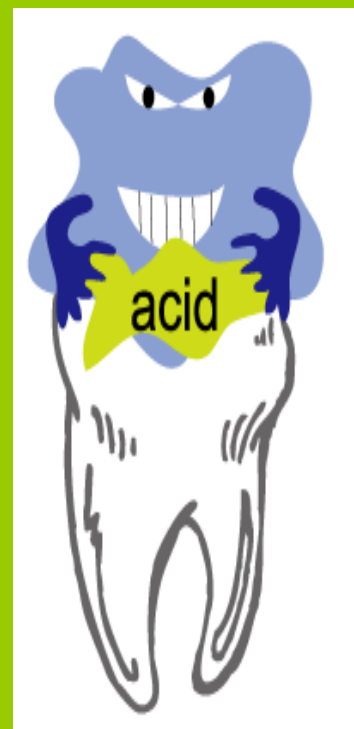
What does Plaque and Sugar make?

- | | | |
|------------------|------------------|------------------|
| A. Plaque | B. Plaque | C. Plaque |
| + Sugar | + Sugar | + Sugar |
| = Acid | = Cake | Strong Teeth |



Turn over for answer

Cavity Creeps



Answer:

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

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

A. The cavity will get BIGGER.

Cavity Creeps Category

Answer:

“How can you keep from getting a cavity?”

D. All of the above

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

Cavity Creeps Category

Answer:

“What is a cavity?”

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.

Cavity Creeps Category

Answer:

“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.



Cavity Creeps Category

Answer:

“What is plaque?”

Plaque is...

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

- ◆ Brushing and flossing removes plaque from teeth.

Cavity Creeps Category

1
○○



How often should you brush your teeth?

- A. Once a day
- B. At least twice a day
- C. Never

Turn over for answer

2
○○



How many minutes should you brush?

- A. 30 seconds
- B. Two minutes
- C. Five minutes

Turn over for answer

3
○○



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

Turn over for answer

4
○○



What kind of toothbrush should you use?

- A. Soft
- B. Medium
- C. Hard

Turn over for answer

5
○○



How often should you floss your teeth?

- A. Once a day
- B. Once a week
- C. Only when you feel something stuck

Turn over for answer

Smile with Style!



Brushing and Flossing

Answer:

“What parts of the mouth must be brushed?”

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.

Smile with Style! Brushing & Flossing Category

Answer:

“How many minutes should you brush?”

Brush for
at least
two minutes.

Smile with Style! Brushing & Flossing Category

Answer:

“How often should you brush your teeth?”

B. At least
twice a day

Be sure to brush
after breakfast
and before
bedtime.

Smile with Style! Brushing & Flossing Category

Answer:

“How often should you floss your teeth?”

Floss your teeth
once a day.

Your dentist or
dental hygienist
can show you
how.

Smile with Style! Brushing & Flossing Category

Answer:

“What kind of toothbrush should you use?”

A. Soft

Soft
toothbrushes
remove plaque
and won't hurt
tooth enamel.

Smile with Style! Brushing & Flossing Category

1
0
0



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

Turn over for answer

2
0
0



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

Turn over for answer

3
0
0



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

Turn over for answer

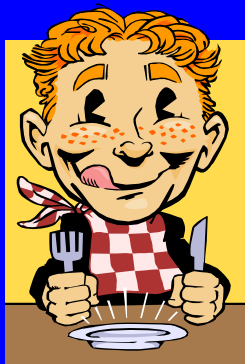
4
0
0



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

Turn over for answer

5
0
0



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

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

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

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

Answer:

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

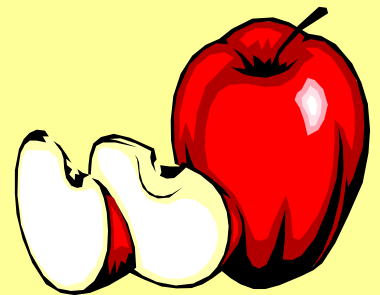
D. All of the above

- ◆ 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

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

100

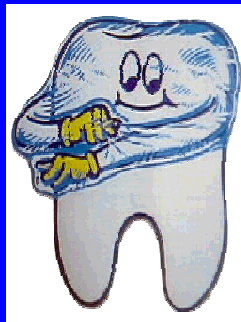


How old are you when the last baby tooth falls out?

- 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 mouthguard do?

Turn over for answer

400

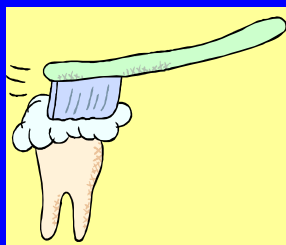


How does fluoride protect teeth?

- 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

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?”

C. All of the above

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

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.

Rock Your Smile! Category

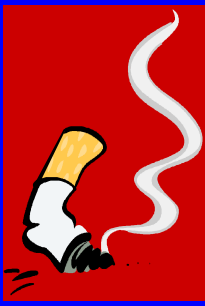
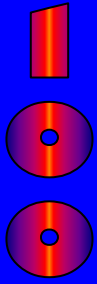
Answer:

“How does fluoride protect teeth?”

B and C!

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

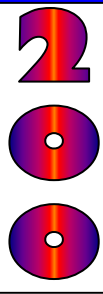
Rock Your Smile! Category



How many chemicals are in tobacco smoke?

- A. More than 4,000
- B. More than 400
- C. More than 40

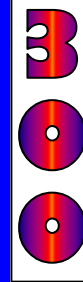
Hint: Look in Tobacco Station



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

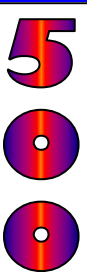
Hint: Look in Brushing & Flossing



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 | ◆ Walnut |
| ◆ 1 portion of a hamburger | ◆ Baseball |
| ◆ 1 portion of peanut butter | ◆ Compact disc |
| ◆ 1 portion of mashed potatoes | ◆ Deck of cards |

Hint: Look in Food Station

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



VISIT
www.mouthpower.org



The Dr. Samuel D. Harris
NATIONAL MUSEUM of DENTISTRY

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.

MouthPower Category

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

MouthPower Category

Answer:

“How many chemicals are in tobacco smoke?”

A . More than 4,000

- ◆ Nicotine
- ◆ Ammonia
- ◆ Aluminum
- ◆ Butane
- ◆ Copper
- ◆ Arsenic
- ◆ Formaldehyde
- ◆ Lead
- ◆ AND MANY MORE

MouthPower Category

Answer:

“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

MouthPower Category

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

MouthPower Category