

# OSCAR THE ORCA'S ORAL HEALTH HANDBOOK

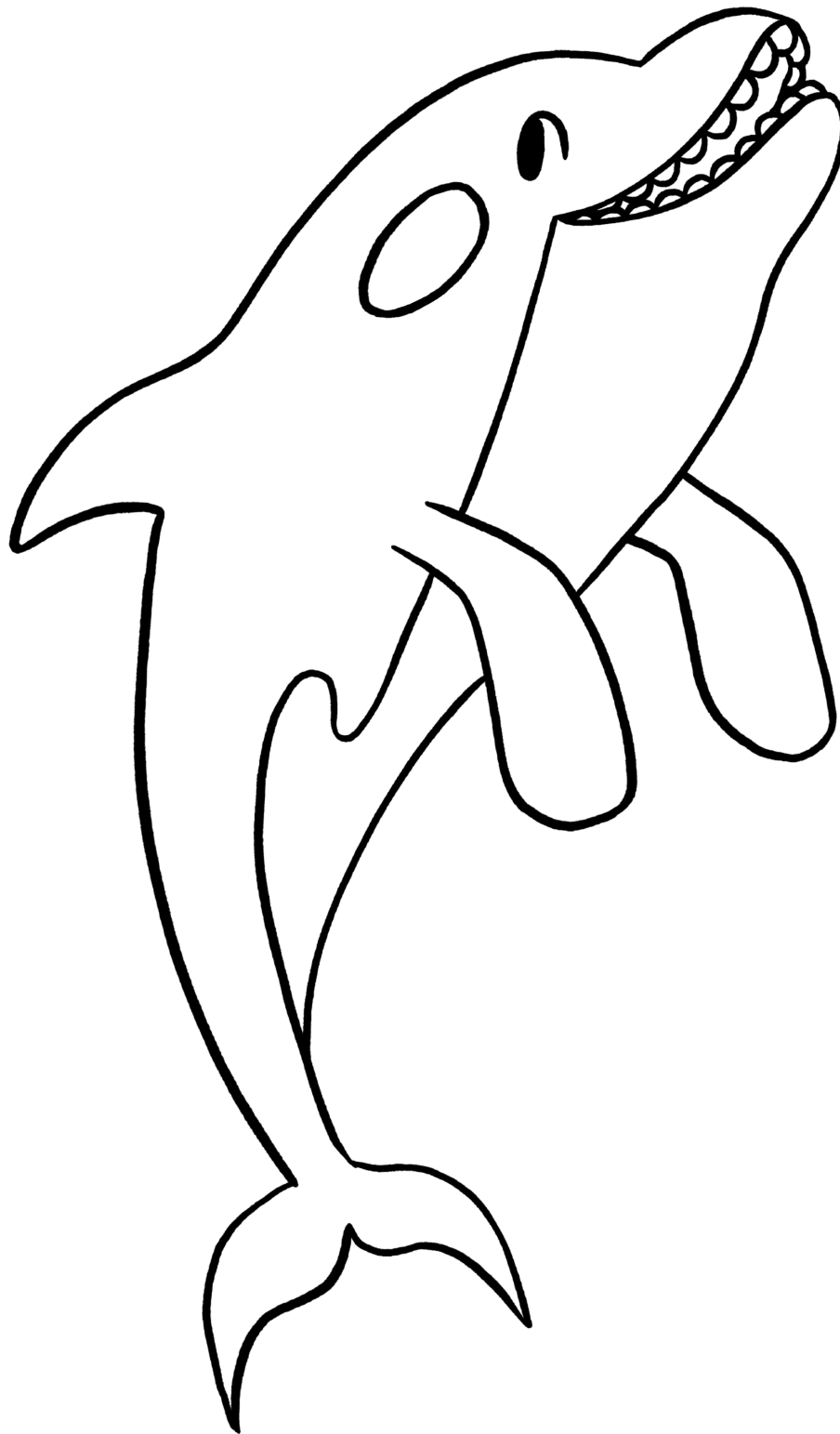


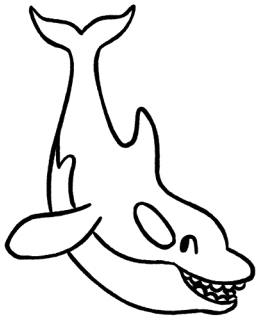
**all  
smiles**

community oral health



Hello! I'm Oscar the orca.  
As a killer whale, oral health is very important to me—  
taking good care of my teeth and gums helps my  
whole body stay healthy!





You can keep your teeth strong if you have healthy habits. Unhealthy habits such as not brushing and eating lots of sweets can cause cavities. Cavities can hurt you if not treated by the dentist.

Can you unscramble the names of these tooth-friendly fruits and vegetables?



