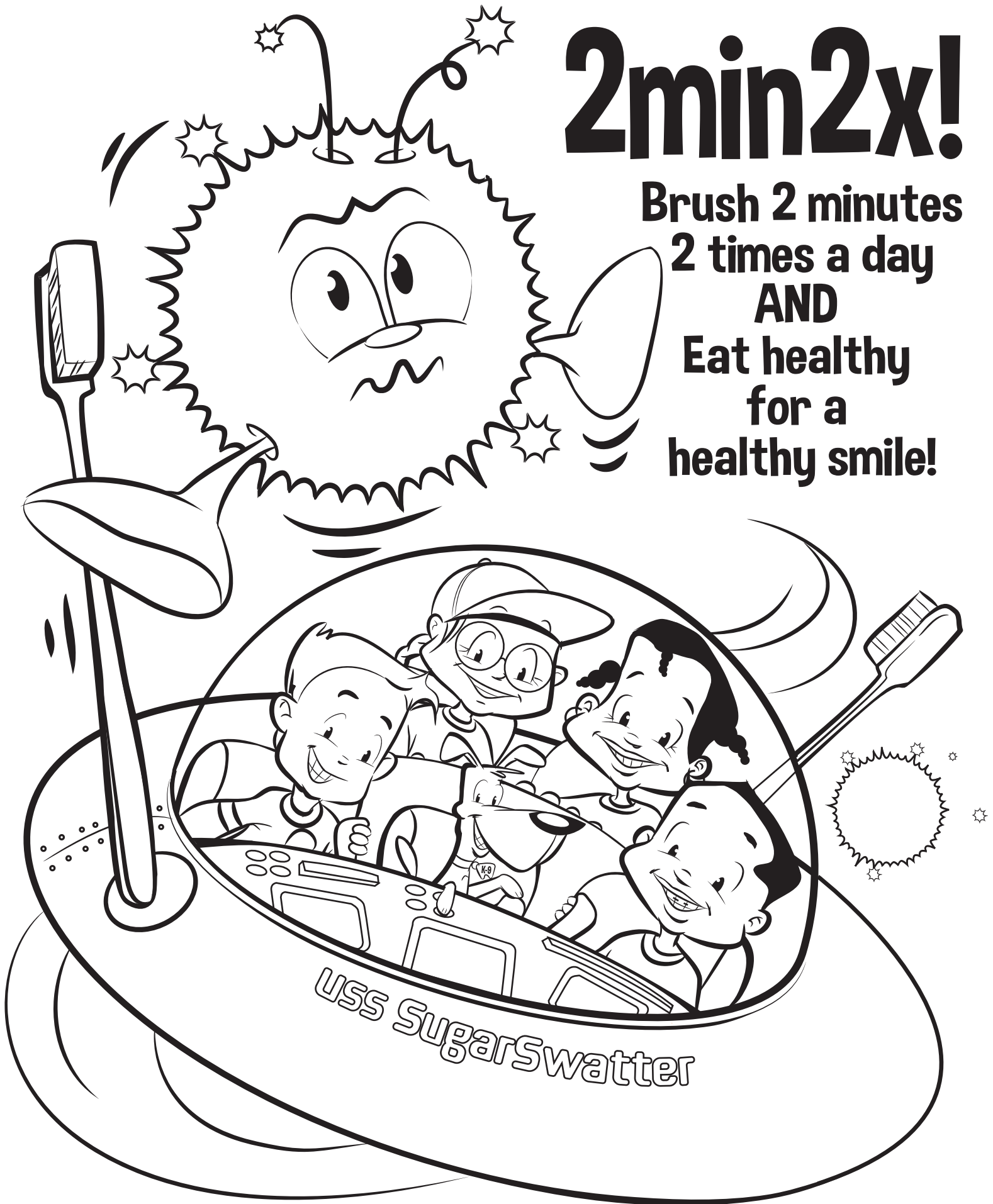


2min2x!

Brush 2 minutes
2 times a day
AND
Eat healthy
for a
healthy smile!



