

**The Smile Guide**  
***Dental Health Series***  
**Dental Care for the Early Years: Age 0-5**  
**PRE-TEST**

**Directions: Label the following statements true or false.**

1. A cavity will improve with time.  
True    False
  
2. Bacteria from cavities and gum disease can't be spread to other people.  
True    False
  
3. Cavities are started by food sugars.  
True    False
  
4. Cavities may lead to medical problems such as asthma.  
True    False
  
5. Milk and formula don't cause cavities.  
True    False
  
6. Regular dentist visits can help prevent cavities and gum disease.  
True    False
  
7. Infant cavities are caused when babies sleep with bottles of milk or formula.  
True    False
  
8. Carbohydrates and starch are food sugars.  
True    False
  
9. Children who drink fruit juice don't need servings of fruit.  
True    False
  
10. Milk, breast milk, and formula contain sugar.  
True    False

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**Video Quiz**

**Directions: Label the following statements true or false.**

1. A cavity is hole in a tooth.

True      False

2. Plaque attacks cause cavities.

True      False

3. Plaque attacks are caused by sugar.

True      False

4. Parents introduce eating habits.

True      False

5. A family doctor can prevent cavities.

True      False

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**Post-Test**

**Directions: Label the following statements true or false.**

1. Bacteria from cavities or gum disease can cause heart and lung problems.  
True False
2. Only a dentist can find and repair a cavity.  
True False
3. Bacteria can spread to other people by sharing spoons and toothbrushes.  
True False
4. You can always see a cavity.  
True False
5. Carbohydrates and food starch are sugars.  
True False
6. A plaque attack is caused by acid created by food sugar.  
True False
7. Fruit has different nutrition than fruit juice.  
True False
8. The longer food sugars sit in the mouth, the sooner cavities start.  
True False
9. Infants get cavities from sleeping with a bottle of milk, formula, and juice.  
True False
10. Cleaning an infant's mouth after every feeding helps prevent cavities.  
True False

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**Happy Teeth Snack Ideas**  
**Recipes**

**Frogurt Pops**

Makes 6 nutritious frozen yogurt bars. Lots of calcium and vitamins!

- Mix 2 cups of yogurt with  $\frac{1}{2}$  cup milk and  $\frac{1}{2}$  cup of strawberries, fresh or frozen (mash fruit for children under three years). Add one banana cut in small pieces. Add  $\frac{1}{4}$  cup of milk and stir. Pour into ice pop holders or small bowls and freeze. Kids love them! Experiment! Try mangos, pineapple, or pears with plain yogurt and freeze.

**Jazzy Juice Bars**

Makes 4 frozen treats.

Kids love 100% juice for these sweet treats!

- Mix 2 cups of 100% apple juice with  $\frac{1}{2}$  cup water add a sprinkle of cinnamon and pour into ice pop containers and freeze. Experiment - freeze juice in an ice cube tray. Add frozen cubes to water for a colorful, nutritious drink.

**Fancy Finger Sandwich Snacks**

- Make two cheese or peanut butter sandwiches and cut portions with a small cookie cutter. Keep refrigerated and ready for snacking. Try whole wheat breads. Kids will love the cute shapes!

**Mexican Pizza Sandwich**

Lots of calcium from cheese, beans, and corn tortillas!

- 2 tortillas (compare the nutrition labels of corn tortillas and flour tortillas). Shredded or sliced cheese (any flavor), refried or mashed red kidney beans, (optional) taco or cumin spices, salt and pepper.

Spread beans on a tortilla. Place in flat pan and add cheese. Heat at medium high until cheese melts. Sprinkle a little spice or salt and pepper seasoning and top with tortilla. Flip and heat other side for about a minute. Remove from heat and slice into 4 sections. Easy to reheat any leftovers.

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**Shopping Tips for Happy Teeth Snacking**



**Save Money and Get More Nutrition**

**Make your own nutritious happy teeth "fast food" snacks  
for your little snackers!**



- **Read the nutrition label - get more nutrition for your food dollar**
- **Compare the cost of nutritious homemade snacks and drinks to packaged foods and drinks**
- **Plan healthy snacking - make a shopping list**
- **Buy an ice pop tray - make frozen juice and yogurt bars - nutritious and kids love them**
- **Don't pay for sugar and water - get 100% pure juice**
- **Soda has no nutrition - just sugar and it's expensive - save soda for a special treat**