P A L E P

R E C Y L E

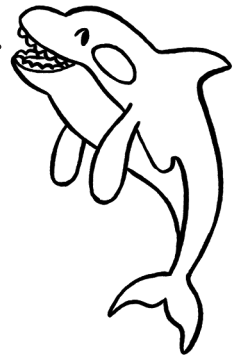
T O R C A R

G E O N A R

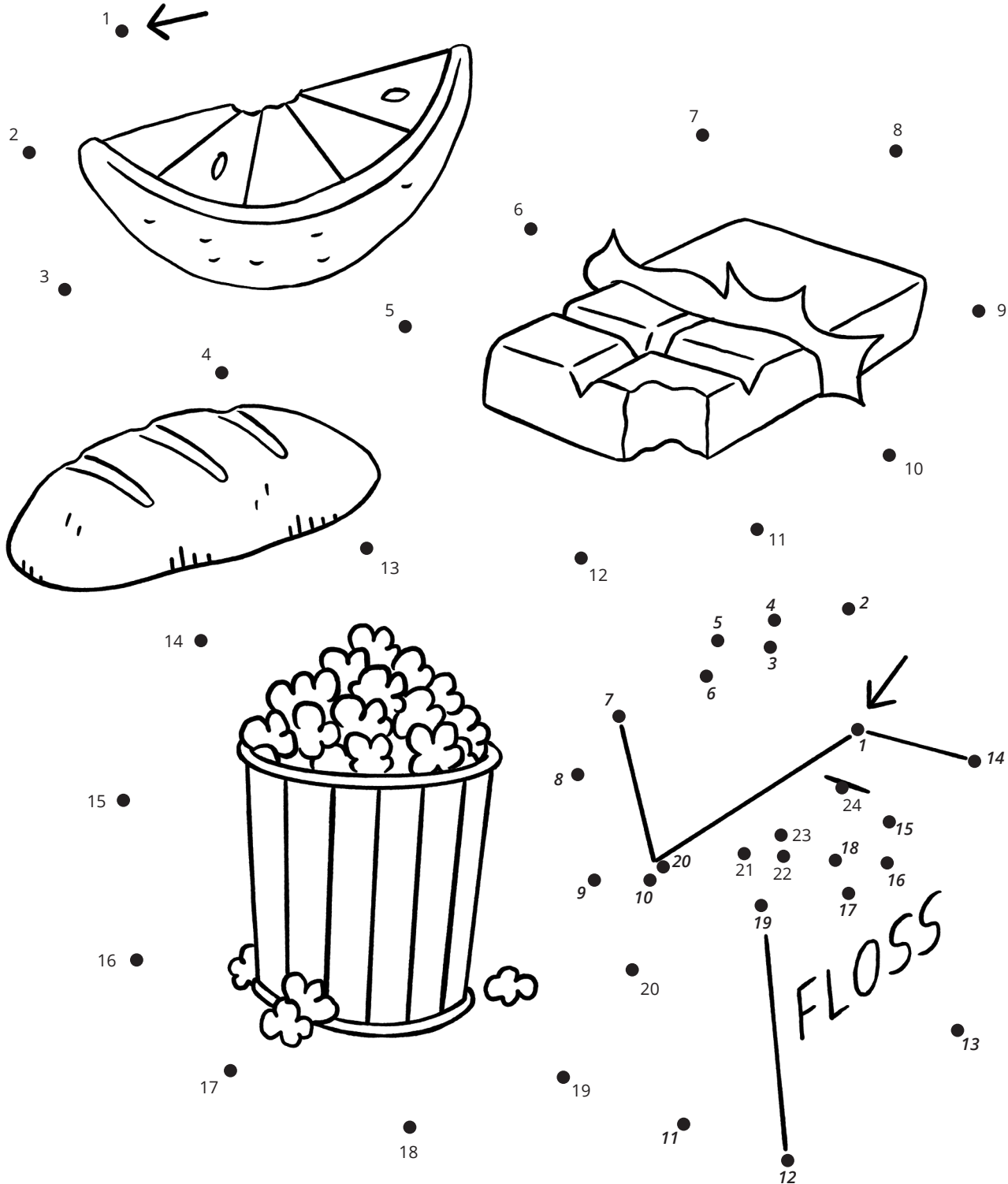
B R A Y R W R E S T

L E A K

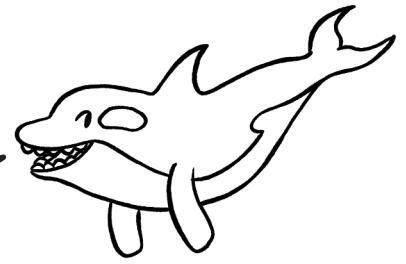
Our teeth may be surrounded by **tooth enamel**, the strongest substance in the human body, but they're not invincible! Cavities are caused by bacteria that live in our mouths. When these bacteria eat sugars, they make acids that attack our tooth enamel.



