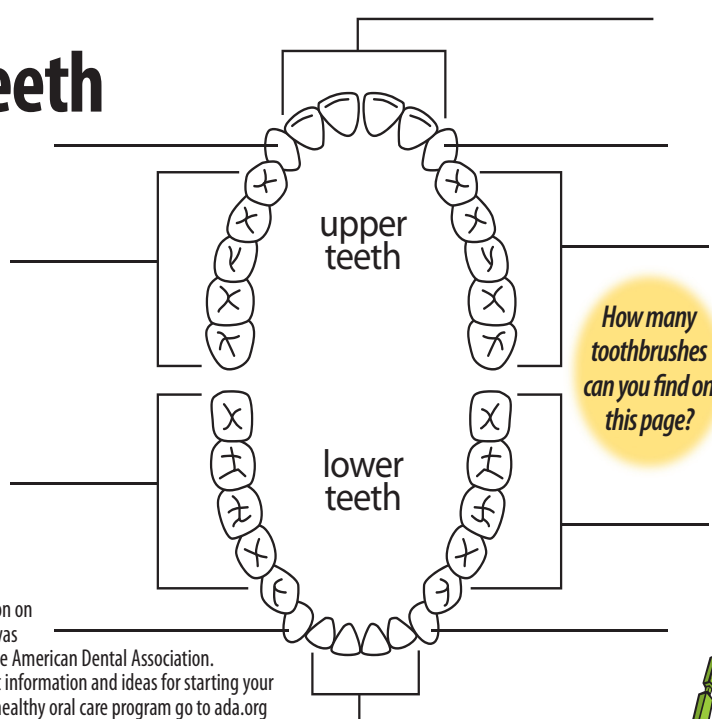


DENTAL HEALTH 2020

Open Wide and Meet Your Teeth

Read the descriptions of each kind of tooth and then label the tooth chart at right.

- **Incisors**—The teeth at the front of your mouth are called **incisors**. They have sharp edges to help you bite into food, like a pear.
- **Canines**—The really pointy teeth on either side of your incisors are called **canines** and they help to tear off food into bites, like meat.
- **Molars**—At the back, are your **molar** teeth. These big, bumpy teeth help you chew food before swallowing it.



The information on today's page was provided by the American Dental Association. For more great information and ideas for starting your children on a healthy oral care program go to ada.org

Baby Teeth On Board

Some people think that cavities in baby teeth don't matter, because they'll be lost anyway. But that's not true.

Dental decay in baby teeth can negatively affect permanent teeth and lead to future dental problems.



Why do we lose our baby teeth?

People get two sets of teeth because as you grow, your mouth gets bigger.

People only have two sets of teeth, so we have to do our best to look after them by brushing twice a day with toothpaste and avoiding sweet drinks and snacks.

Give Kids A Smile®

More than 5.5 million children have received free oral health services through Give Kids A Smile since the national program began in 2003.

To get contact information for the Give Kids A Smile program nearest you, call 844-490-4527 or visit adafoundation.org

When will I get my permanent teeth?

