

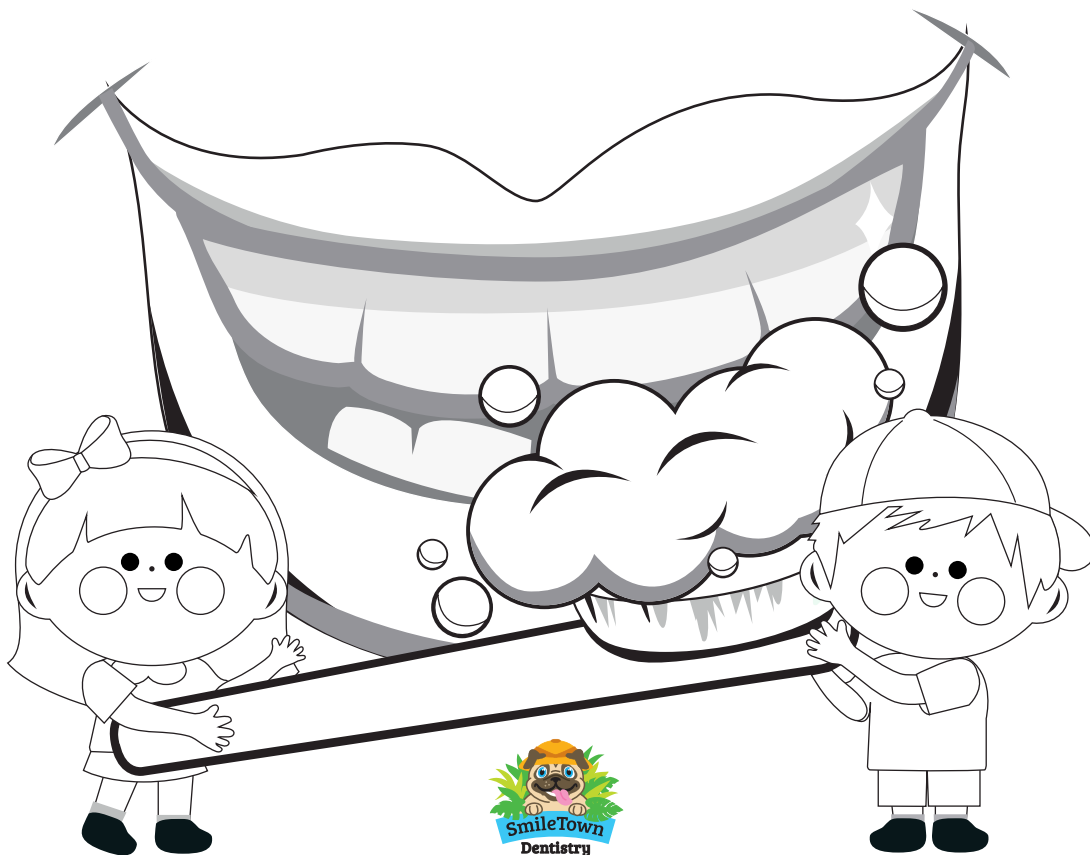


# Healthy Smiles Kids Activity Book



# Take The Smart Mouth Quiz!

- 1. How often do you need a new tooth brush?**
  - a) every month
  - b) anytime your dog has been chewing on it
  - c) every two to three months
  - d) at least once before you graduate from high school
- 2. How often should you brush your teeth?**
  - a) once a week, or when you start to see a greenish tinge
  - b) after every meal or at least once a day
  - c) twice a day
  - d) whenever things feel fuzzy
- 3. How soon after eating should you brush?**
  - a) right away.
  - b) within a few minutes
  - c) about an hour later
  - d) it doesn't make any difference
- 4. Flossing is only for grown-ups.**  
True or False?
- 5. How long should you take to brush your teeth?**
  - a) 20 seconds
  - b) two to three minutes
  - c) one minute to brush your teeth and one minute to brush your tongue
  - d) long enough to sing 'O Canada' quickly in your head
- 6. How should healthy gums look?**
  - a) shiny and swollen
  - b) pale and waxy
  - c) bright red from bleeding
  - d) none of the above
- 7. Why is toffee an especially bad snack?**
  - a) because it's sticky
  - b) it has more sugar than other candy
  - c) it can leave dark stains on your teeth
  - d) all of the above



