



# A mouthy MIX-UP

There are a lot of different ways to keep your mouth healthy. Unscramble these words to reveal things that can help keep your smile sparkling.

## 1. OUTBTSORHH

Hint: Replace this every three months.

## 2. HSTTTAEOOP

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

## 3. OLSFS

Hint: Use 18 inches of this once a day.

## 4. HYHTAEL DOOF

Hint: This includes fruits, veggies and milk.

## 5. DSNTTIE

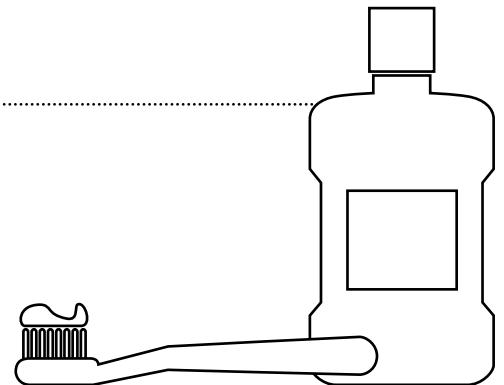
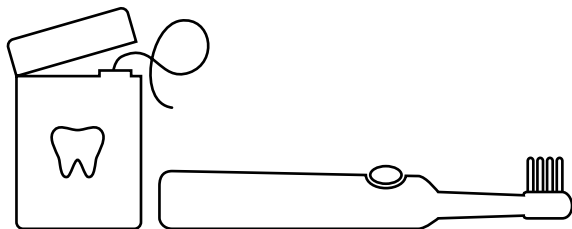
Hint: Visit this person every six months.

## 6. REFODLIU

Hint: This helps fight cavities, so make sure it's in your toothpaste and mouth rinse or ask your dentist for more information.

## 7. HMOWHTUSA

Hint: Swishing this helps fight bad breath.



Answers: 1. Toothbrush, 2. Toothpaste, 3. Floss, 4. Healthy Food, 5. Dentist, 6. Fluoride, 7. Mouthwash

FOR MORE FUN, ask a parent for help getting online to take quizzes on the Tooth Fairy, healthy snacks and more! Visit [deltadental.com/toothfairy](http://deltadental.com/toothfairy) to get started.