**ALWAYS READ THE NUTRITION LABEL - GET more FOR YOUR MONEY!**

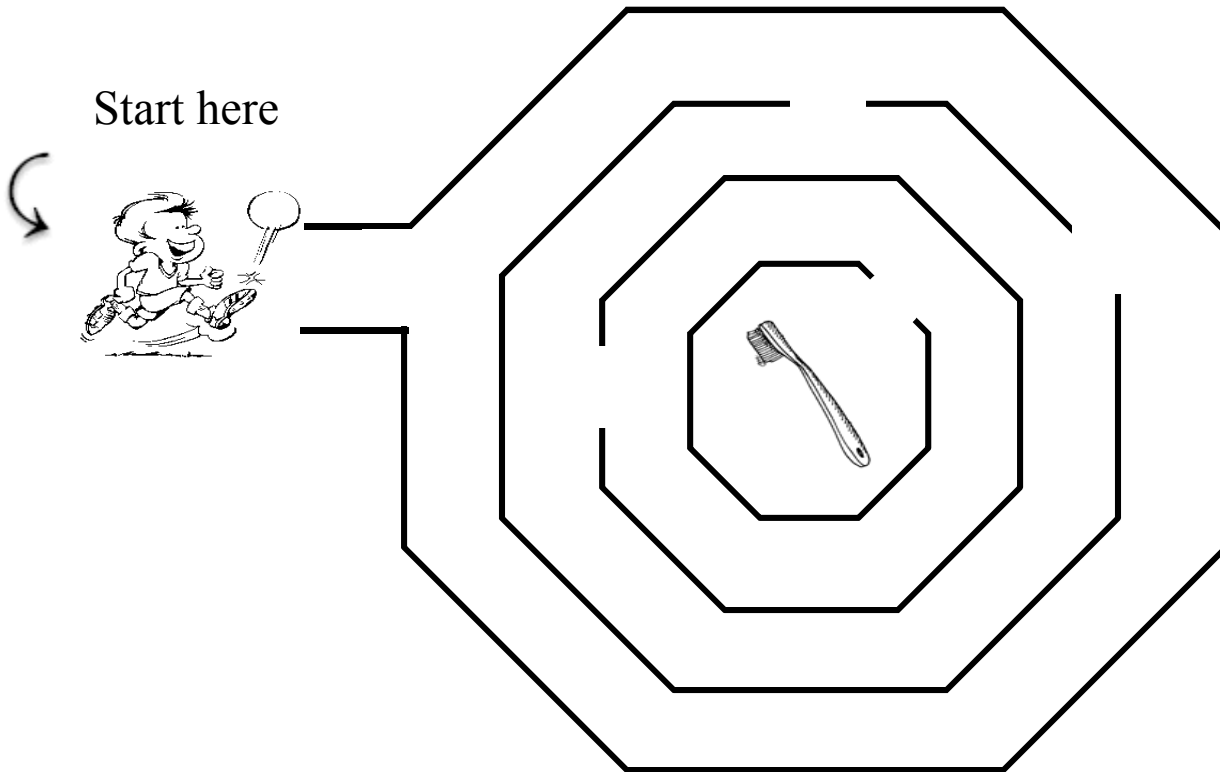
<b>Nutrition Facts</b>	
Serving Size 1/2 cup (67g)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories</b> 100	<b>Calories from Fat</b> 0
% Daily Value	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0g	0%
<b>Sodium</b> 60mg	3%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 0g	
Sugars 15g	
<b>Protein</b> 3g	
Vitamin A 2%	* Vitamin C 0%
<b>Calcium</b> 45%	* Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

**Compare the nutrition label of  
these foods when you shop**

- **Flour and corn tortillas**  
(compare *fiber* and *vitamins*)
- **Yogurt and pudding** (look for *calcium*)
- **Wheat bread and white bread**  
(compare *fiber*)
- **Breakfast cereals** – (compare *sugar*)

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Find the toothbrush!



Fill in the missing letters



**T \_ \_ th**

**Smi \_ e**

**T \_ \_ thpaste**

**T e \_ th**



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**Plaque attacks cause cavities!**

Healthy teeth!



After eating, a thin sticky film called *plaque* covers the teeth.



*Plaque* uses food sugars to attack the teeth.

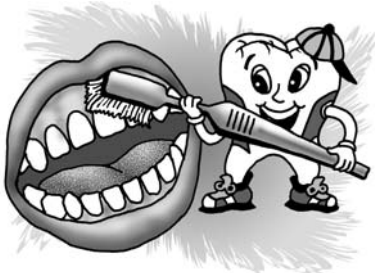


*Plaque* attacks weaken the tooth and cause a hole called a cavity!



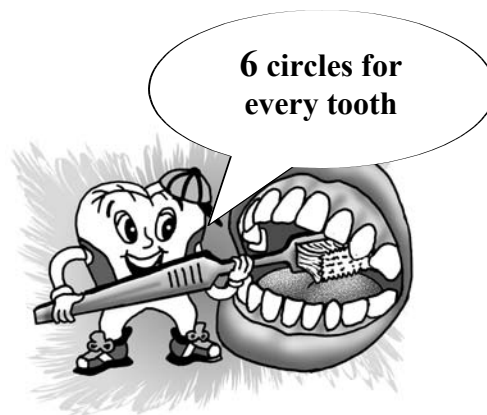
- Brush teeth at least twice a day.
- Floss to remove food and plaque trapped between teeth.
- See the dentist twice a year - only a dentist can find a cavity and fix your tooth.
- Remember - sugar is in many foods and sugar starts plaque attacks and cavities.

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**Better Brushing to Prevent Cavities**



Start with the front of the teeth. Brush each tooth with 6 small circles - brush over the gums. This removes plaque from the gum line and helps prevent gum disease.

Now the inside! Brush each tooth at the gums with 6 small circles per tooth. *Count to 6!*



Gently scrub the tops of all your teeth with a back and forth motion.

Give your tongue a few brushes. This removes bacteria and gives you fresh breath.



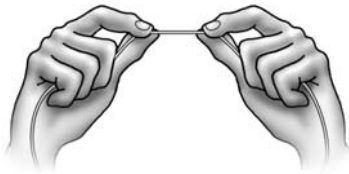
## Say NO to cavities

- Brush at least twice a day, especially at bedtime.
- Remember to floss.
- Visit the dentist for a professional cleaning twice a year.

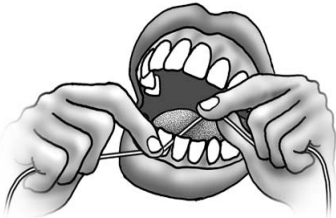
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# Flossing

**- It's easy and it helps prevent cavities**



**Start with 15 inches of floss. Hold the floss between the fingers and leave about 3 inches open to floss.**



**Pull tight and slide the floss down between the teeth. Gently move it back and forth and under the gum. Lift up gently.**



**As you start the next tooth, use a fresh area of floss. Floss between all the teeth.**

## Practice Everyday

**Plaque bacteria and food trapped between the teeth is the number one cause of cavities gum disease and tooth loss.**

***You CAN prevent cavities!***