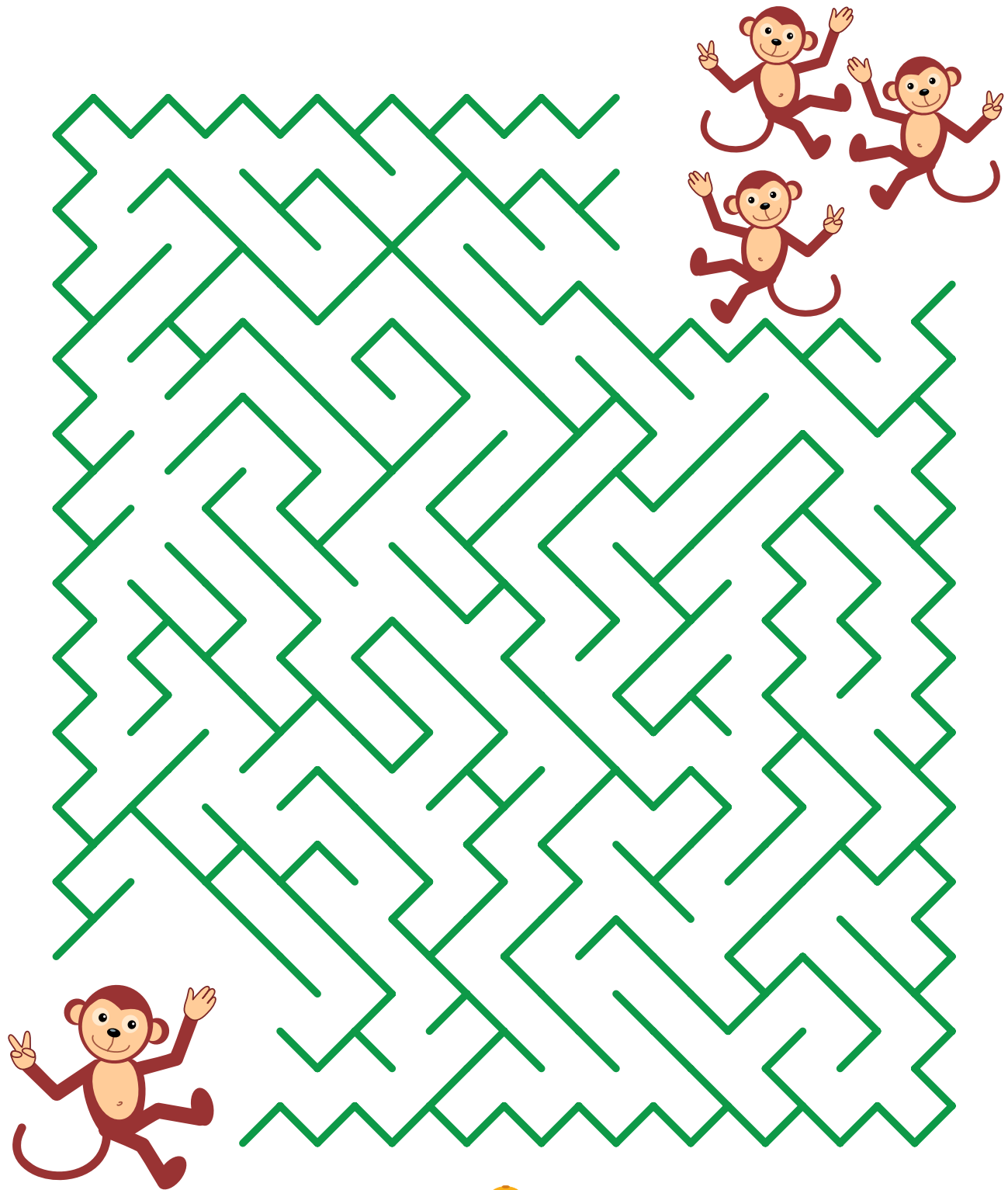
Find the foods that keep your teeth healthy.  
Circle them.



Find the foods that are bad for your teeth.  
Put an X through them.




Help Mr. Monkey find his friends,  
so that he can have some fun!





There are 10 differences between these two pictures!  
Can you find them?