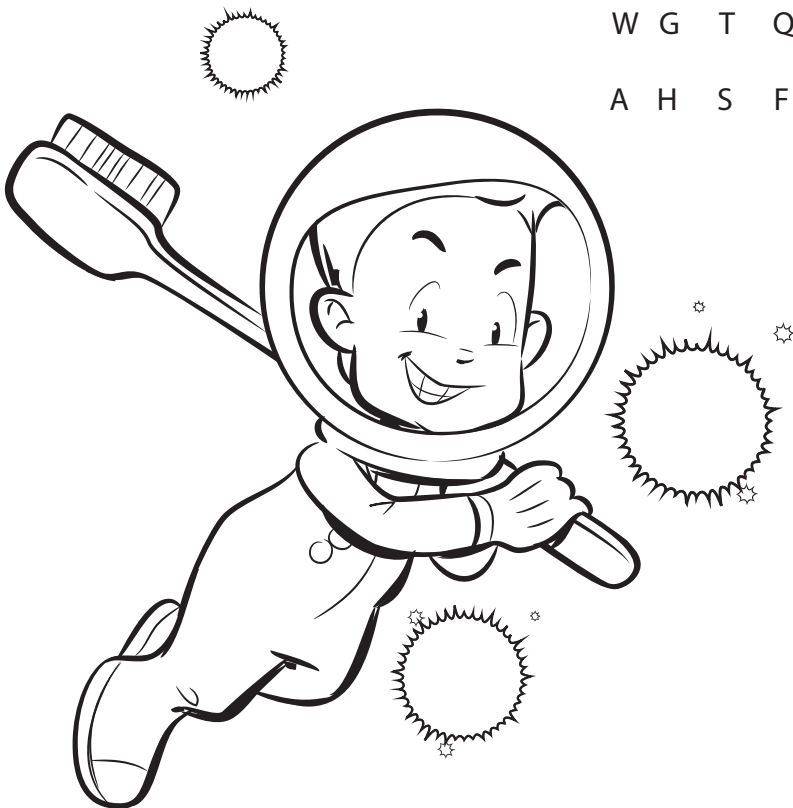
To have a sparkling smile it helps to choose healthy foods rather than sugary treats.

Can you find all the hidden words?

Circle the healthy foods and draw a line through the sugary treats.

They can be up, down, diagonal, backward and forward!

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

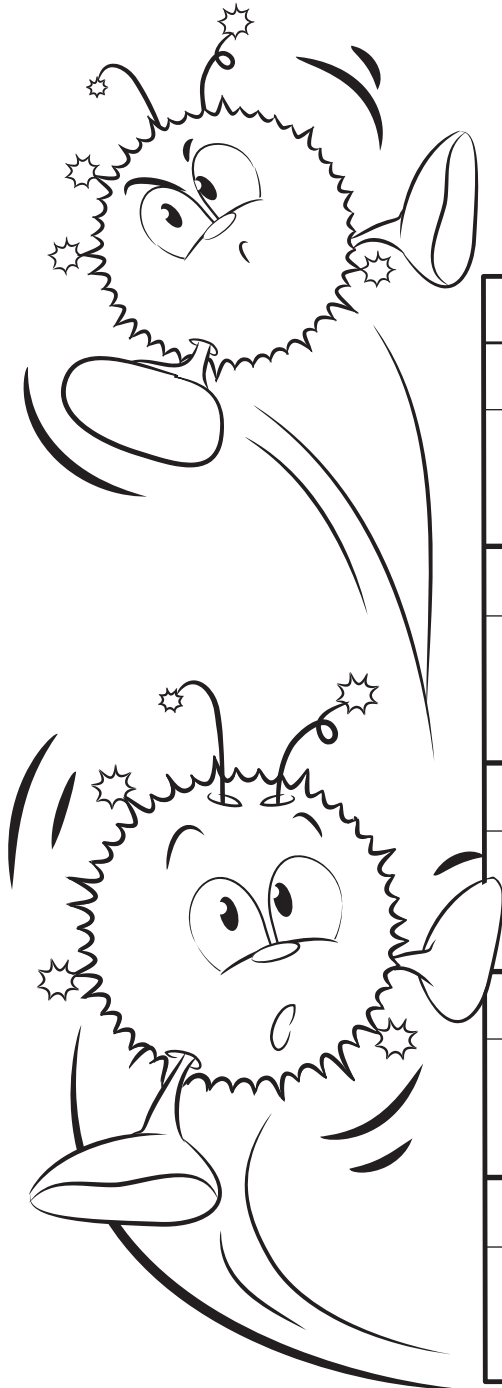


- | | | |
|--------------------|-----------------|----------------------|
| BROCCOLI | GRAPES | CAKE |
| CARROTS | YOGURT | COOKIES |
| APPLE | MANGO | CHIPS |
| CELERY | SQUASH | CANDY |
| CABBAGE | TOMATOES | SODAPOP |
| CAULIFLOWER | YAMS | BROWNIES |
| WATER | BANANA | CHOCOLATE BAR |
| | MELON | |

Swat the Sugars!