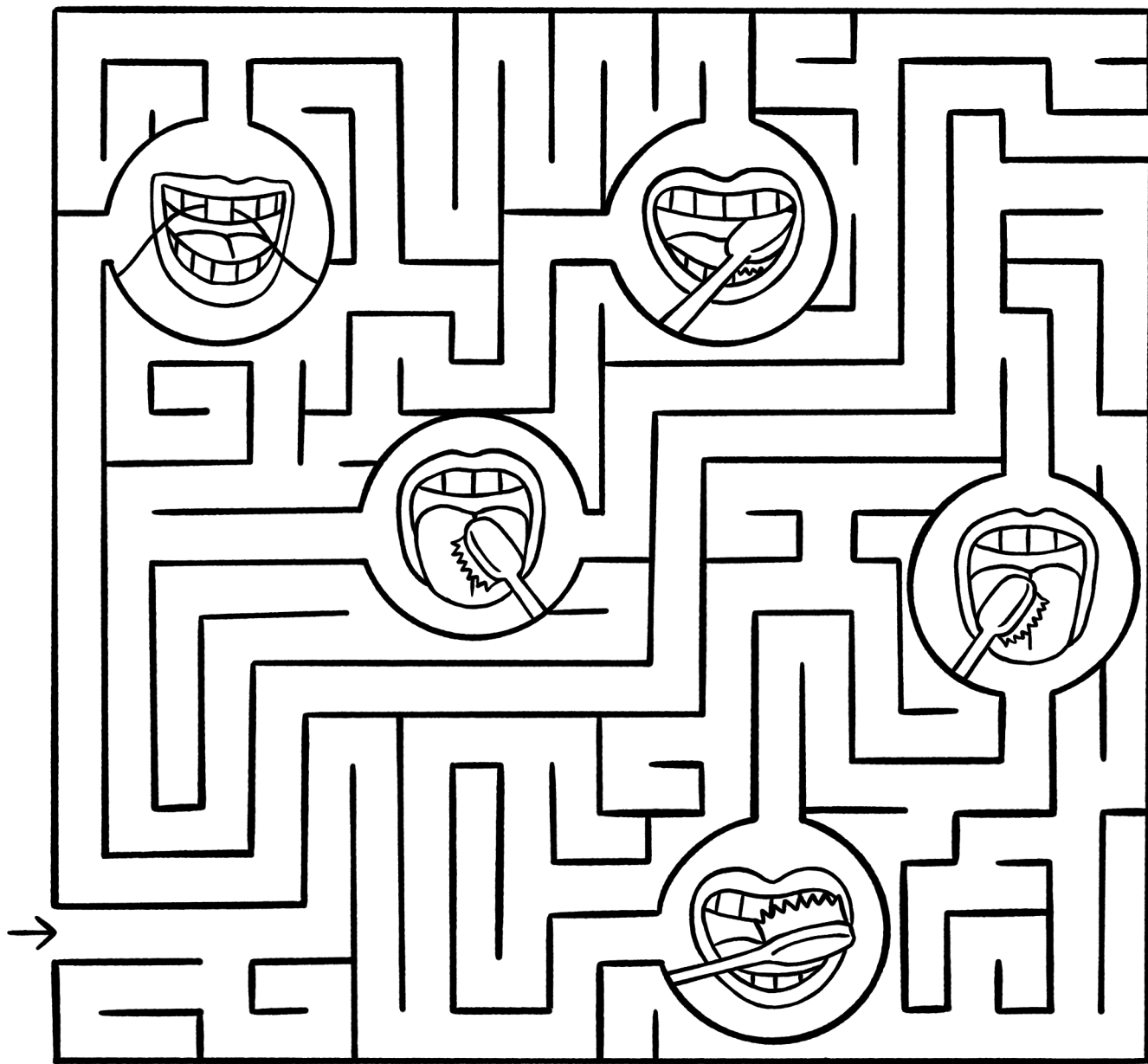
Connect the dots to fight the cavities!

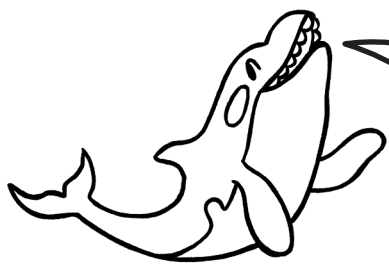


To have happy, healthy teeth,  
brush them twice a day (morning and night)  
and floss at night to clean off all the sugar  
that is hiding around and between them.  
Don't forget to brush your tongue too!



