

Defeat Monster Mouth!!

Oh no! The dreaded Monster Mouth - and The Plaqster has it!

Not to worry. Flossy and Buck McGrinn, Den and Gen Smiley, and their trusty pal K-9 are on the job! They know just how to attack Monster Mouth and get The Plaqster's smile back on track.

To fight Monster Mouth and promote good oral health our friends follow this simple rule, "2min2x." That's code for "brush your teeth two minutes, two times a day."

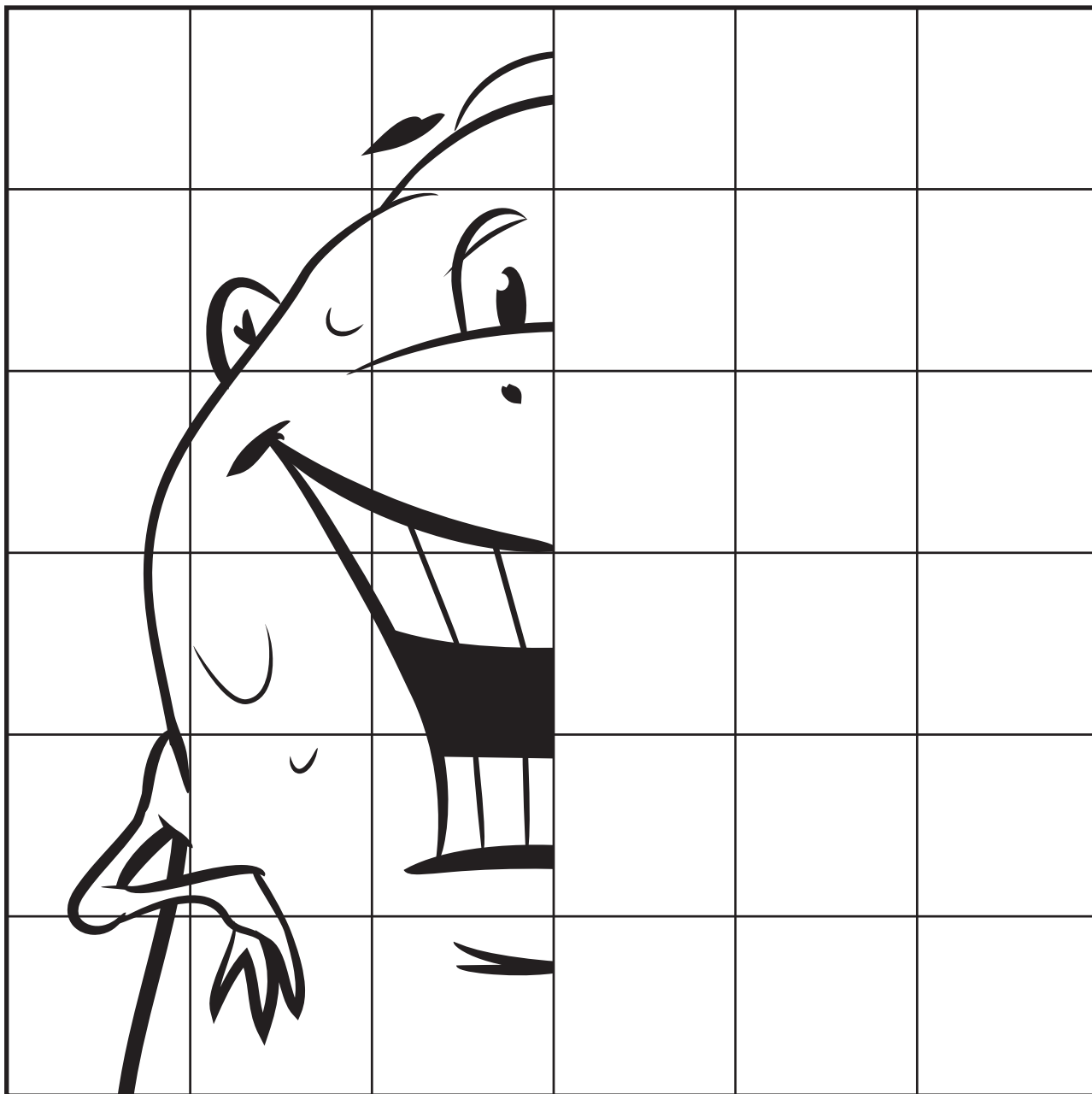
Flossy, Buck, Den, and Gen know the importance of good dental habits to keep their smiles bright. They brush their teeth when they get up in the morning and again before they go to bed at night. They also floss their teeth once each day. Because Den wears braces, he is especially careful about keeping his teeth healthy so he has a bright smile when the braces come off.

