

**Activity**  
**1**

# SMART SMILES

**Part A.**

Healthy teeth help you look and feel good! Circle the words in the search to find out more about your teeth and how to take care of them.



**Word List:**

- brush
- floss
- rinse
- cavity
- molar
- bacteria
- incisor
- cuspid
- bicuspid

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

**Part B.**

Look for three words in the search puzzle that complete the statements below. (The first letter is filled in to give you a hint.) Then, on the back of this sheet, draw a picture showing how you fight tooth decay.

**B** \_ \_ \_ \_ two times a day.



**F** \_ \_ \_ \_ to reach places in between teeth.

**R** \_ \_ \_ \_ to help prevent cavities.



**Fun Facts and Tips about Taking Care of Your Teeth**

1. There are more bacteria in your mouth than there are people on earth!
2. Visit your dentist at least twice a year.
3. Stay away from sugary and sticky foods like candy. Protect against cavities with a fluoride rinse like LISTERINE® SMART RINSE® and a fluoride toothpaste.
4. Consider using a tinting pre-brush rinse like LISTERINE® AGENT COOL BLUE® that tints teeth blue to teach better brushing.



**Sing this song in your head whenever you brush your teeth. Sing it twice to get your teeth their cleanest.**

*This is the Way We Brush Our Teeth*  
(to the tune of *Here We Go Round the Mulberry Bush*)

This is the way I brush my teeth, brush my teeth, brush my teeth.  
 This is the way I brush my teeth for a lifetime full of smiles.  
 I brush them up and brush them down, in little circles round and round,  
 Then floss and rinse to make them shine and keep them feeling fine!

**Dear Parents,**

Your child is participating in a free oral health program from Johnson & Johnson Healthcare Products Division of McNEIL-PPC, Inc. Here's how you can reinforce today's classroom lesson and ensure SMART STEPS to a healthy smile.

1. Read the above Fun Facts and Tips with your child.
2. Sing along with your child to the *This is the Way We Brush Our Teeth* song while brushing.
3. Have your child draw a picture of the proper way to care for teeth on the back of this sheet.