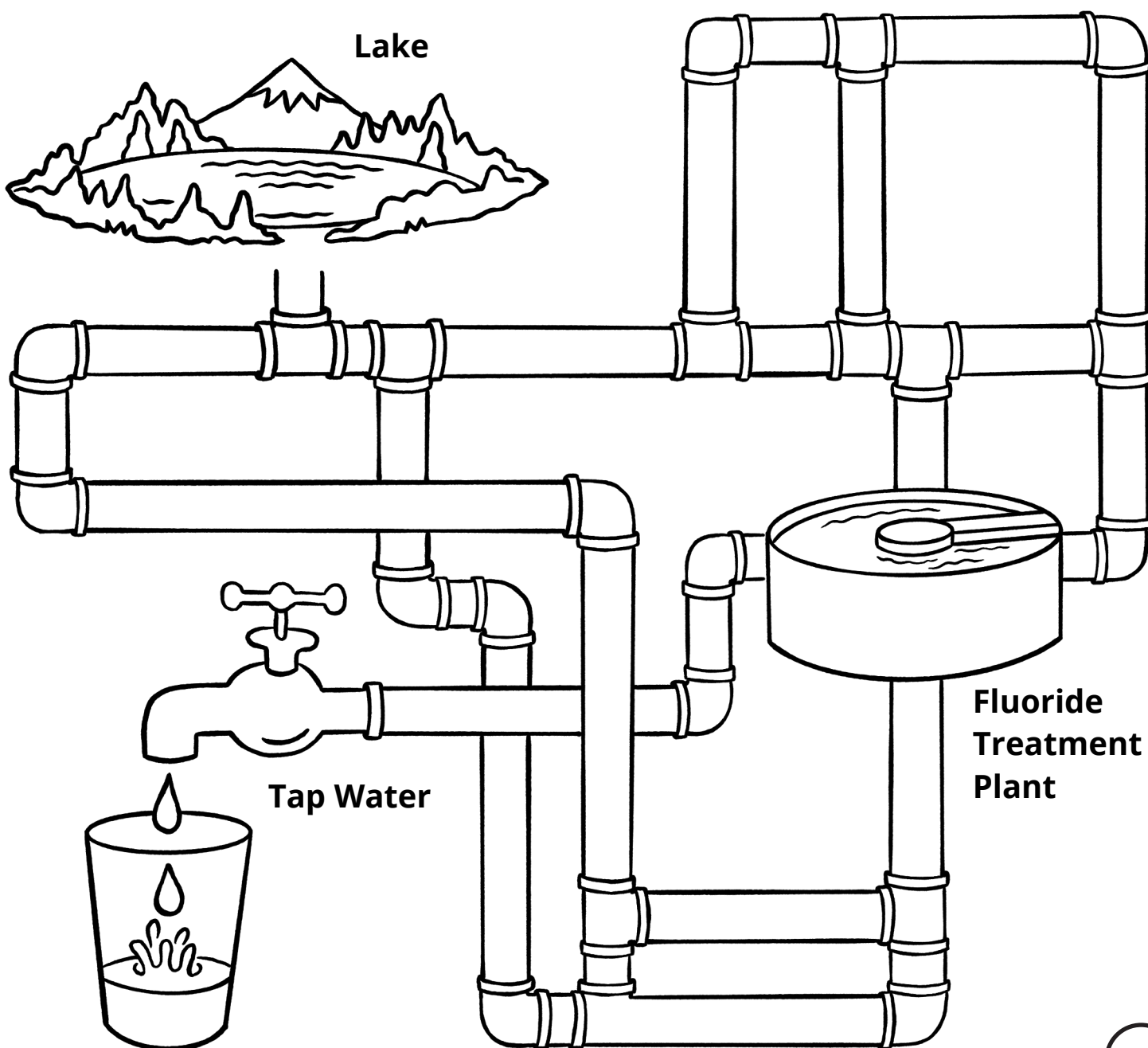
**Solve the maze by following the daily steps  
to take care of your teeth.**

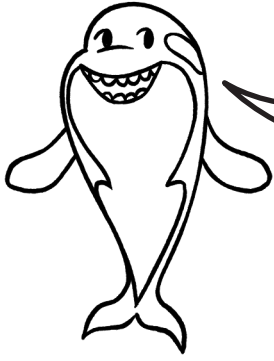




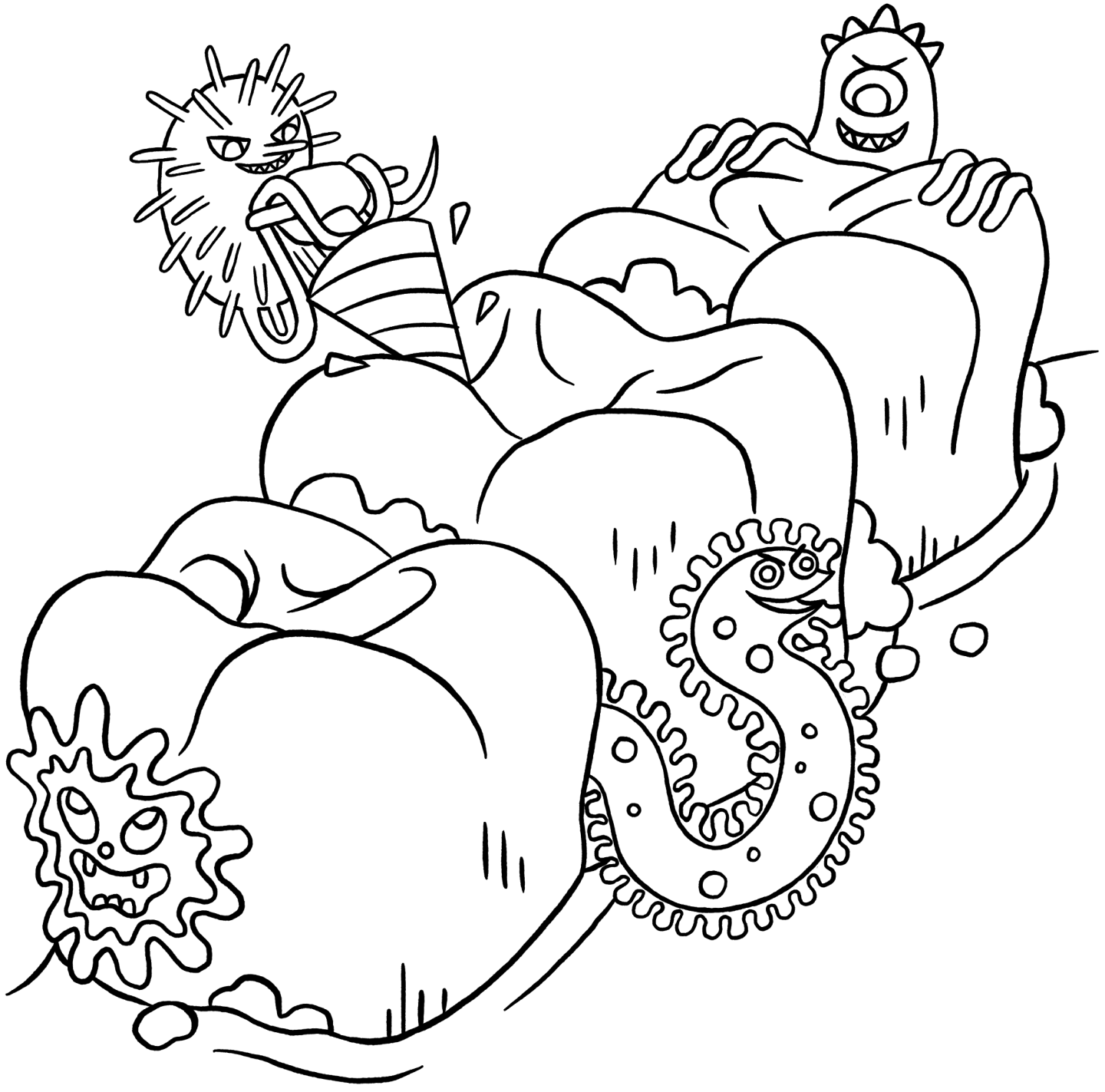
The bacteria in our mouths may hurt our teeth, but **fluoride** is a natural mineral that can make our teeth stronger. Fluoride can be found in tap water, in toothpaste, and at the dentist's office.