Defeating Monster Mouth takes a lot of energy so the McGrinns and Smileys do eat snacks between meals but very few sugary ones. They usually stick to fruit and other healthy foods, and they choose water when they are thirsty instead of soda pop.

You can defeat Monster Mouth, too! Join in the fun by playing the games and doing the activities to learn how to take good care of your teeth.

And remember the code "2min2x"! For a super smile and healthy mouth, brush your teeth two minutes, two times a day.

**Just 2min2x - brushing just 2 minutes twice a day - that's how
The Plaqster defeats monster mouth! Use the grid as a guide to
finish the picture and see his BIG sparkling smile!**



The Plagster says, **Congratulations!**

(name)

has defeated
MONSTER MOUTH!

(date)

2min2x

**Brush 2 minutes
2 times a day
for good oral
health!**



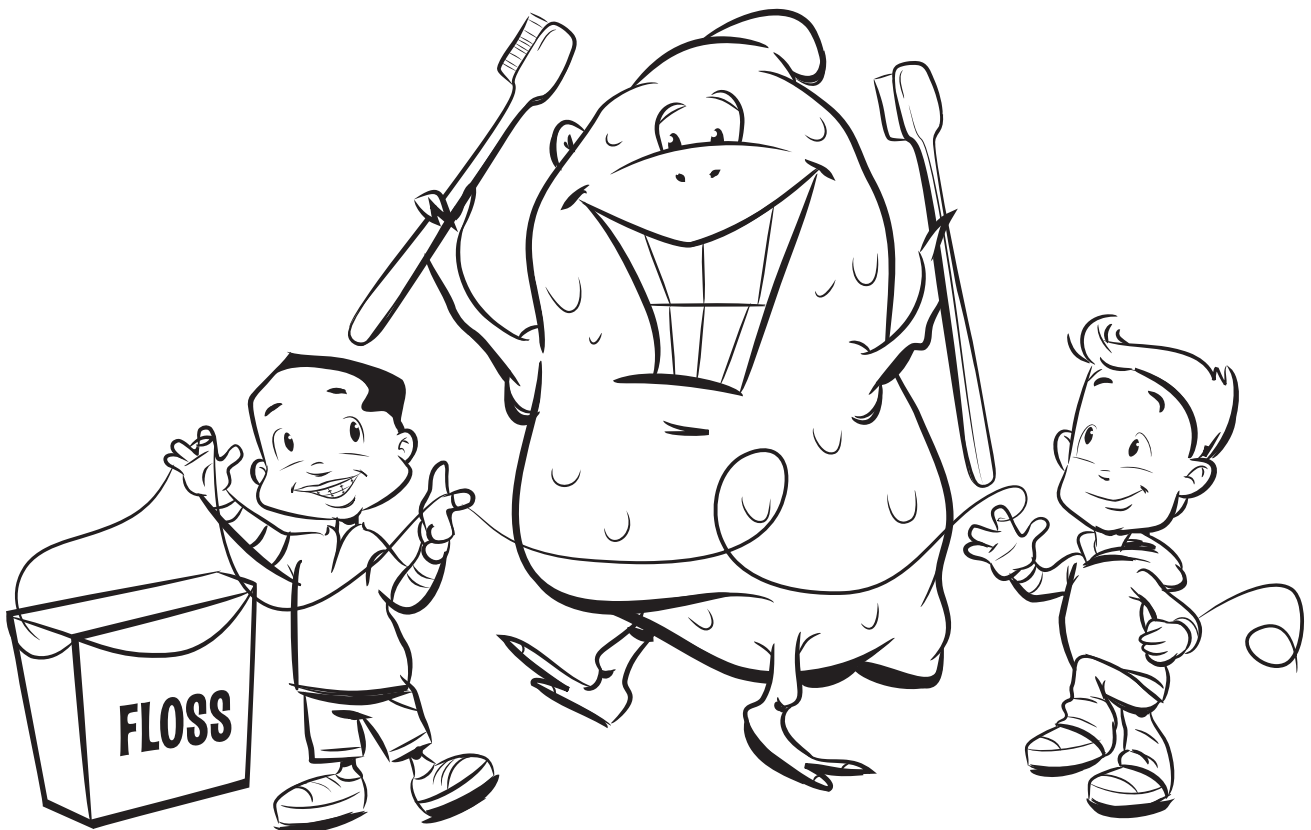
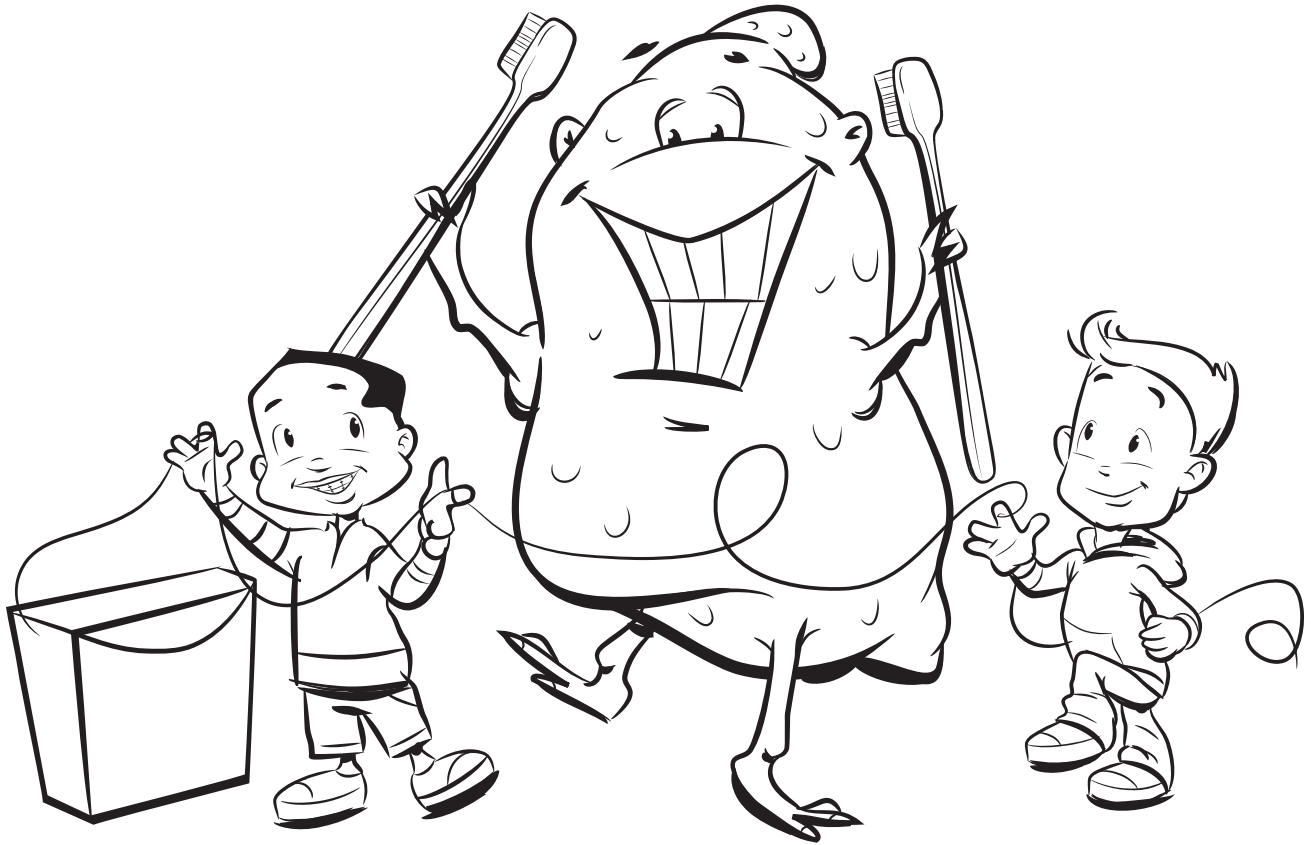
**The Plaqster and Flossy
can use a little help!
Can you find all the
hidden words?
They can be up, down,
diagonal, backward
and forward!**