Incisors:
6-8 years old

Canines:
9-12 years old

First molars:
9-11 years old

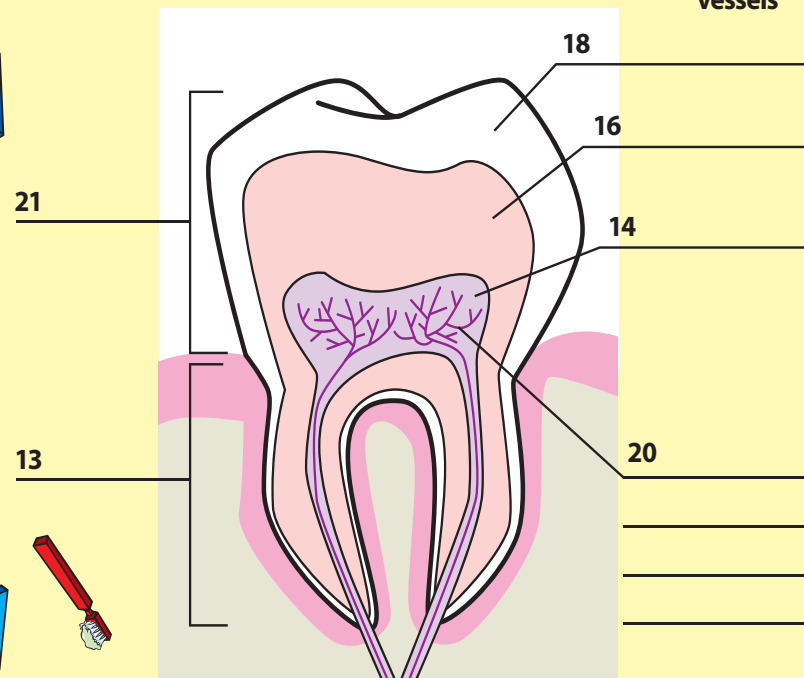
Second molars:
10-12 years old

Nothing But the Tooth

Teeth stay in the mouth because, like trees, they have roots that hold them in our jaws. Tooth roots are usually long and smooth. Front teeth usually have only one root. Back teeth can have as many as three.

Do the math to complete this diagram of a tooth.

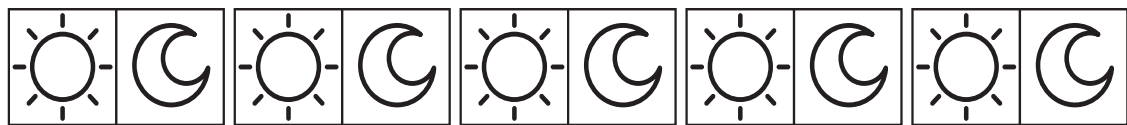
17 - 4 = **root**
10 + 4 = **pulp**
18 + 3 = **crown**
9 + 9 = **enamel**
12 + 4 = **dentin**
11 + 9 = **nerves and blood vessels**



A Great Smile Starts with Healthy Teeth

Healthy teeth give you a great smile and prevent painful problems. Use this chart to keep track of your brushing this week.

1. Find a brushing buddy at home.
2. Ask your buddy to color a sun in the correct box each time you brush your teeth in the morning and a moon each night. Can you earn both each day?



Note to Parents: An adult should brush and floss a child's teeth until he or she is at least 6 years old. By age 6 or 7, children should be able to brush their own teeth twice a day with adult supervision. Brush your own teeth with your children. Practice flossing together and stay healthy as a family!

Extra! Extra!

Healthy Search

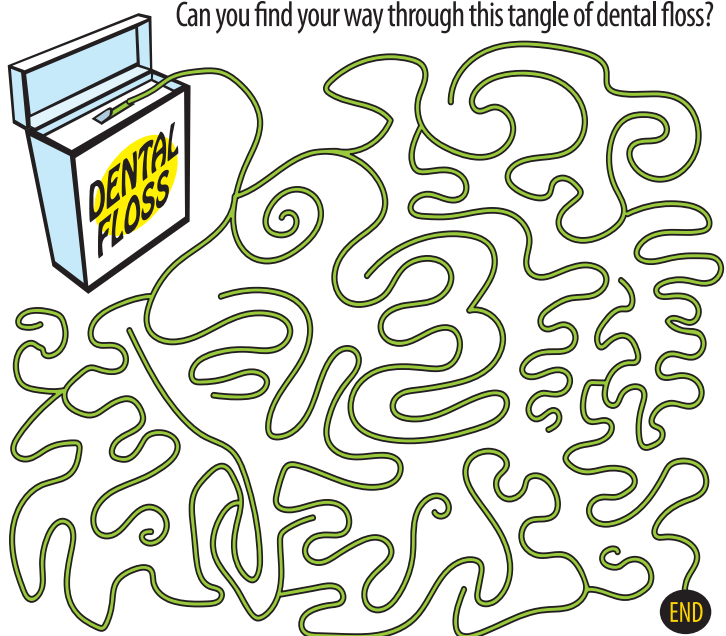
Look through today's newspaper to find:

- ☐ a big smile
- ☐ a healthy drink
- ☐ a healthy food
- ☐ a healthy person
- ☐ someone getting exercise

Standards Link: Research: Use the newspaper to locate information.

