

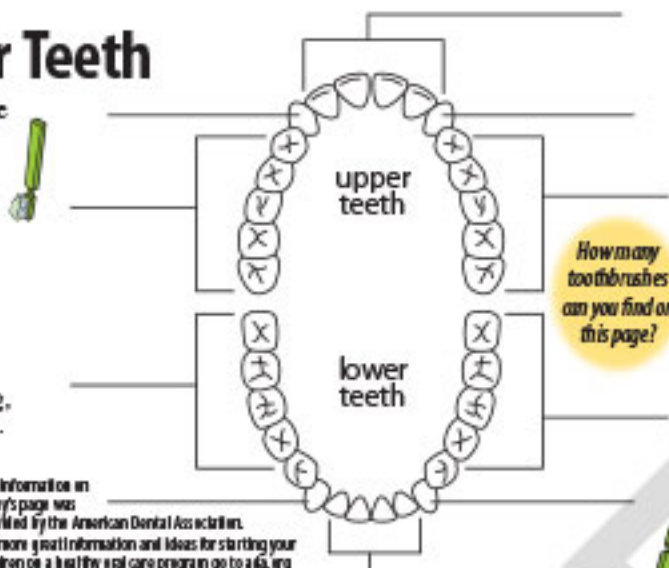


DENTAL HEALTH

Open Wide and Meet Your Teeth

Read the descriptions of each kind of tooth and then label the tooth chart at right.

- **Incisors**—The teeth at the front of your mouth are called incisors. They have sharp edges to help you bite into food, like a pear.
- **Canines**—The really pointy teeth on either side of your incisors are called canines and they help to tear off food into bites, like meat.
- **Molars**—At the back, are your molar teeth. These big, bumpy teeth help you chew food before swallowing it.



The information on today's page was provided by the American Dental Association. For more great information and ideas for starting your children on a healthy oral care program go to ada.org

Baby Teeth On Board

Some people think that cavities in baby teeth don't matter, because they'll be lost anyway. But that's not true.

Dental decay in baby teeth can negatively affect permanent teeth and lead to future dental problems.



Why do we lose our baby teeth?

People get two sets of teeth because as you grow, your mouth gets bigger.

People only have two sets of teeth, so we have to do our best to look after them by brushing twice a day with toothpaste and avoiding sweet drinks and snacks.

Give Kids A Smile®

More than 5.5 million children have received free oral health services through Give Kids A Smile since the national program began in 2003.

To get contact information for the Give Kids A Smile program nearest you, call 844-490-4527 or visit ada.org

When will I get my permanent teeth?

- Incisors: 6-8 years old
- Canines: 9-12 years old
- First molars: 9-11 years old
- Second molars: 10-12 years old

A Great Smile Starts with Healthy Teeth

Healthy teeth give you a great smile and prevent painful problems. Use this chart to keep track of your brushing this week.

1. Find a brushing buddy at home.
2. Ask your buddy to color a sun in the correct box each time you brush your teeth in the morning and a moon each night. Can you earn both each day?