Guide the water through the maze and into your cup for a healthy smile!



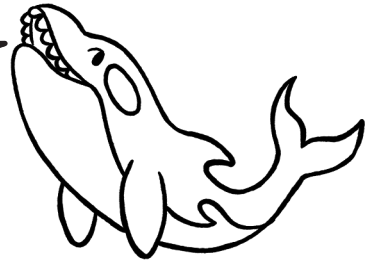


**Molars** are the big teeth in the back of your mouth. Our molars have natural grooves and crevices where food and bacteria can hide from your toothbrush.

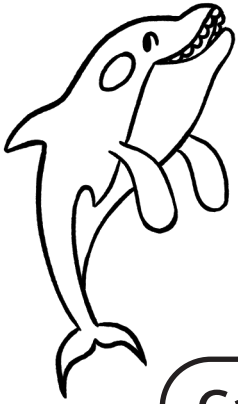




**Dental Sealants** work with tooth enamel to shield against cavities.

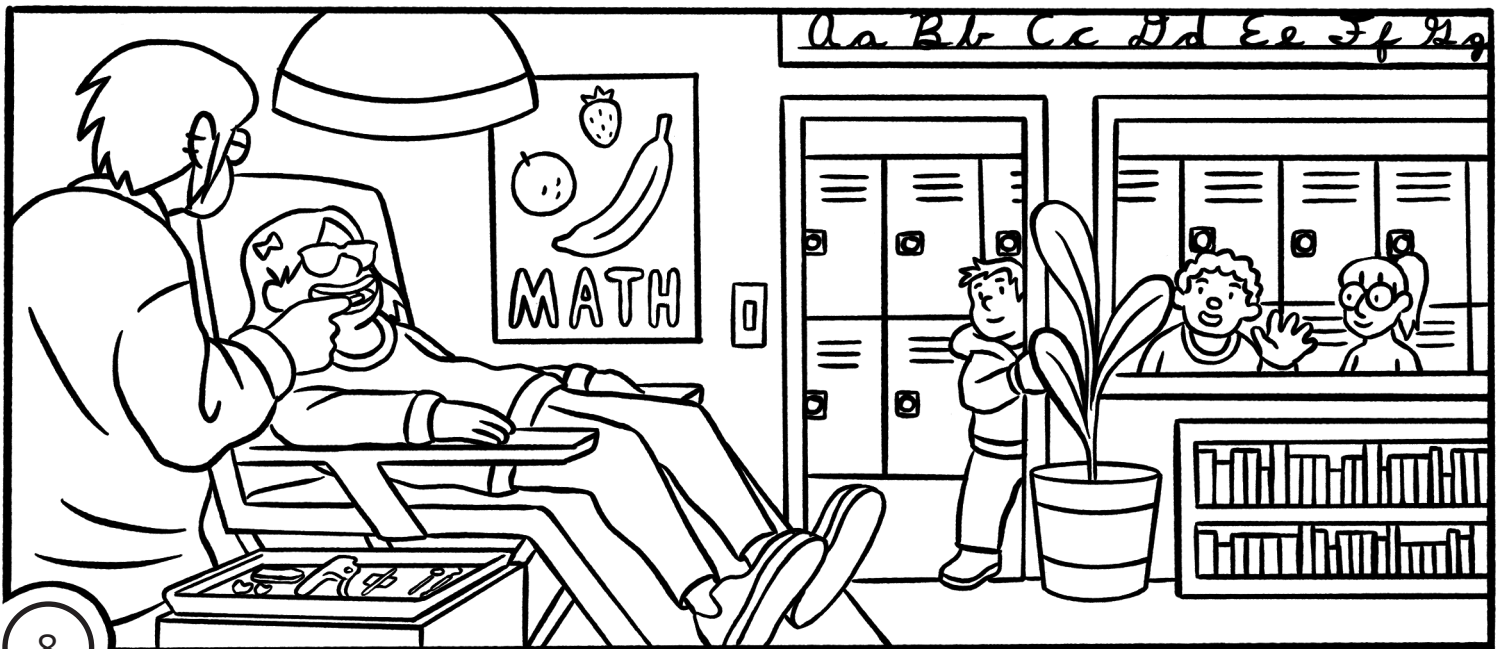
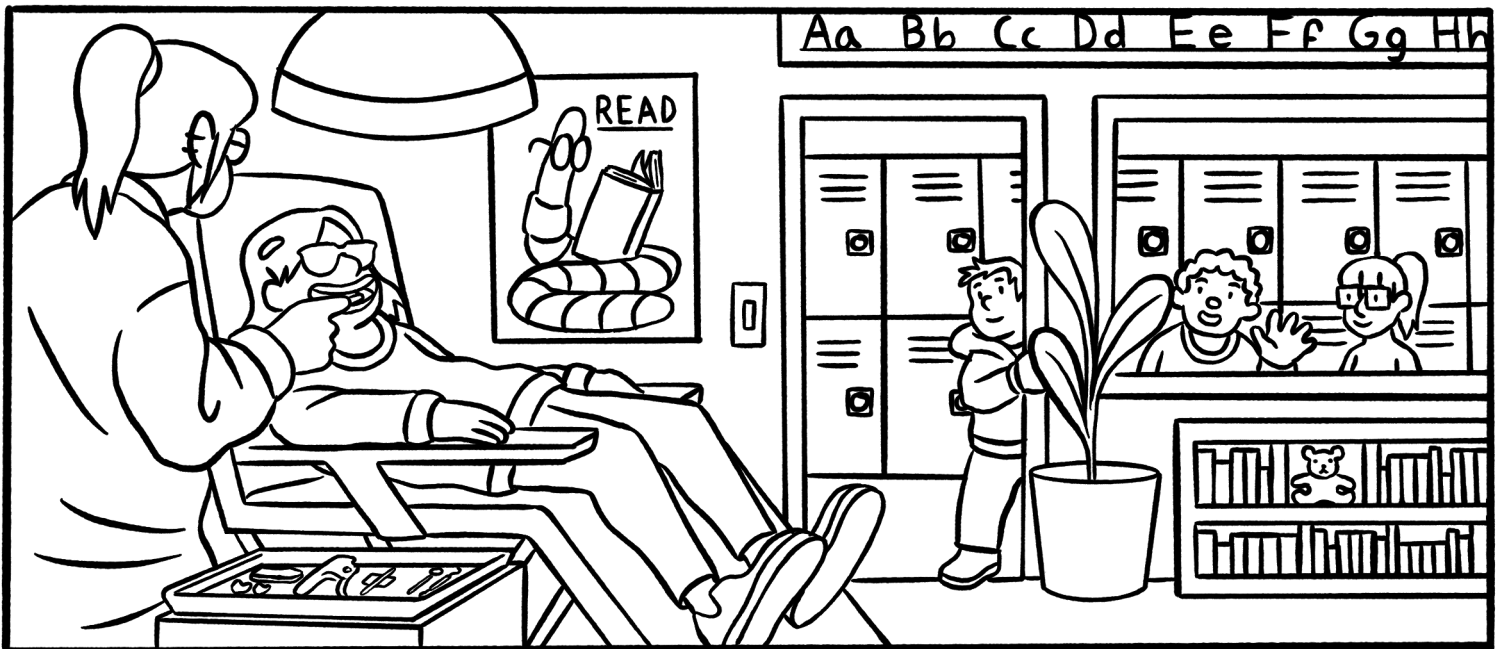


**Dental Day:** What happens when the dental team arrives?

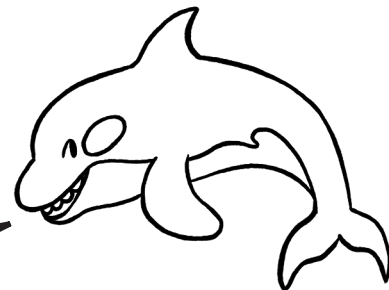


The dental hygienist brings their special equipment to your school. If you have a signed permission slip, they will give you a quick check-up and put on your sealants and/or fluoride- this only takes about 15 minutes.

