

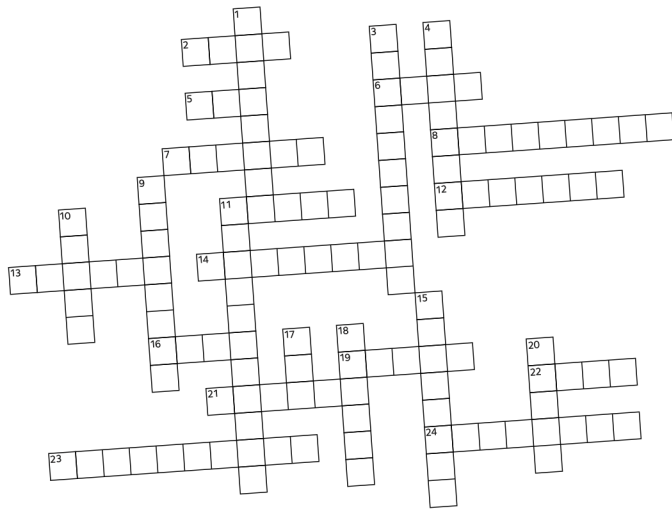
ADA American Dental Association®

Watch Your Mouth! Oral Health and You



Watch Your Mouth!

Crossword Puzzle



ACROSS:

2. The innermost tissue of a tooth
5. Brush your teeth for ___ minutes twice a day
6. The unit you are studying is about ___ health
7. ___ is extremely addictive and most have nicotine
8. A Dental ___ helps the dental team by assisting the dentist
11. A fuzzy-skinned member of the fruits group
12. A dangerous product that is bad for your total health
13. A primary cause of cavities and gingivitis
14. Most dentists recommend a tooth brush with soft
16. Some bacteria in plaque can turn foods into ___
19. With good personal and professional care, you should keep your teeth as long as you are ___
21. The hard outer covering of a tooth
22. The part of the mouth just outside the teeth
23. Protects teeth during sports
24. The front teeth

DOWN:

1. Water with the mineral _____ can prevent cavities
3. Used to remove plaque
4. A special dental material that coats your tooth to prevent decay
9. The type of bone in which teeth are embedded
10. ___ are good sources of protein
11. _____ disease can result in destruction of tissues and bone around the tooth
15. The most common dental disease among young people
17. ___ Disease is an infection of the tissues that surround and support your teeth
18. A watery secretion that bathes teeth and promotes digestion
20. Cleans between teeth

© 2021 American Dental Association. All Rights Reserved.

ADA American Dental Association®

Let's Talk
about Dental
Health!

Try to fill out the
crossword puzzle



Keeping our bodies and teeth clean

- What are some things you do to keep yourself clean?
- Why is it important to have clean hands?
- How do you keep your mouth clean?



Having a clean mouth is essential to having a clean body



Brushing Teeth

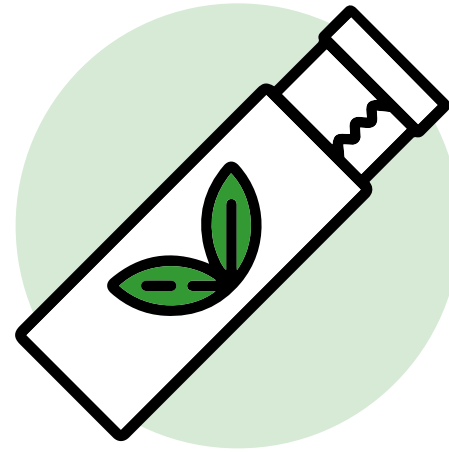


Flossing to Clean
Between Teeth



Mouth Rinses
with Fluoride

True or False: Chewing gum is a way to keep your mouth clean



FALSE

While chewing sugarless gum can promote saliva production to prevent tooth decay, **it is not a substitute for brushing and flossing!**

Good Nutrition

- Eating and drinking healthy foods are just as important for keeping our teeth healthy as they are for keeping our bodies healthy!
- Good nutrition gives you energy for activities like sports, band, drama, and brain fuel for studying!

What are healthy snacks?

What are healthy drinks?



