

A Mouthy MIX-UP

There are a lot of different ways to keep your mouth healthy. Unscramble these words to reveal things that can help keep your smile sparkling.



1. **OUTBTSORHH**

Hint: Replace this every three months.

2. **HSTTTAEOP**

Hint: A pea-size amount of this is all you need.

3. **OLSFS**

Hint: Use 18 inches of this once a day.

4. **HYHTAEL DOOF**

Hint: This includes fruits, veggies and milk.

5. **DSNTTIE**

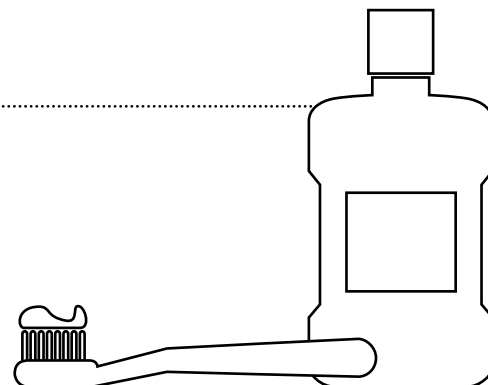
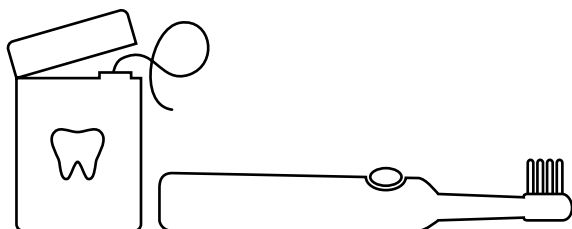
Hint: Visit this person every six months.

6. **REFODLIU**

Hint: This helps fight cavities, so make sure it's in your toothpaste and mouth rinse or ask your dentist for more information.

7. **HMOWHTUSA**

Hint: Swishing this helps fight bad breath.



Answers: 1. Toothbrush, 2. Toothpaste, 3. Floss, 4. Healthy Food, 5. Dentist, 6. Fluoride, 7. Mouthwash

FOR MORE FUN, ask a parent for help getting online to take quizzes on the Tooth Fairy, healthy snacks and more! Visit ddpa.toothfairyactivities.com to get started.

 **DELTA DENTAL**