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

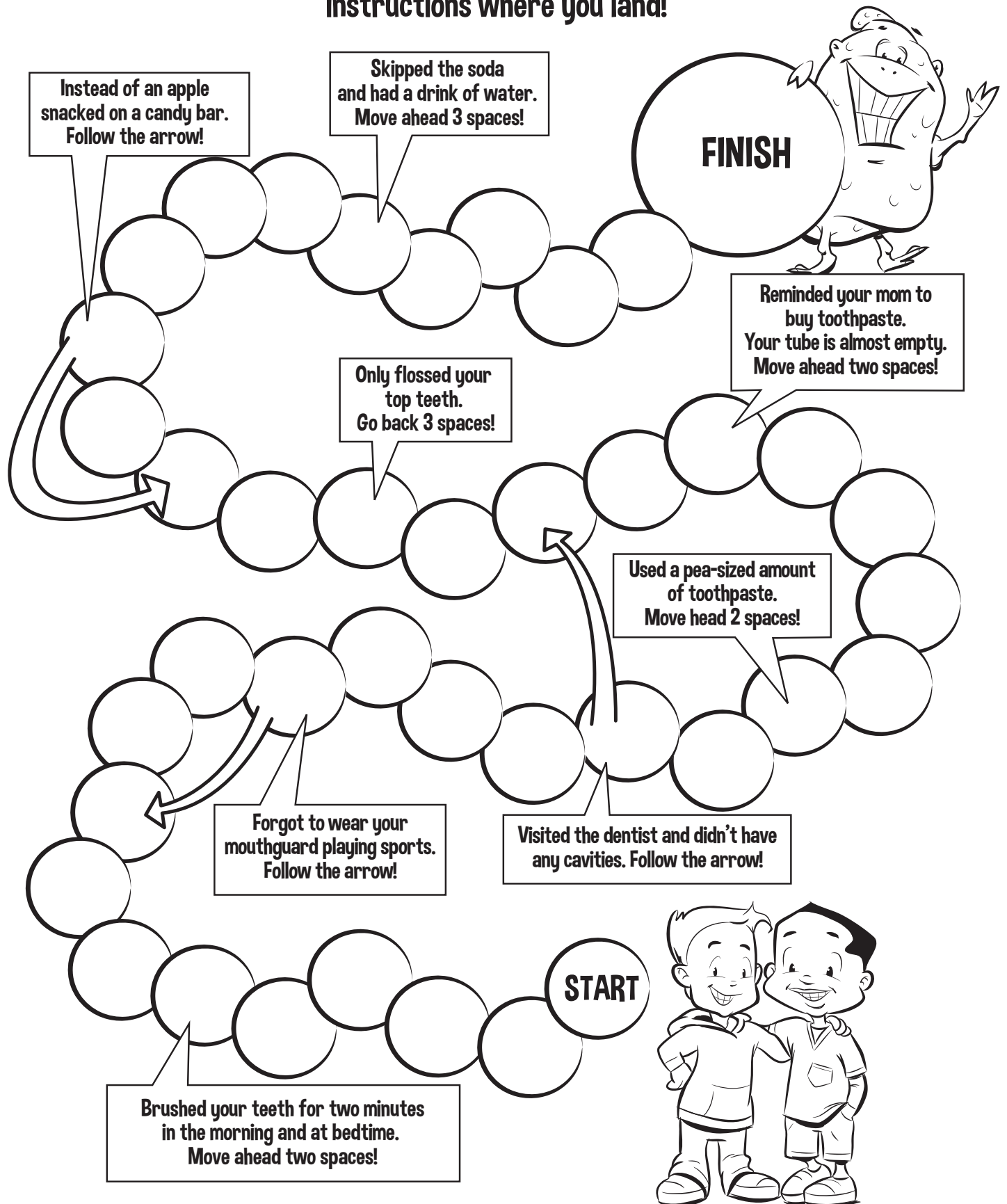


- | | | |
|----------------|-------------------|-------------------|
| CAVITY | MOLAR | TEETH |
| DENTIST | PLAQUE | GINGIVITIS |
| ENAMEL | MOUTHGUARD | MOUTH |
| FLOSS | TOOTHBRUSH | CROWN |
| SEALANT | TOOTHPASTE | HYGIENIST |
| GUMS | MONSTER | ROOT |
| CANINE | SMILE | JAW |
| | TONGUE | |

The Plaqster, Den and Buck are sure having fun! You can join in.
Can you find 25 differences between the two pictures?