- If you are thirsty, have a glass of water or low-fat milk
- Good vegetables include: yams, potatoes, carrots, and celery
- Good fruits include: peaches, berries, apples, and kiwi
- Meats, fish, and beans are good sources of protein
- Common grains are rice, corn, and wheat



Drinking Water

- Do you drink water from a faucet or bottled water?
- Drink water with the natural mineral “fluoride” to prevent cavities
- Many US communities have the public health program of Fluoride to help prevent disease!



Fluoride

- Fluoride helps protect the enamel on teeth!
- Use toothpaste with fluoride!
- Do you know if the water you drink has fluoride?
- **Fun Fact:** Water fluoridation reduces the prevalence (or amount) of cavities by 25%!
- Want to know if your community participates in water fluoridation? Check out “My Water’s Fluoride” from the CDC!



Toothbrushes

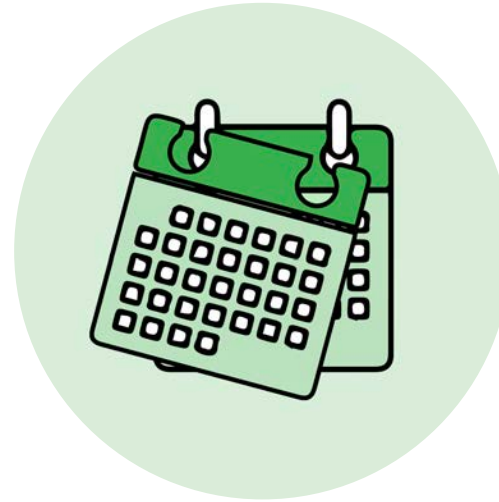
What kind of toothbrush is best to use?
Choose two!

1. A very big one
2. One with a fancy handle
3. A toothbrush that fits well in your hand
4. A purple one
5. A soft-bristle brush



How often should you change your toothbrush?

- 1) Monthly
- 2) Twice a Year
- 3) Every Three Months
- 4) Once a Year



2MIN2X

Brush your teeth
for two minutes
twice a day!

Answer for Question 1:

What kind of toothbrush is best to use?

A toothbrush that fits well in your hand AND A soft-bristle brush

Answer for Question 2:

How often should you change your toothbrush?

Every Three Months



What is plaque?

- Plaque is a sticky film (or slime) that forms on your teeth all the time
- Plaque can be bad for your teeth because it contains bad bacteria
- Bad bacteria in plaque can turn some foods into acid, which makes holes in the teeth called cavities
- **Fun Fact:** There are some good bacteria in your mouth too! Good nutrition and oral hygiene keeps the bad bacteria away.



Gum Disease vs. Periodontal Disease

- **Gum Disease** is an infection of the tissues that surround and support your teeth. This disease is still reversible by a professional cleaning at a dental office, followed by daily brushing and flossing.
- **Periodontal Disease** can result in destruction of bone and tissues around the tooth. It is a major cause of tooth loss in adults.



Normal



Gum Disease



Periodontal Disease

What happens if
you do not brush or
floss your teeth?

Answer: **Cavities and
Gum Disease**



Cavities are the most
common dental disease
among young people

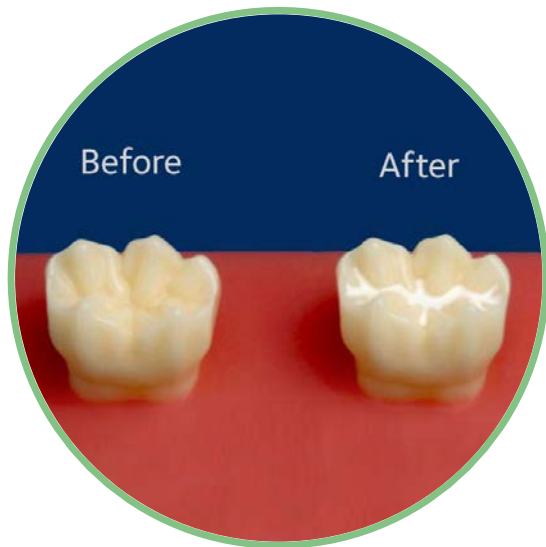
Are cavities
preventable?

YES! You can prevent
cavities by brushing
and flossing!

Protect Your Teeth

How can you keep your teeth strong?

- When playing contact sports, how can you protect your teeth?



- Dental Sealants are a special dental material that seals out decay! Sealants are additional protection that you can get from your dentist or dental hygienist.