# Colour Monkey... Colour by Number


$2+1 =$  


$4-2 =$  


$1+3 =$  

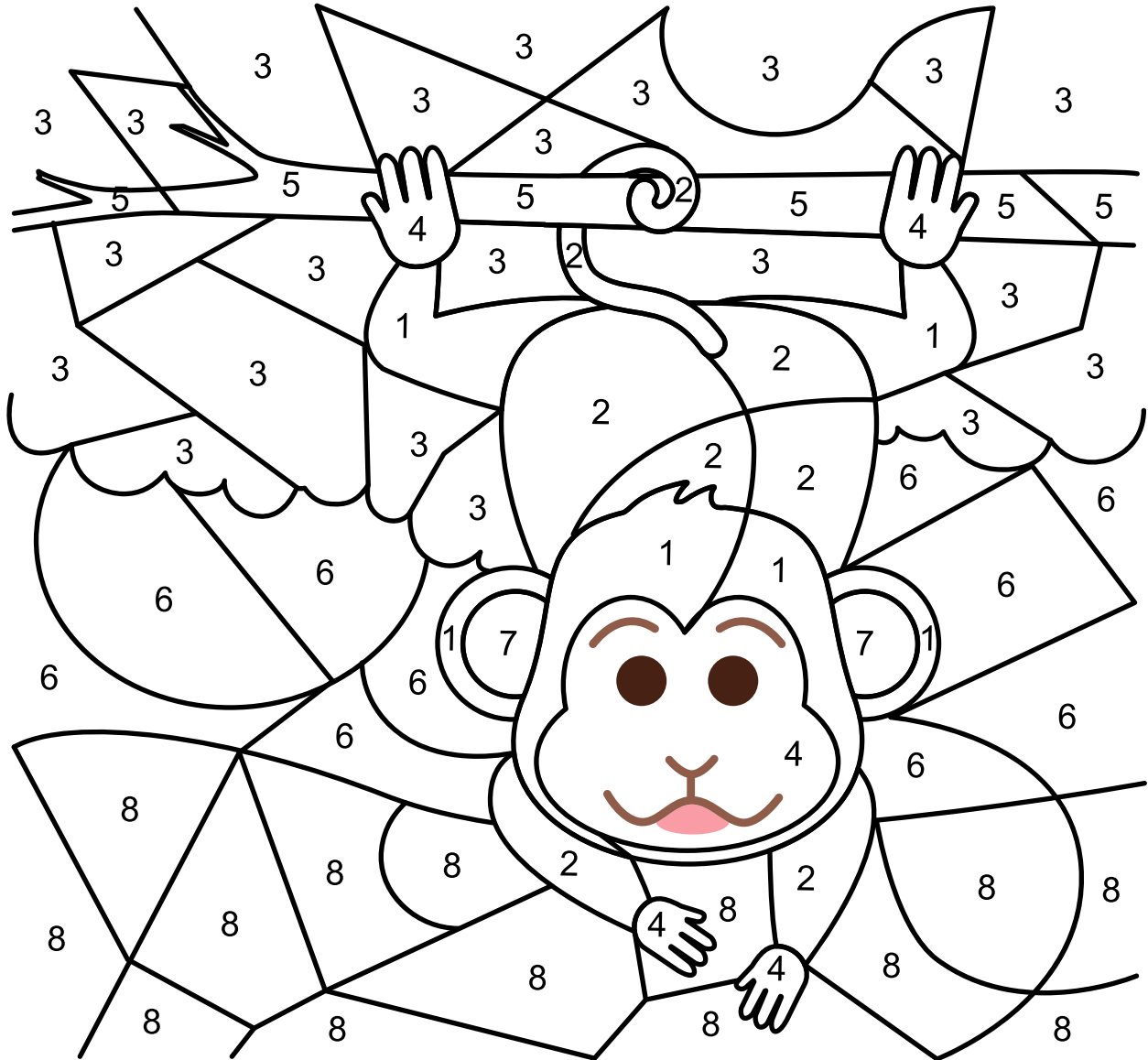
$5-4 =$  

$1+4 =$  

$3+3 =$  

$3+4 =$  

$10-2 =$  



# Unscramble The Dental Words

1. ubhrs \_\_\_\_\_

2. othto \_\_\_\_\_

3. sitndte \_\_\_\_\_

4. htteaopots \_\_\_\_\_

5. yiatvc \_\_\_\_\_

6. sfslo \_\_\_\_\_

7. elsim \_\_\_\_\_

8. adyce \_\_\_\_\_

