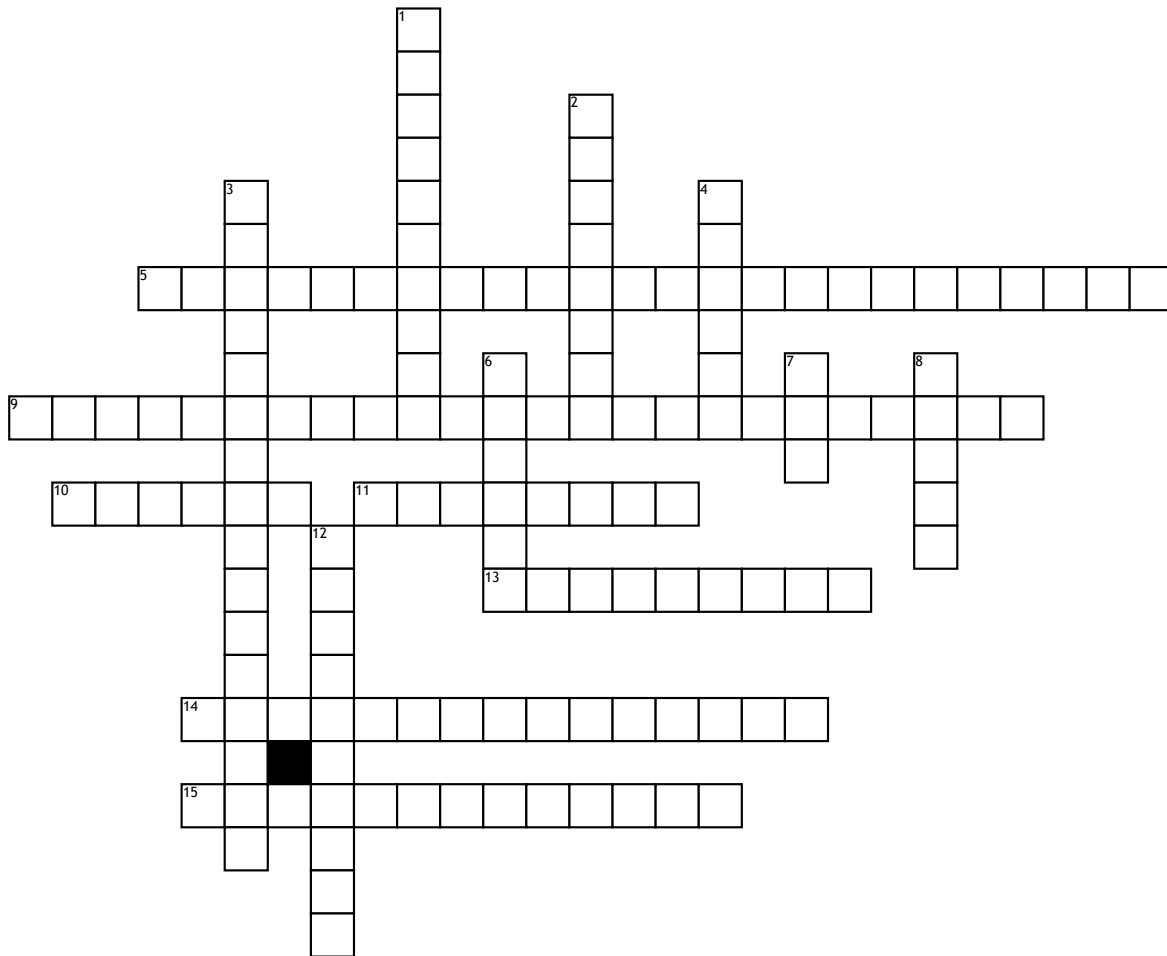


Name: _____

Date: _____

What makes a healthy mouth?



Across

5. We should avoid foods with _____?
9. What does CDA stand for?
10. What helps food wash down?
11. When biofilm is not removed, over time it can harden and become?
13. How often should you see the Dentist? Every...?
14. What should consume 50% of your meal?
15. Which oral disease is non reversible?

Down

1. What is the most functional method to brush your teeth?
2. What is biofilm made of?
3. At what angle do you place your tooth brush when using the bass method?
4. Which oral disease is caused by bacteria reacting with sugars in food we eat by releasing acid that eats away at our teeth?

6. Eating multiple _____ throughout the day can be harder on the teeth, causing more acid attacks.
7. Eating less _____ meals throughout the day causes less harm to the teeth.
8. What is the healthiest drink to have with meals and throughout the day?
12. Which oral disease causes your gums to be inflamed and bleed?