Dangerous Products for Your Total Health

- Tobacco/Nicotine
- **What are different tobacco and nicotine products?**
- Tobacco can cause gum disease and tooth loss
- It can also cause mouth, tongue, and lip cancer



Oral Cancer



Tobacco Stains

- Tobacco and vaping can cause bad smelling breath
- Tobacco and vaping can be dangerous for your entire body and stain your teeth
- Vaping is extremely addictive and most vape products include nicotine

What are common careers in oral health?



Dentist



Dental
Hygienist



Dental
Assistant

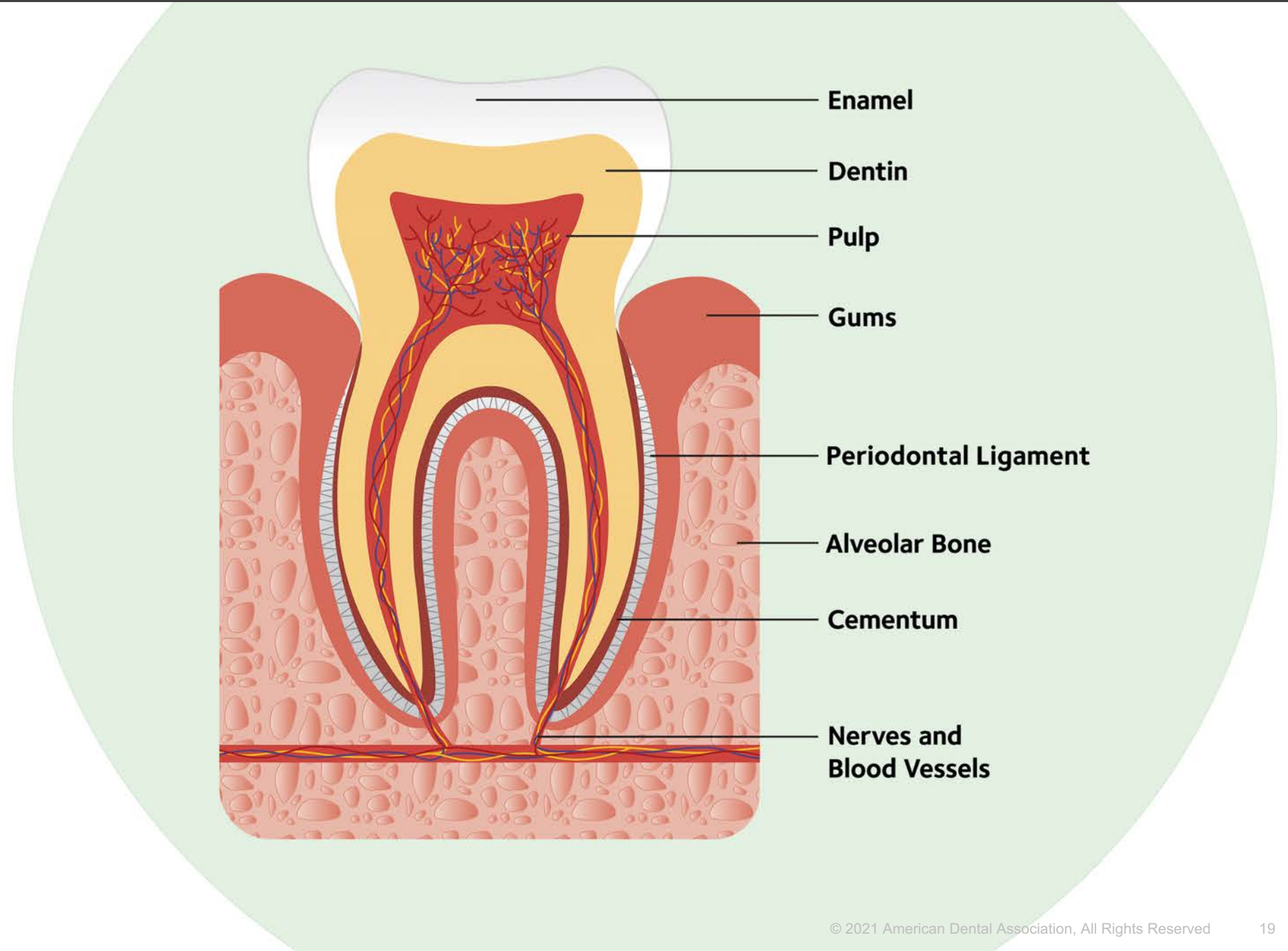


Dental
Technician

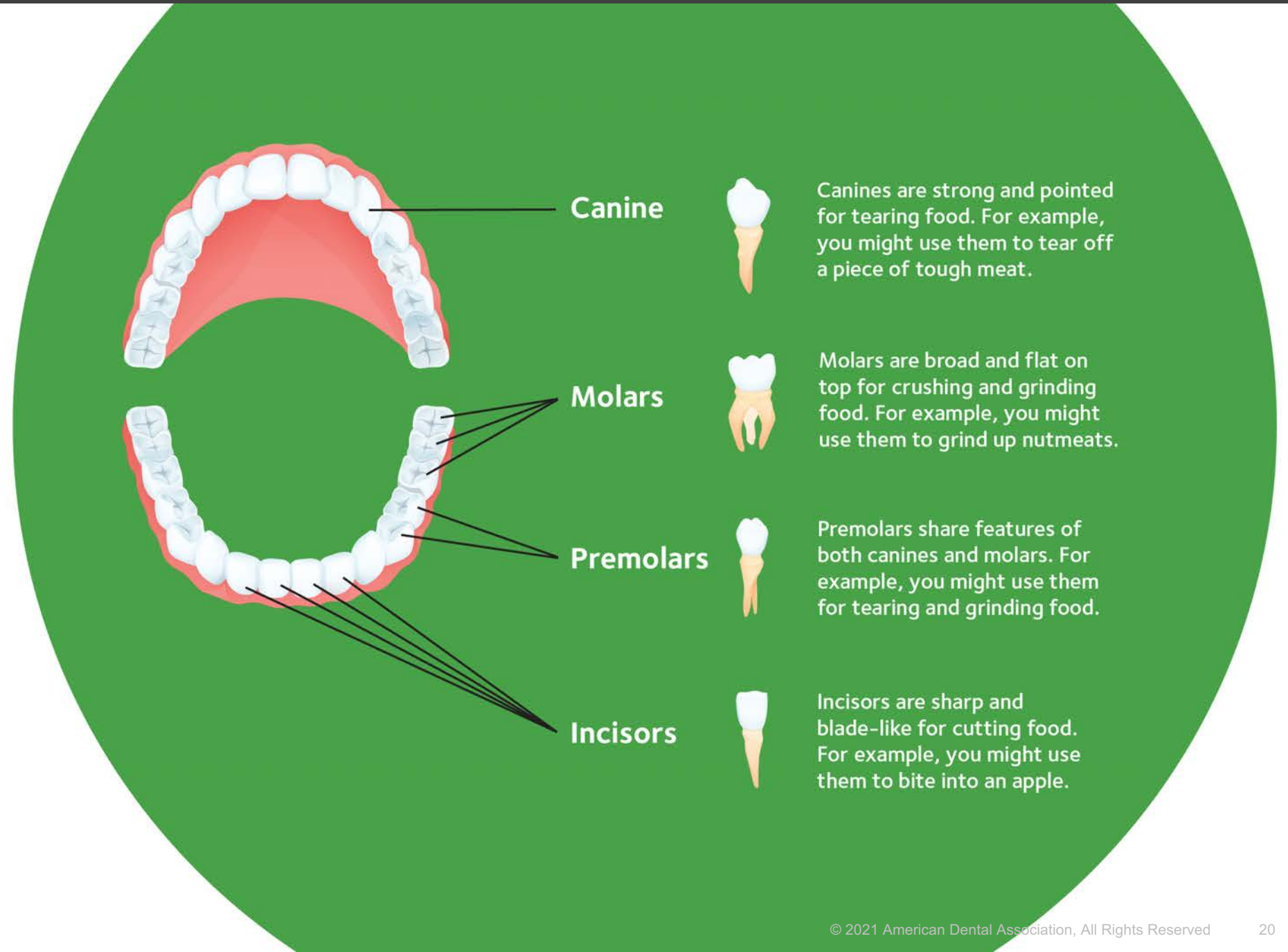


Oral Public
Health
Practitioner

Tooth Anatomy



Tooth Anatomy





**Any
questions
about
oral health?**



**Thank You
and
Smile On!**