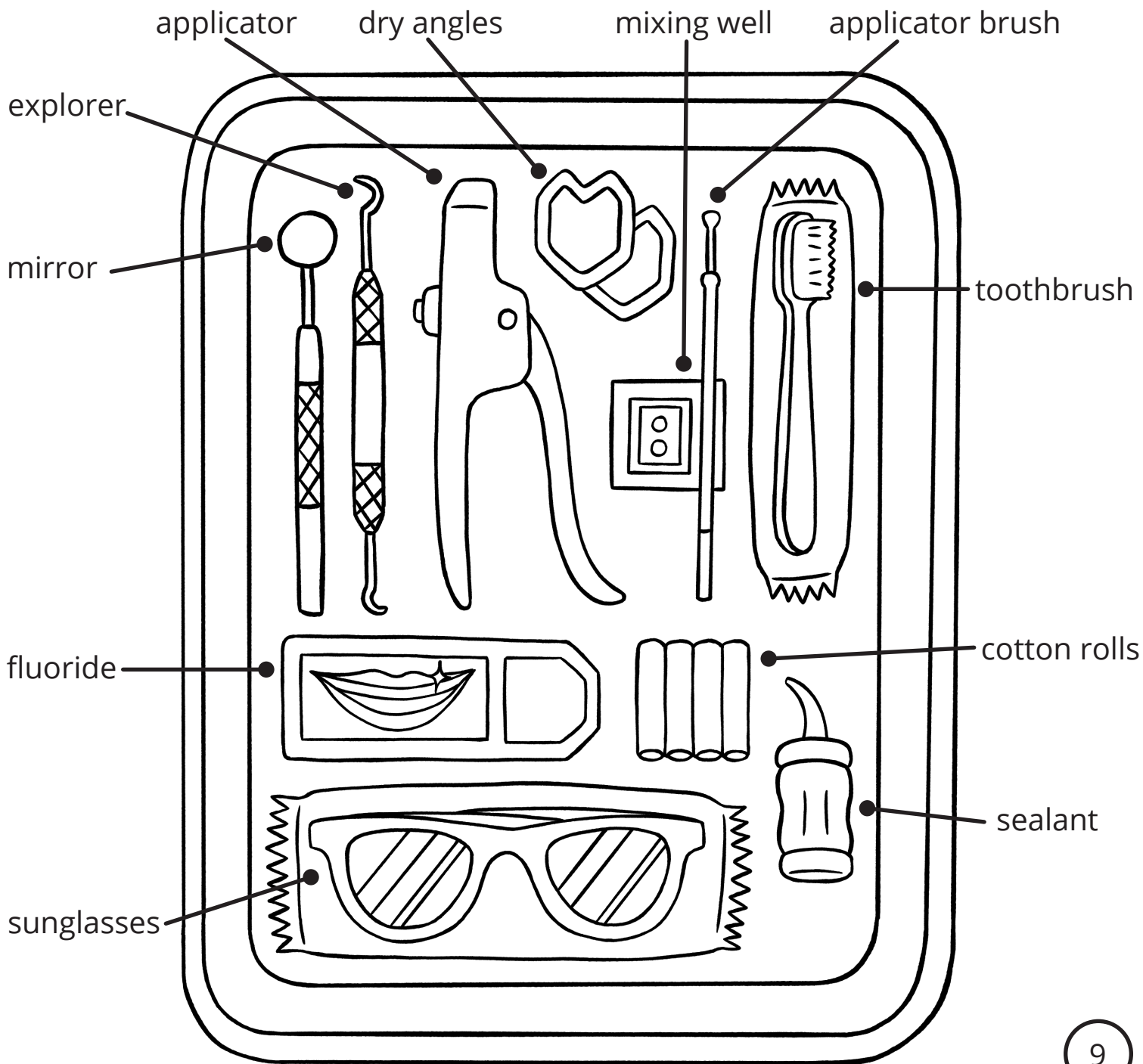
Can you spot all 8 of the Dental Day differences?

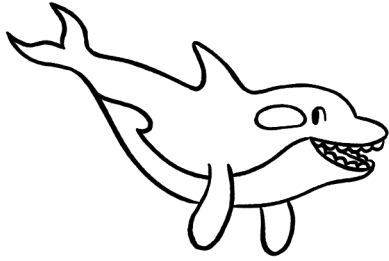


When you get your sealants, a dental hygienist will squeeze sealant out of an applicator to show you what it looks like. Then, they will squeeze sealant on top of your molars and use cotton rolls to spread it around. That's it!



**Check out all this cool stuff on the dental team's tray!**





Now it's time to use what we learned in this activity book!

### Can you find all the vocab words in this crossword?

S E R P T L F O M R X Z P T M U L K E C B N I E R  
D T R I S D F X F L U O R I D E I V D S Q C B W I  
Z B O N T U P L I C A R N U V B R E S K I S T G Y  
I M K O S E R B N M E F S Q N X K U L I D E M T A  
J D F K T L O O I T W E D B C A T F R E K A L D I  
B E R D G H E F H A R V B I M E O L I O P L E X Y  
U B S T R E E M T L E M I C F L O S S J U A N C E  
J A X F R E A N I X M D G I Z X T V C A O N P C B  
K P G S G D G I A S I E H P L I H E R D O T H O Z  
B P H D F I E Y A M N U W A X N B L O G K I E G Z  
N L J H P K F N S E E I R S M O R C A B L K W E E  
R I S T E R D R T L R L E D U E U E L O H E G R F  
E C E R U W V G D A A V E F I R S G I P Y F H B H  
F A R E V A B H F R L E G P E T H H C P F O S A E  
D T X N I Q J J G X I H A H F O X G A E E N K C N  
S O V J X E G G Y B Z U Y E H W A Q I D J O T T M  
Q R B K A R W I W N A I N G D I V I R F G Y Y E O  
E P A T O G R E F M T O S W I C B O G J F E S R I  
E E O Y U H E R O E I S J M W E R T S E D D Z I Y  
G S P U B D T T H M O L A R S S N O E V S S X A R  
H H W Y M J Y Y L F N E D N V Z E I W B W G V Z E  
I Y R T W K U U E J O F E I C O G O S I A E L L O  
L U T E T O I R T K R U S O S C A V I T Y S Q O P  
O O R A L H E A L T H D A P S A E T S F T H F E X  
P D E T B E O P E S E Z X L E D C X Z E W Q T Y U