Kid Scoop® Puzzler

Can you find your way through this tangle of dental floss?

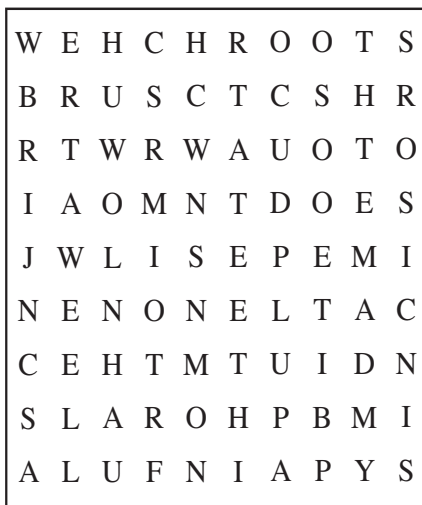


Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

INCISORS
CANINES
PAINFUL
DENTAL
TEETH
SMILE
MOLAR
MOUTH
ROOTS
CROWN
ORAL
JAWS
PULP
BITE
CHEW

Find the words in the puzzle. How many of them can you find on this page?



Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

Kid Scoop Together Toothbrush Test

Can you pass the Toothbrush Test? Are you as bright as your teeth? Take this quiz to find out!

1. How often should you brush your teeth?
A. At least two times a day, morning and night
B. Mondays, Wednesdays and Fridays only
C. No more than once a day
2. How long should you brush your teeth?
A. Less than 30 seconds
B. At least 2 minutes
C. 4 hours or more
3. Which is the right amount of toothpaste to use?
A. A "pea-size" amount
B. A thumb sized amount
C. A big-toe sized amount
4. The best way to brush your teeth is:
A. Straight up and down
B. In small circles
C. Side to side
5. When should I floss my teeth?
A. Once a month
B. Once a week
C. Every evening
6. How often should I visit a dentist?
A. Every 6 months
B. Once a year
C. Every two years
7. Should I brush my gums and tongue?
A. Never
B. Every day
C. When you feel like it

7. Answer: B
You should use a toothbrush with soft bristles and brush your gums and tongue gently to remove any bacteria.

6. Answer: A
You need regular dental visits — every 6 months unless your dentist needs to see you more often.

5. Answer: C
Floss your teeth before you brush your teeth every night. Slip the dental floss between your teeth and along the gumline. Then move it back and forth to remove any food lodged between your teeth.

4. Answer: B
In small circles. Your teeth are precious, imagine you are gently brushing and polishing a treasure.

3. Answer: A
A pea-size amount is the right amount of toothpaste to get the job done.

2. Answer: B
Use a timer or hum the alphabet song to be sure you are brushing long enough. Use toothpaste with fluoride and makes your mouth taste good.

1. Answer: A
Brush your teeth at least two times each day, morning and night.

Kid Scoop VOCABULARY BUILDERS

This week's word:

DECAY

The verb **decay** means to weaken in health.

Her eyesight was beginning to **decay** with age.

Try to use the word **decay** in a sentence today when talking with your friends and family.

FROM THE Kid Scoop® LESSON LIBRARY

Opposites

Select and clip a photo from today's paper and glue it to a piece of paper. Next to the photo, write five words that describe it. Next to each word write its antonym.

Standards Link: Language Arts: Understand and use antonyms.



What does an orthodontist do on a roller coaster?

ANSWER: Braces himself!

Write On!

Tooth Fairy

What does the Tooth Fairy do with all those teeth? What are your ideas? Write about them!

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