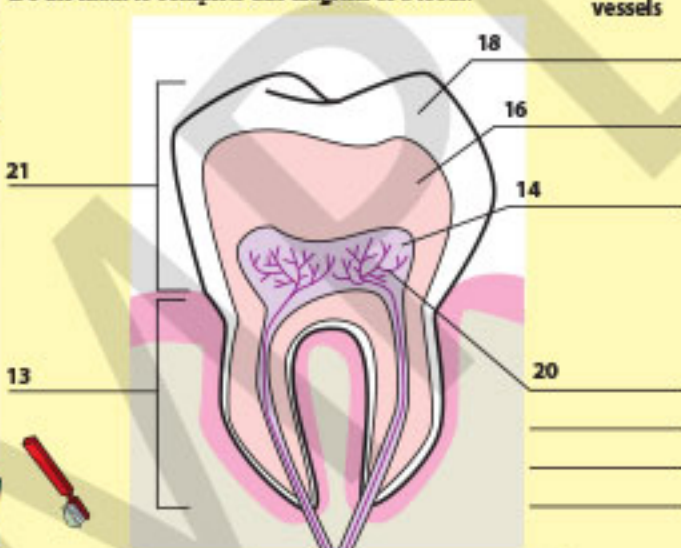


Note to Parents: A child should brush and floss a child's teeth until the child is at least 6 years old. By age 6 or 7, children should be able to brush their own teeth twice a day with adult supervision. Brush your own teeth with your child. Practice flossing together and stay healthy as a family!

Nothing But the Tooth

Teeth stay in the mouth because, like trees, they have roots that hold them in our jaws. Tooth roots are usually long and smooth. Front teeth usually have only one root. Back teeth can have as many as three.

Do the math to complete this diagram of a tooth.



- 17 - 4 = root
- 10 + 4 = pulp
- 18 + 3 = crown
- 9 + 9 = enamel
- 12 + 4 = dentin
- 11 + 9 = nerves and blood vessels

Extra! Extra! Healthy Search

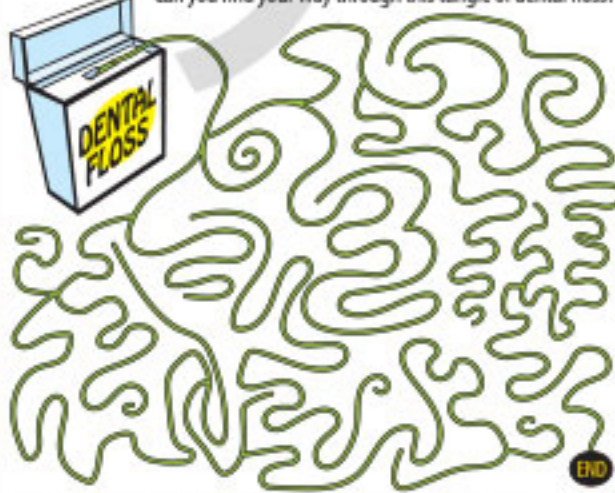
Look through today's newspaper to find:

- ☐ a big smile
- ☐ a healthy drink
- ☐ a healthy food
- ☐ a healthy person
- ☐ someone getting exercise

Standards Link: Research: Use the newspaper to locate information.

Kid Scoop Puzzler

Can you find your way through this tangle of dental floss?



Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

INCISORS
CANINES
PAINFUL
DENTAL
TEETH
SMILE
MOLAR
MOUTH
ROOTS
CROWN
ORAL
JAWS
PULP
BITE
CHEW

Find the words in the puzzle. How many of them can you find on this page?



Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

Kid Scoop VOCABULARY BUILDERS

This week's word: **DECAY**

The verb decay means to weaken in health.

Her eyesight was beginning to decay with age.

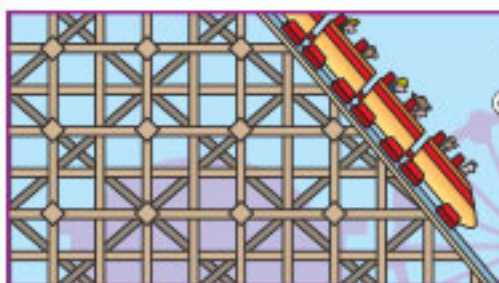
Try to use the word decay in a sentence today when talking with your friends and family.

FROM THE Kid Scoop LESSON LIBRARY

Opposites

Select and clip a photo from today's paper and glue it to a piece of paper. Next to the photo, write five words that describe it. Next to each word write its antonym.

Standards Link: Language Arts: Understand and use antonyms.



What does an orthodontist do on a roller coaster?

ANSWER: A washmouth

Write On!

Tooth Fairy

What does the Tooth Fairy do with all those teeth? What are your ideas? Write about them!

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