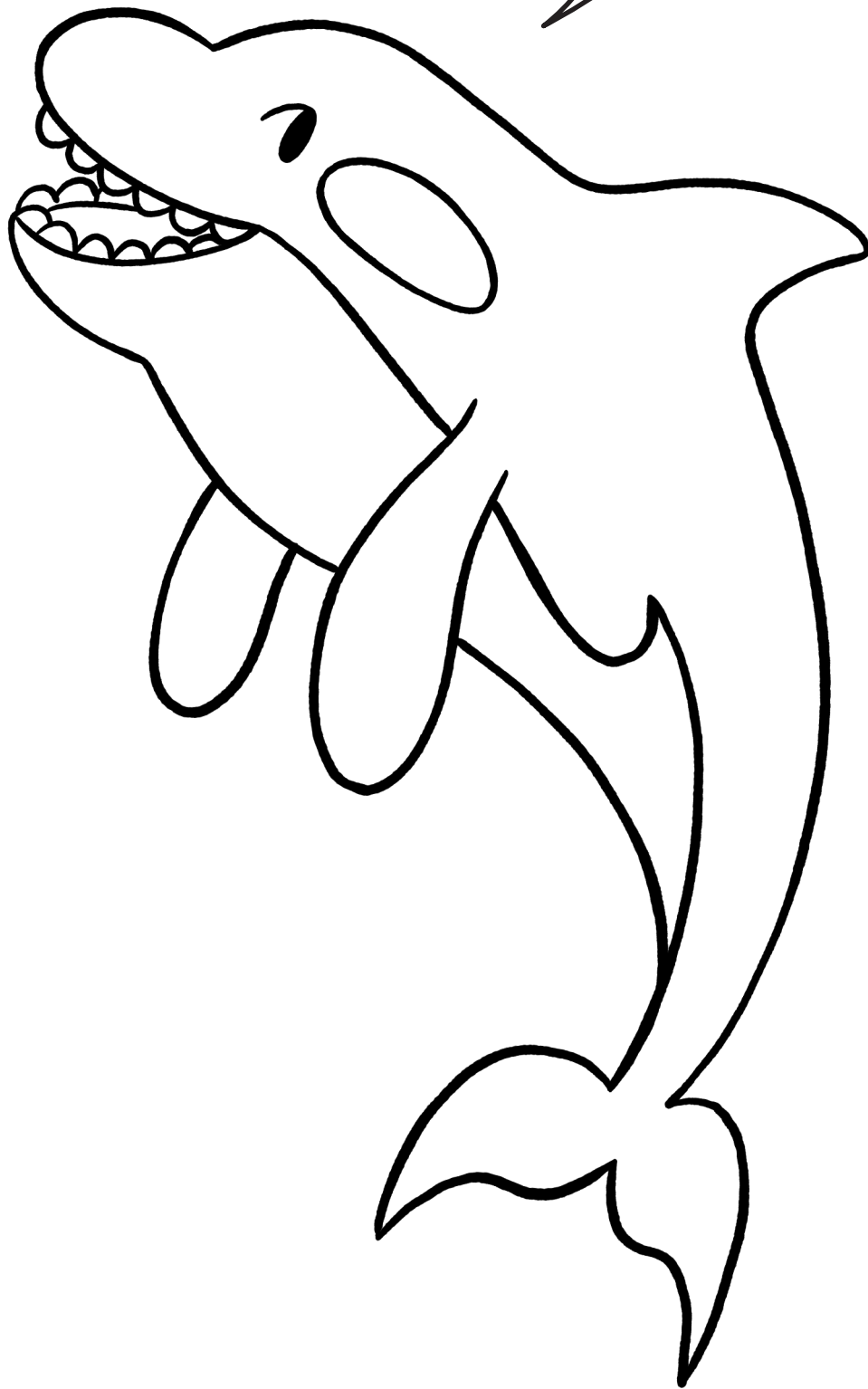
TOOTH ENAMEL  
APPLICATOR  
DENTAL HYGIENIST  
MOLARS

ORAL HEALTH  
CAVITY  
TOOTHBRUSH  
FLOSS

SEALANT  
FLUORIDE  
BACTERIA  
ORCA

## Warning: spoilers ahead!

Don't turn this page unless you've done all the activities, or you did most of them, but some were kind of tough.







Join Oscar the Orca on an adventure of puzzles, mazes, and other activities.

Learn all about oral hygiene and your school's upcoming Dental Day the fun way!

Brought to you by All Smiles  
Community Oral Health.

[allsmilescoh.org](http://allsmilescoh.org)

