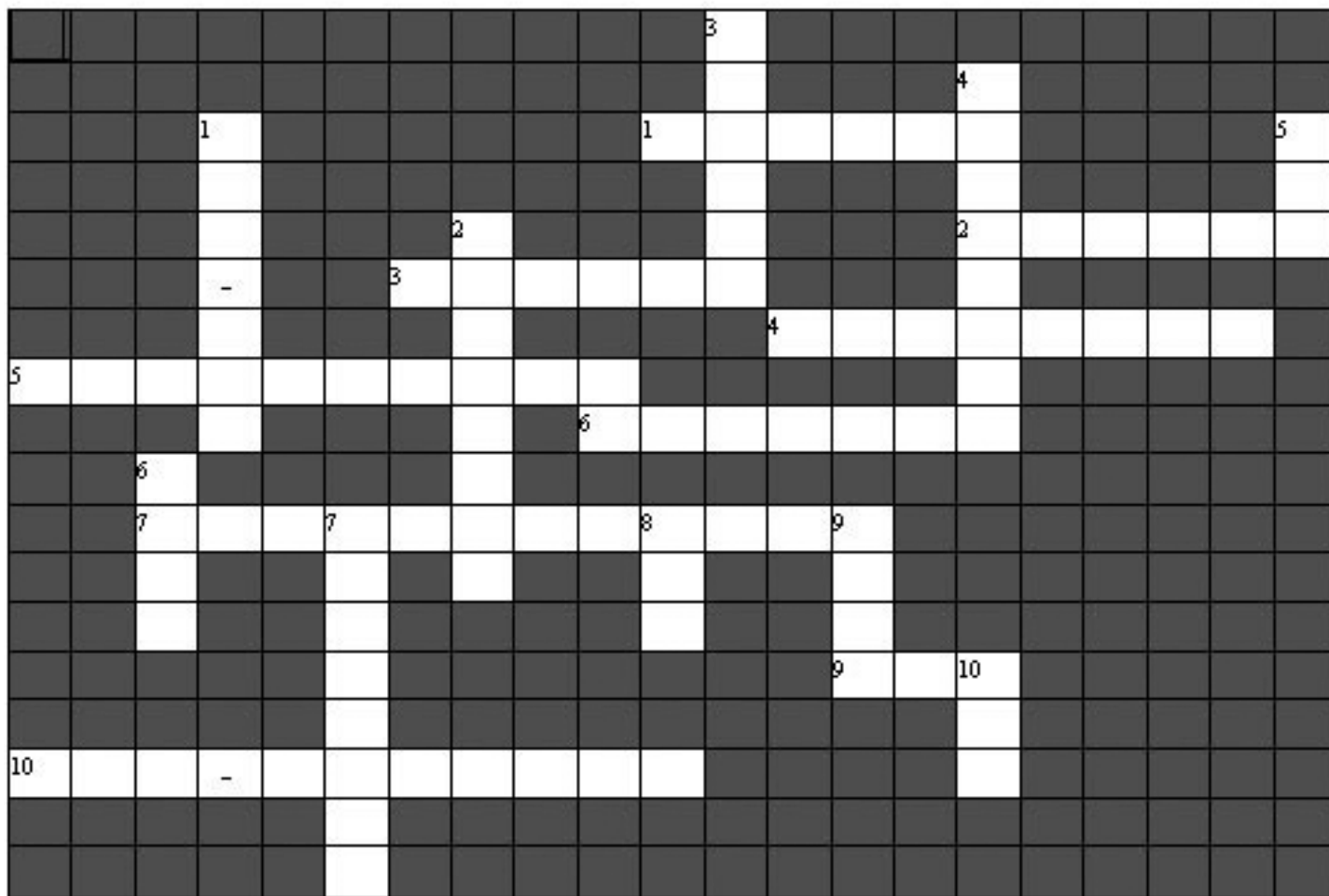


Test your Dental Hygiene knowledge!



ACROSS

1. _____ is the hard outside covering on your teeth.
2. _____ is the wet (slimy) substance that occurs naturally on your teeth and gums.
3. When certain bacteria combine with the protein from your saliva, it forms a whitish film called _____.
4. _____ occur when plaque and sugar combine and start dissolving your tooth enamel.
5. One way you can help keep your teeth healthy is to eat _____ snacks that are low in sugar.
6. Food and debris often become embedded in the bumpy, _____ surfaces of the teeth.
7. _____ are often used to correct crooked teeth and poor bite.
8. Fluoride strengthens tooth enamel to help prevent _____.
9. You should visit the dentist at least _____ times each year.
10. You can use a timer or listen to a song on the radio to ensure you brush for a full _____ - _____ each time.

DOWN:

1. Since bacteria can live on a wet toothbrush, let your toothbrush _____ - _____ after each use.
2. Your toothpaste should always contain _____.
3. Brush your teeth, gums, and _____ at each cleaning.
4. Wrap _____ around your fingers to clean up and down between teeth.
5. Children under six should use a dab of toothpaste, the size of a _____, when brushing.
6. Replace your toothbrush any time the bristles appear frayed or at least every _____ months.
7. The _____ most often cleans your teeth at the dental office.
8. Brush your teeth at least _____ times each day.
9. Toothbrushes should always have _____ bristles.
10. Floss your teeth at least _____ time each day.