Den and Buck are playing Hide and Seek with The Plaqster. Who will find him first? Using different colored buttons for markers, flip a coin to advance around the board. Heads moves you ahead 2 spaces, tails 1 place. Be sure to follow the instructions where you land!



It's a mystery!
Help K-9 and The Plagster unscramble the words
in these oral health messages!

1. Visit your _____ twice a year.
TTNSIDE

2. Eat plenty of fruits and _____ .
SEEBEGVTAL

3. Brush your teeth two _____
SNEMIUT
two times a day.

4. Don't forget to brush your

GTUENO

5. Always wear a _____
GTHUDARUMO
when playing sports.



Gen LOVES crossword puzzles! You can help her. Use the word list below to complete the puzzle.



ACROSS

- 2 Your first teeth.
- 4 The hard outer layer of a tooth.
- 9 If not removed, can lead to cavities.
- 10 Wear this to protect your smile while playing sports.
- 12 Only eat sparingly to keep your smile healthy.
- 13 Pictures of your teeth.
- 14 What your dentist applies to protect teeth from decay.
- 16 Limit between meal ____.
- 17 Use this to keep teeth clean.
- 19 ____ are the teeth in the back of your mouth used for grinding food.
- 20 Use only a ____-sized amount of toothpaste when you brush.

DOWN

- 1 Drink this instead of soda pop.
- 3 Broccoli and carrots are nutritious ____.
- 5 A dentist uses this to help see all your teeth.
- 6 They hold your teeth in place.
- 7 Visit your ____ regularly.
- 8 Clean between your teeth with dental ____.
- 11 Defeat ____ Mouth! Keep your smile sparkling!
- 15 Brush your teeth for 2 minutes ____ a day.
- 18 Grin

ACROSS: 2 BABY, 4 ENAMEL, 9 PLAQUE, 10 MOUTHGUARD, 12 SWEETS, 13 X-RAYS, 14 SEALANT, 16 SNACKS, 17 TOOTHBRUSH, 19 MOLARS, 20 PEA.
DOWN: 1 WATER, 3 VEGETABLES, 5 MIRROR, 6 GUMS, 7 DENTIST, 8 FLOSS, 11 MONSTER, 15 TWICE, 18 SMILE

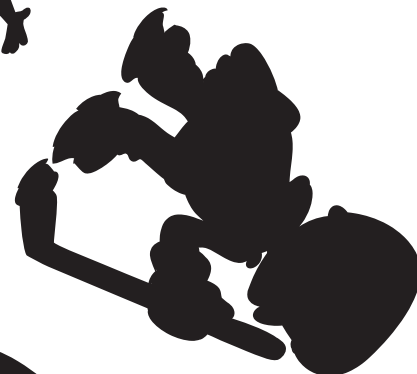
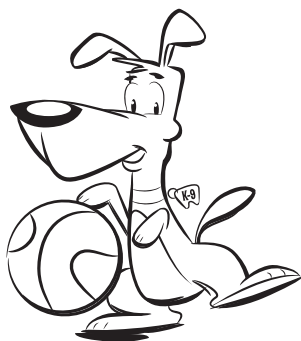
WATER
SMILE
SNACKS
MIRROR

DENTIST
VEGETABLES
ENAMEL
BABY
PEA

MOLARS
TWICE
SEALANT
GUMS

TOOTHBRUSH
MOUTHGUARD
PLAQUE
X-RAYS
SWEETS
FLOSS
MONSTER

Playing sports is FUN! But you should always wear a mouthguard to keep your smile safe! Can you draw a line to match Den, Gen, Buck, Flossy and K-9 with their shadow?



**The Plaqster is all about defeating Monster Mouth,
 but it takes some monster-sized equipment!
 Connect the dots to see what The Plaqster
 uses 2 minutes, 2 times a day for good oral health!**



DEFEAT MONSTER MOUTH!

