

Date: _____ Name: _____

Healthy Teeth, Healthy Smiles!

Fill in the gaps with a word from the box.

two	cavities
healthy	sweets
floss	plaque
chew	gums
dentist	vegetables
gingivitis	fruits

1. We brush our teeth for _____ minutes, at least _____ times a day.
2. Visit your _____ two times a year.
3. Avoid eating too many _____.
4. Remember to _____ between your teeth too!
5. Strong, _____ teeth help you _____ your food and look your best!
6. The holes bacteria make in our teeth are called _____.
7. _____ is the bacteria that we can get on our teeth.
8. Our _____ are pink when they are healthy!
9. People with red, swollen and sore gums have a gum disease called _____.
10. Eating lots of _____ and _____ help us to have healthy smiles!