



**Discover the power  
of a healthy smile**

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**PLAY**

**DENTAL**

**JEOPARDY!**

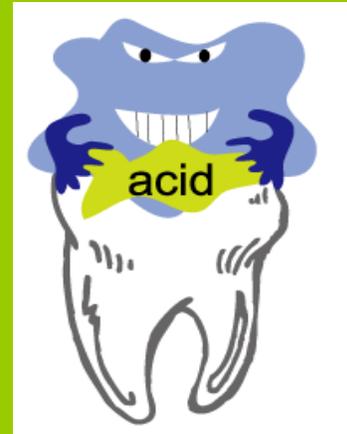
**Test Your Dental IQ!**

**Smile with Style!**



**Brushing & Flossing**

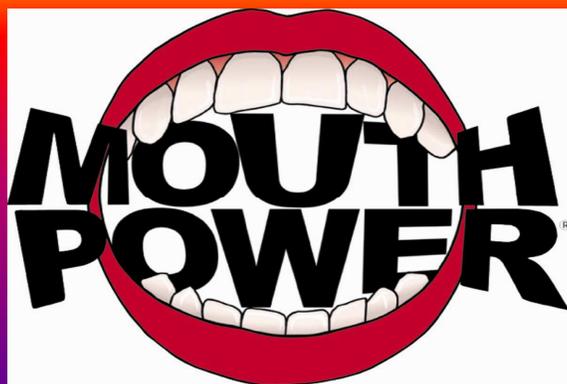
Cavity Creeps



**Healthy  
Foods  
Make  
Healthy  
Smiles**



Rock Your Smile



**VISIT**

**[www.mouthpower.org](http://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!*

1000

2000

3000

4000

5000

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  
○○

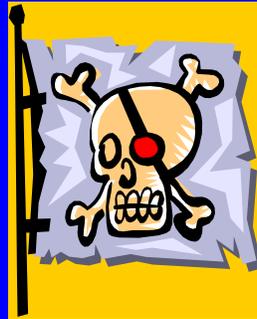


What is Plaque?

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

Turn over for answer

5  
○○



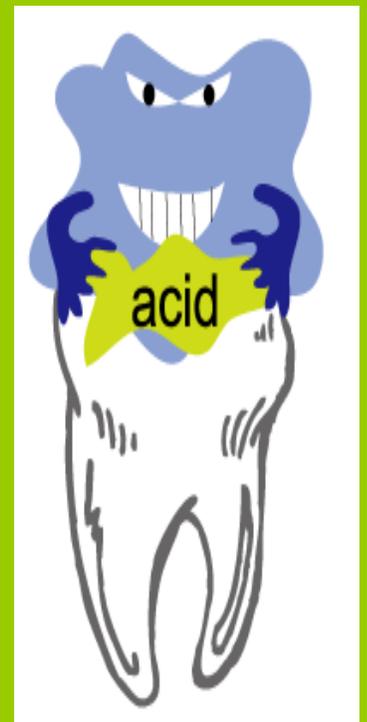
What does Plaque and Sugar make?

- |                                |                                |   |
|--------------------------------|--------------------------------|---|
| A. Plaque<br>+ Sugar<br>= Acid | B. Plaque<br>+ Sugar<br>= Cake | C. Plaque<br>+ Sugar<br>= Strong<br>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.**

**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

**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.

**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.

**Answer:**

“What is plaque?”

Plaque is...

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

Brushing and flossing removes plaque from teeth.

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.

**Answer:**

“How many minutes should you brush?”

Brush for  
at least  
two minutes.

**Answer:**

“How often should you brush your teeth?”

B. At least  
twice a day

Be sure to brush  
after breakfast  
and before  
bedtime.

**Answer:**

“How often should you floss your teeth?”

Floss your teeth  
once a day.

Your dentist or  
dental hygienist  
can show you  
how.

**Answer:**

“What kind of toothbrush should you use?”

A. Soft

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

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



**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:**

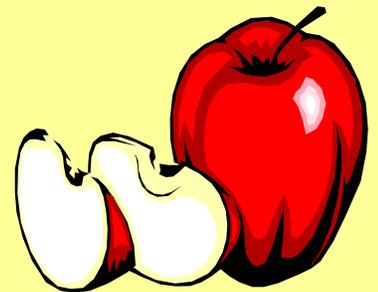
“What are healthy snacks to eat in between meals?”

**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

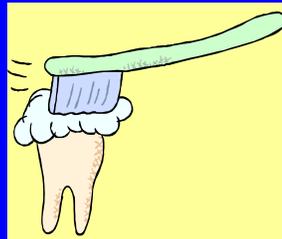


How does fluoride protect teeth?

- 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

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 old are you when the

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

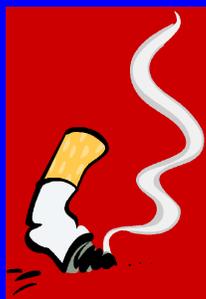
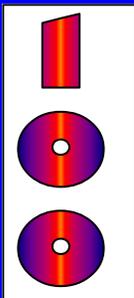
- ◆ Fluoride is found naturally in our environment.
- ◆ It is added to toothpastes to help prevent cavities.

**Answer:**

“How does fluoride protect teeth?”

B and C!

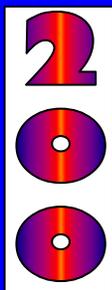
- ◆ Fluoride makes tooth enamel (the protective outer layer) stronger.
- ◆ Fluoride kills germs living in the plaque.



How many chemicals are in tobacco smoke?

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

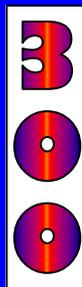
*Hint: Look in Tobacco Station*



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

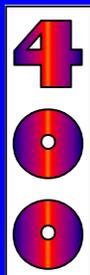
*Hint: Look in Cleaning Station*



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

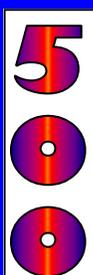
*Hint: Look in Brushing & Flossing*



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*

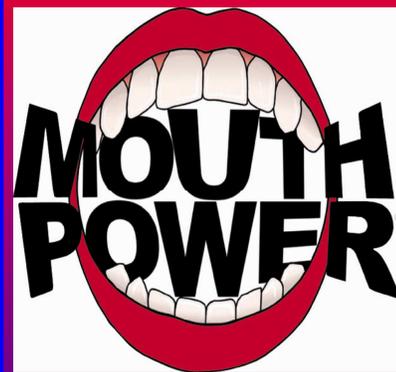


Match the food with the correct size portion...

- ◆ 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*

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



**VISIT**  
[www.mouthpower.org](http://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.

**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:**

“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

**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