“Spooktacular Smiles”

Do you know how to enjoy Halloween and keep your smile healthy?

Fill in the blanks with the correct word using the word list below.

floss  soft  mealt ime  brush  sticky  caramel  chocolate  nuts
mouth  hard candy  acids  cavities  book  sugar  water  movies

1. Always ________________ and ______________your teeth before going to bed.

2. ________________ are caused when______________mixes with bacteria in your mouth.

3. It is best to eat sugary treats at the end of ________________while there is still plenty of saliva in the ________________.

4. Avoid ________________, ________________treats that get stuck between teeth.

5. Trick-or-treaters with braces should not eat these treats: ________________, ________________, and ________________.

6. ________________will help to wash away some of the sugar and ________________.

7. There are plenty of other foods that tick-or-treaters who wear braces can enjoy, like ________________!

8. Instead of eating all of your candy, you can trade it in for a video game, ___________, toy or a trip to the ________________.

ANSWERS: 1. brush, floss 2. cavities, sugar 3. mealt ime, mouth 4. soft, sticky

Have a safe and happy Halloween!