WHAT'S YOUR FAVORITE FRUIT?
DAIRY PRODUCTS

HELP BUILD STRONG TEETH & BONES!
ACROSS
3. Eat lots of healthy _______ and vegetables.
5. Use a _______ to clean your teeth.
8. Visit your dentist _______ times a year.
9. For a healthy smile don’t eat a lot of _______.
10. Another word for grin.

DOWN
1. Don’t forget to wear a mouth _______ when playing sports.
2. Use _______ to clean between your teeth.
4. Brush your teeth two _______ two times a day.
5. When you brush your teeth, don’t forget to brush your _______.
6. Better to have a drink of water when you’re thirsty than _______.
7. Your first teeth are called _______ teeth.
Mental Wellness Puzzle

The emotional well-being of children is just as important as their physical health.

Good mental wellness allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.
Unscramble The Dental Words!

1. slfos  __  __  __  __  __  __
2. nsier  __  __  __  __  __  __
3. pelpa  __  __  __  __  __  __
4. tednsit __  __  __  __  __  __  __  __
5. tmuho  __  __  __  __  __  __
6. hotot  __  __  __  __  __  __
7. dyeca  __  __  __  __  __  __
8. ubhsr  __  __  __  __  __  __
9. nelac  __  __  __  __  __  __
10. liems __  __  __  __  __  __