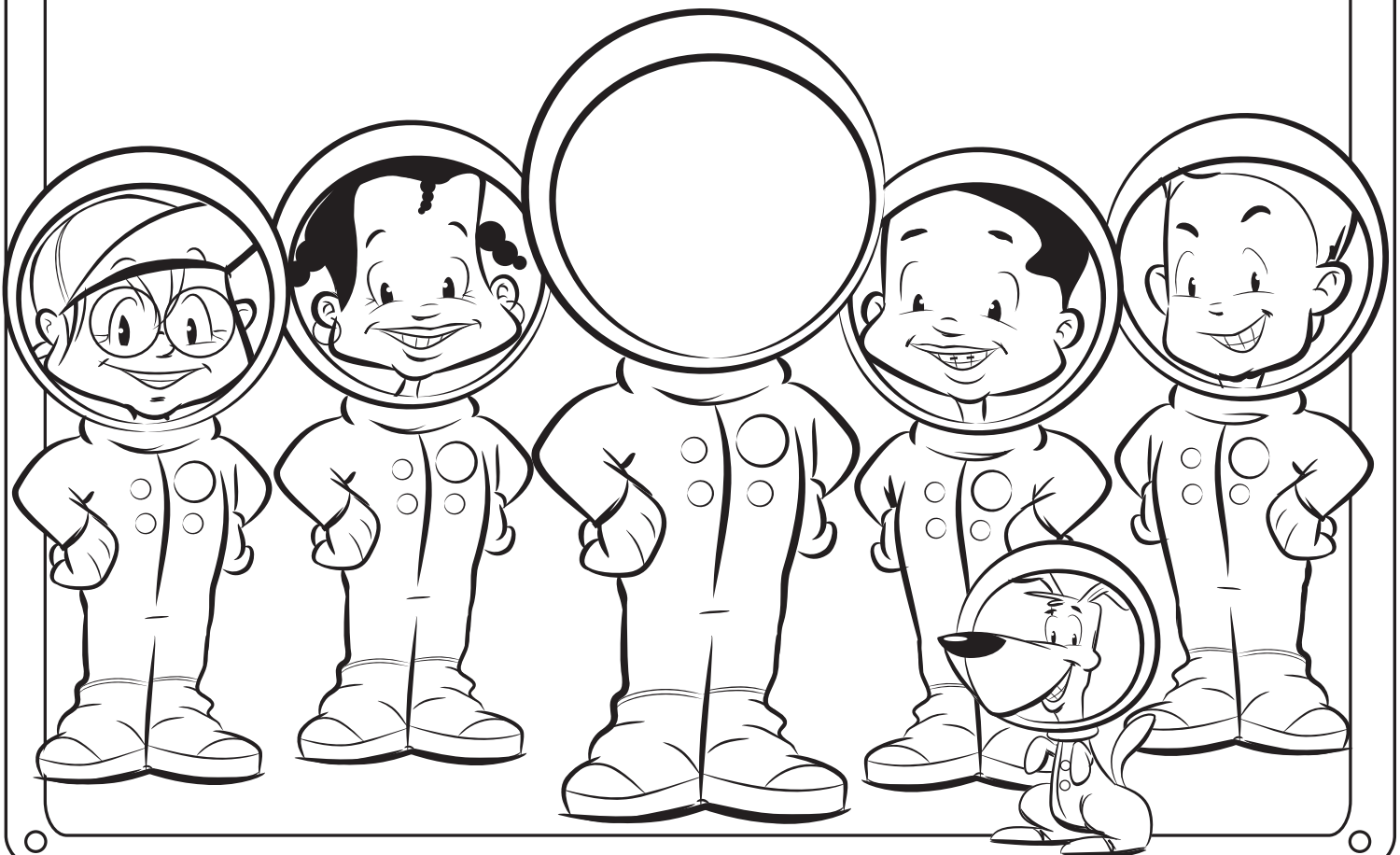
Brush 2 minutes 2 times a day - 2min2x - to swat those pesky sugars out of your mouth and keep your smile healthy. Fill in the calendar dates in the corner and then check off each of the 2 boxes every time you brush. Make it a habit for a great smile!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Congratulations!

