

Name: _____

Date: _____

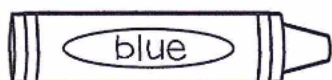
Find the Evidence

Can you find the PROOF for your answers? Use a crayon in the color shown to underline where you found each answer in the text.

How to Care for Your Teeth

When you "say cheese," are you showing healthy teeth? February is Dental Health Month- the perfect time to learn how to take care of your teeth and keep them strong!

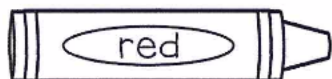
1. Put a little toothpaste onto a soft toothbrush.
2. Gently brush all of your teeth, including the front, back, and sides.
3. Keep brushing for at least two minutes.
4. Spit out the toothpaste after brushing, because it's dangerous to swallow too much toothpaste.
5. Floss your teeth to clean out food from between your teeth.
6. Think about using mouthwash or brushing your tongue to keep your breath fresh and keep your mouth even cleaner!
7. Make sure you visit the dentist twice a year! Remember that eating healthy foods and rinsing your mouth with water after eating sweet things can stop the germs from growing!



Who should you see twice a year?



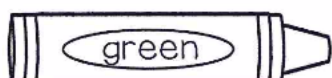
What should you do **after** eating candy?



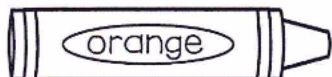
Where can you brush to freshen your breath?



Why should you spit after brushing?



How does flossing help your teeth?



When is Dental Health Month?