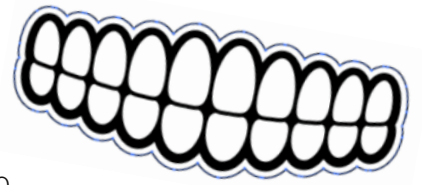


A Mixed-Up Mouthy



There are a lot of different ways to keep your mouth healthy. Do you recognize these scrambled words? When solved they reveal things that can help you keep your smile sprakling.

① OUTBTSORHH _____

replace this every three months.

② HSTTTAE00P _____

A pea-size amount of this is all you need.

③ OLSFS _____

Use 18 inches of this once a day.

④ HYHTAEL DOOF _____



This includes fruits, veggies and milk.

⑤ DSNTTIE _____

Visit this person every six months.

⑥ REFODLIU _____

This helps fight cavutues, so make sure it's in your toothpaste and mouth rinse.

⑦ HMOWHTUSA _____

Swishing this helps fight bad breath.



1. toothbrush 2. toothpaste 3. floss 4. healthy food 5. dentist 6. fluoride 7. mouthwash