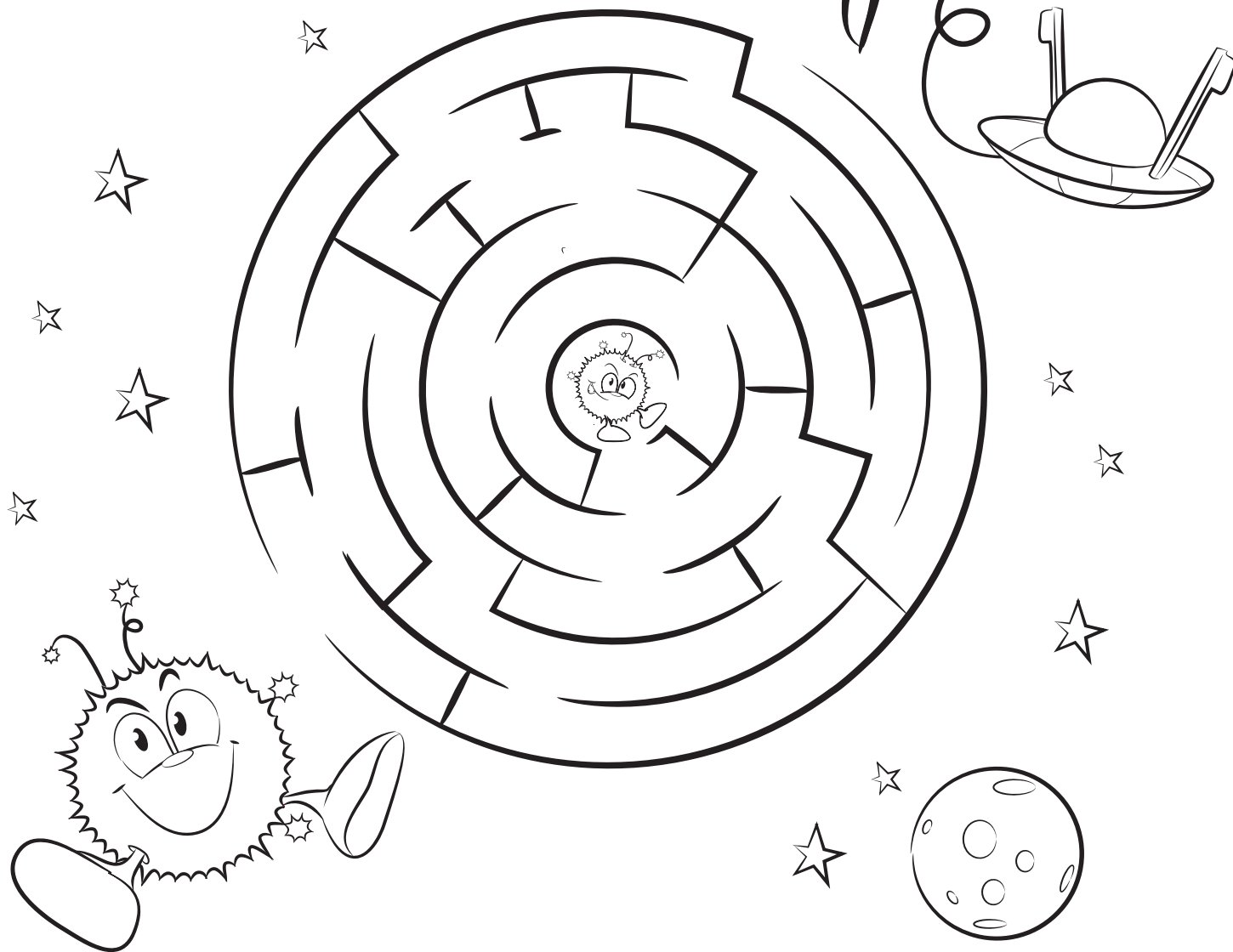
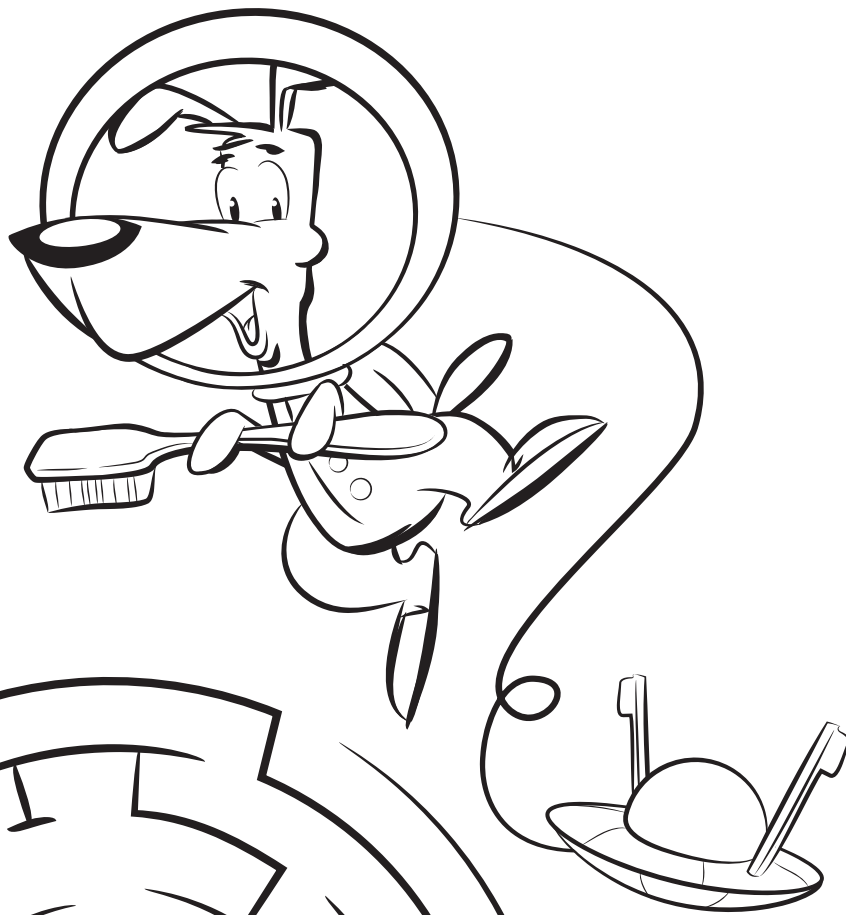
**is an official crew member of the USS SUGAR SWATTER
dedicated to keeping smiles sparkling by
limiting sugary treats, eating healthy foods,
and brushing 2min2x!**