9. humot \_\_\_\_\_

10. nleca \_\_\_\_\_



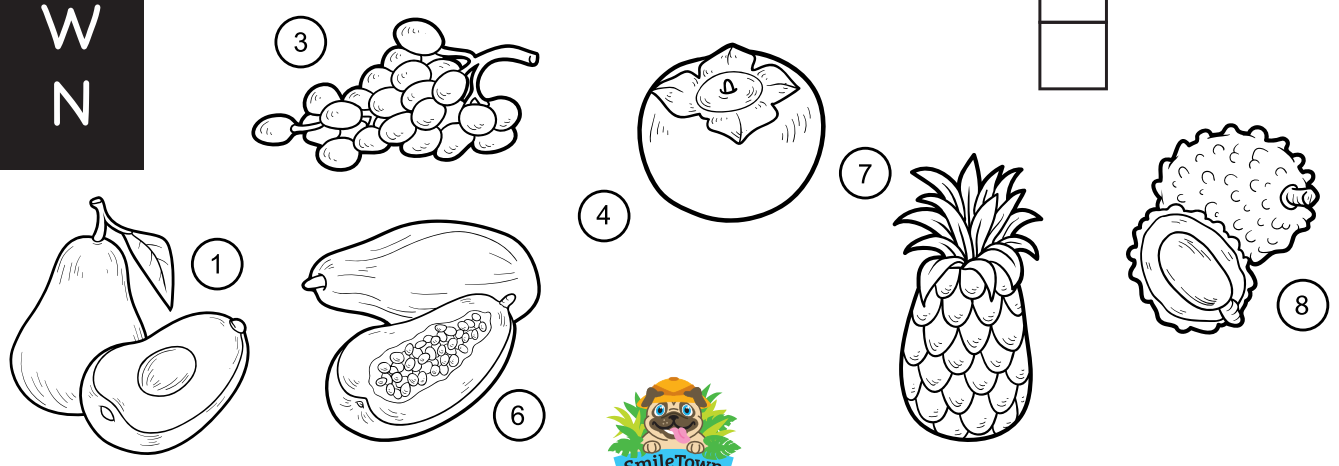
# Healthy Fruits Crossword

ACROSS

A crossword puzzle grid with 12 numbered starting points for across clues:

- 1: 6 squares
- 2: 5 squares
- 3: 4 squares
- 4: 3 squares
- 5: 6 squares
- 6: 5 squares
- 7: 4 squares
- 8: 3 squares
- 9: 7 squares
- 10: 4 squares
- 11: 8 squares
- 12: 6 squares