(Paste or draw a picture of yourself in the circle above!)

K9 is searching the galaxy for Sugars!

Can you help him?
Find a path into the center
of the planet and then
through to the other side.



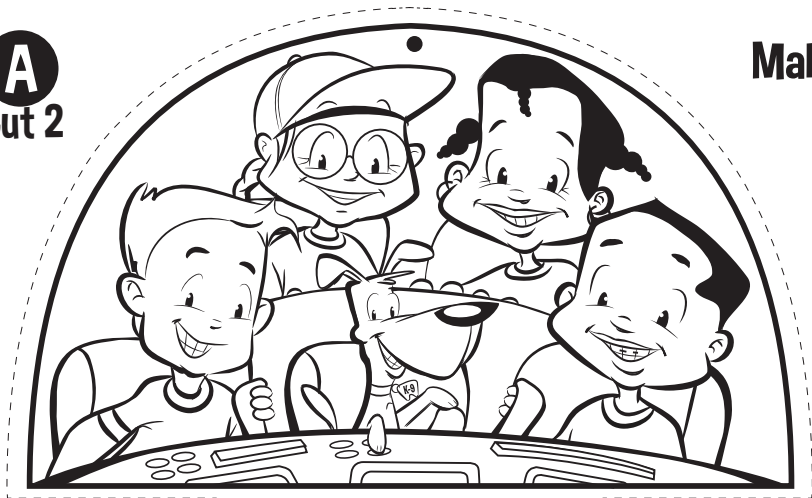
Make your own SugarSwatter space ship!