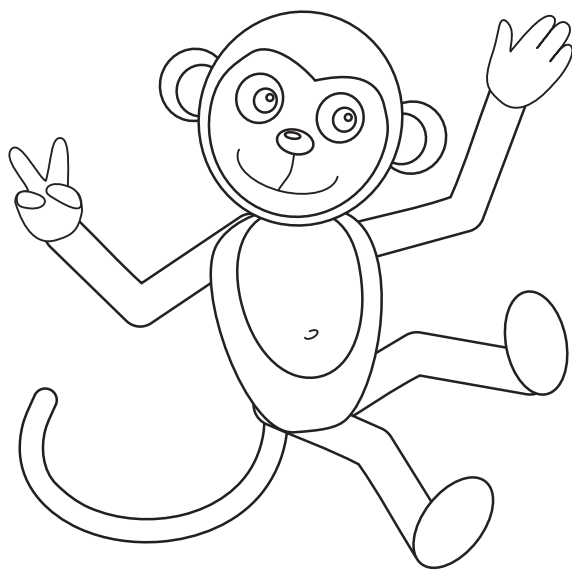
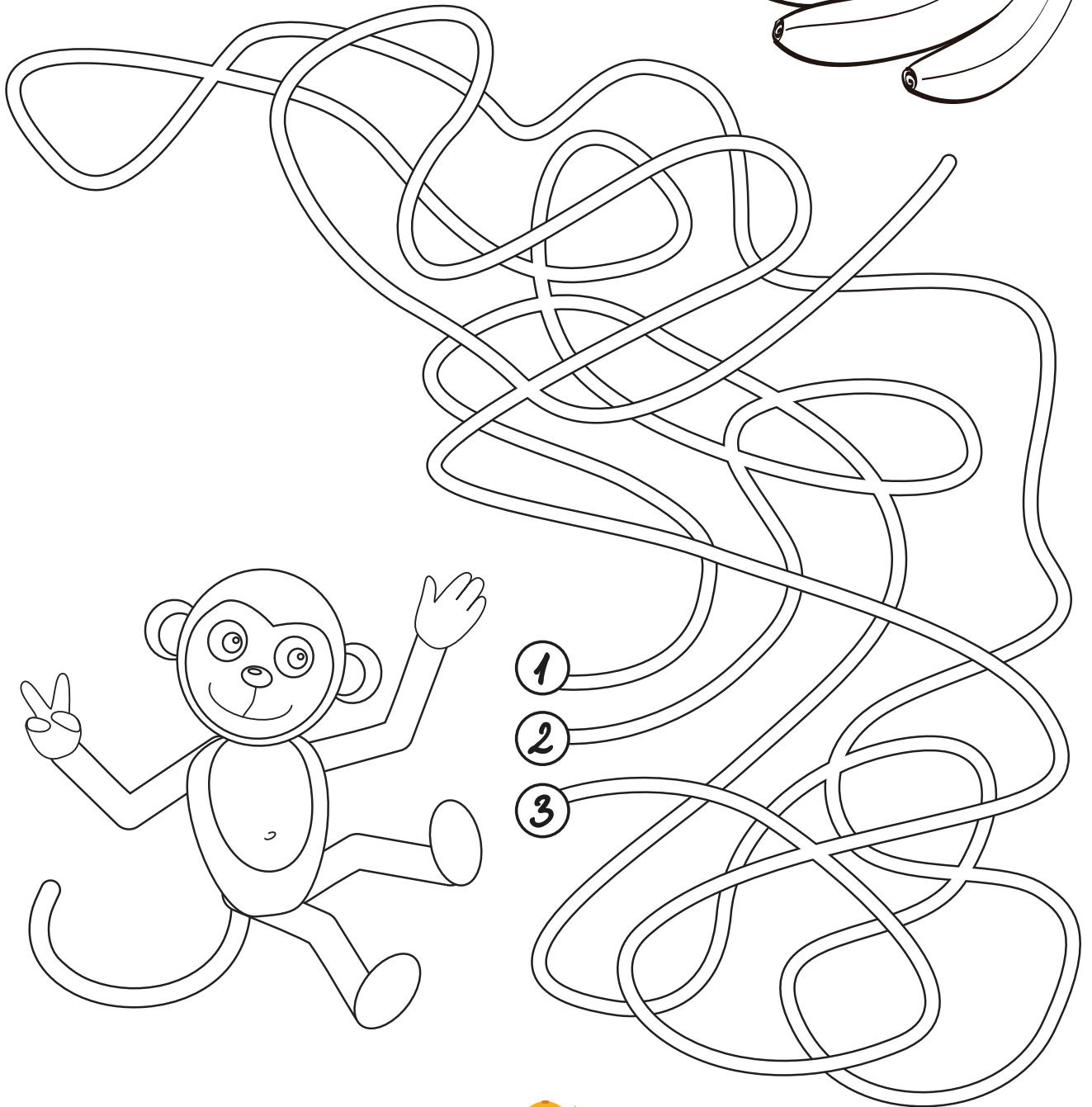
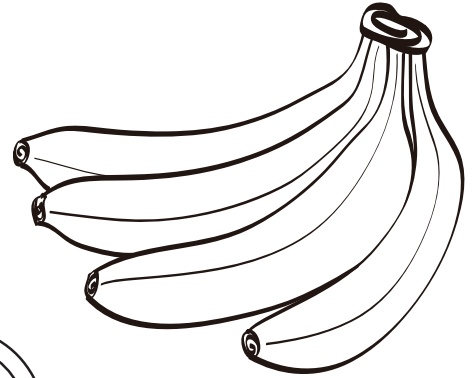
D  
O  
W  
N



ACROSS: 1-Apple, 2-Lemon, 5-Orange, 9-Apricot, 10-Kiwi, 11-Pomegranate, 12-Coconut  
 DOWN: 1-Avocado, 2-Grapes, 4-Persimmon, 6-Papaya, 7-Pineapple, 8-Lychee



Mr. Monkey is hungry! Help him get to his bananas.



- 1
- 2
- 3