You'll need:

Stiff paper or thin poster board
Markers, colored pencils, or crayons
Glue, glue stick or paste

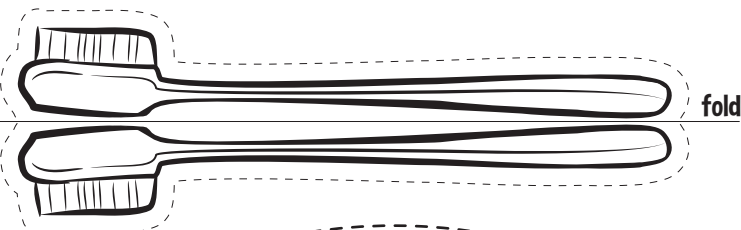
Scissors
Tape
String

A
Cut 2



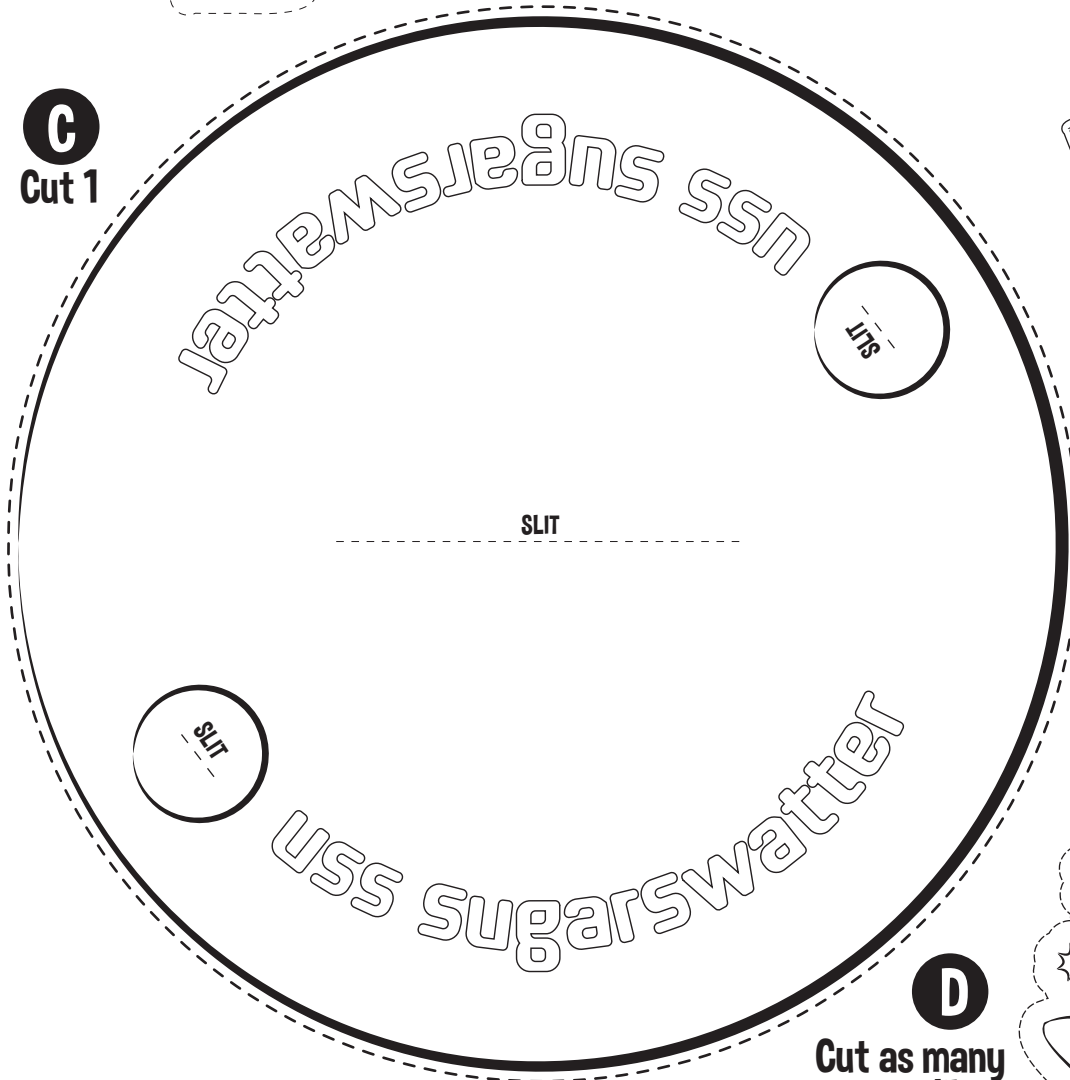
B
Cut 2

fold



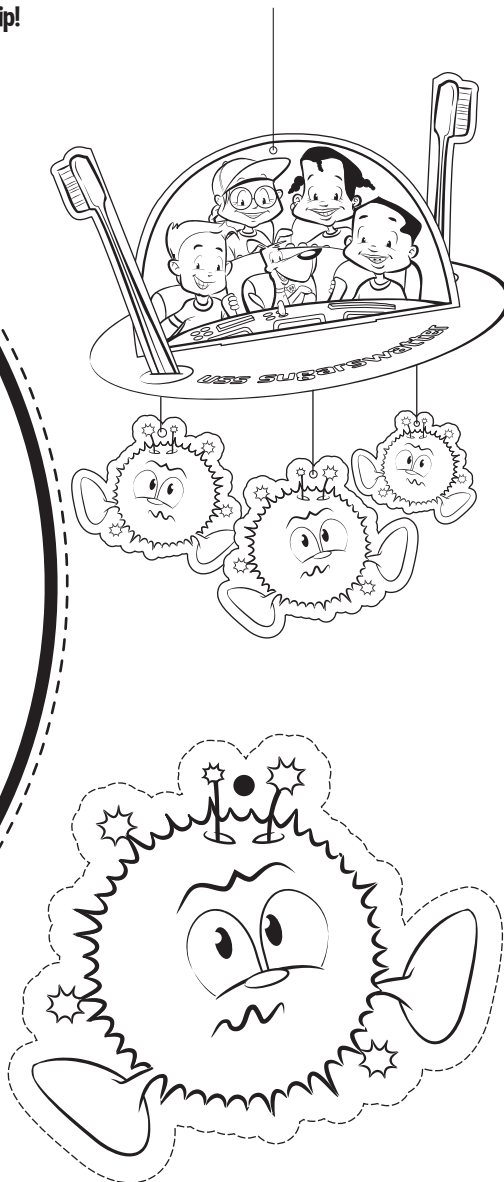
fold

C
Cut 1



D

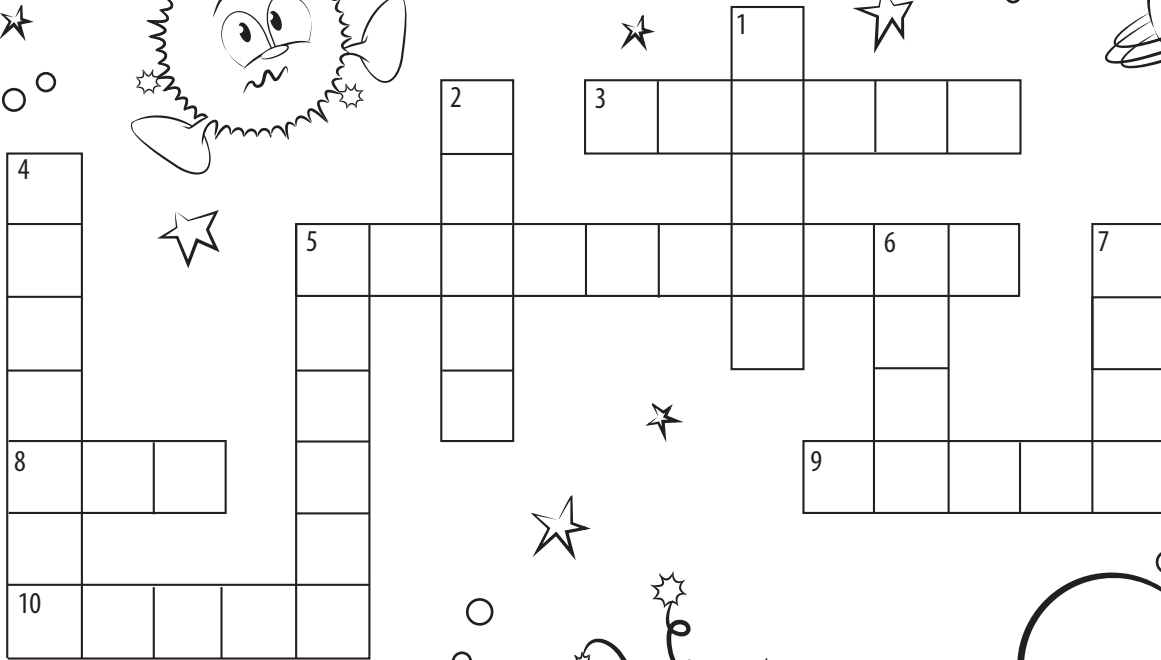
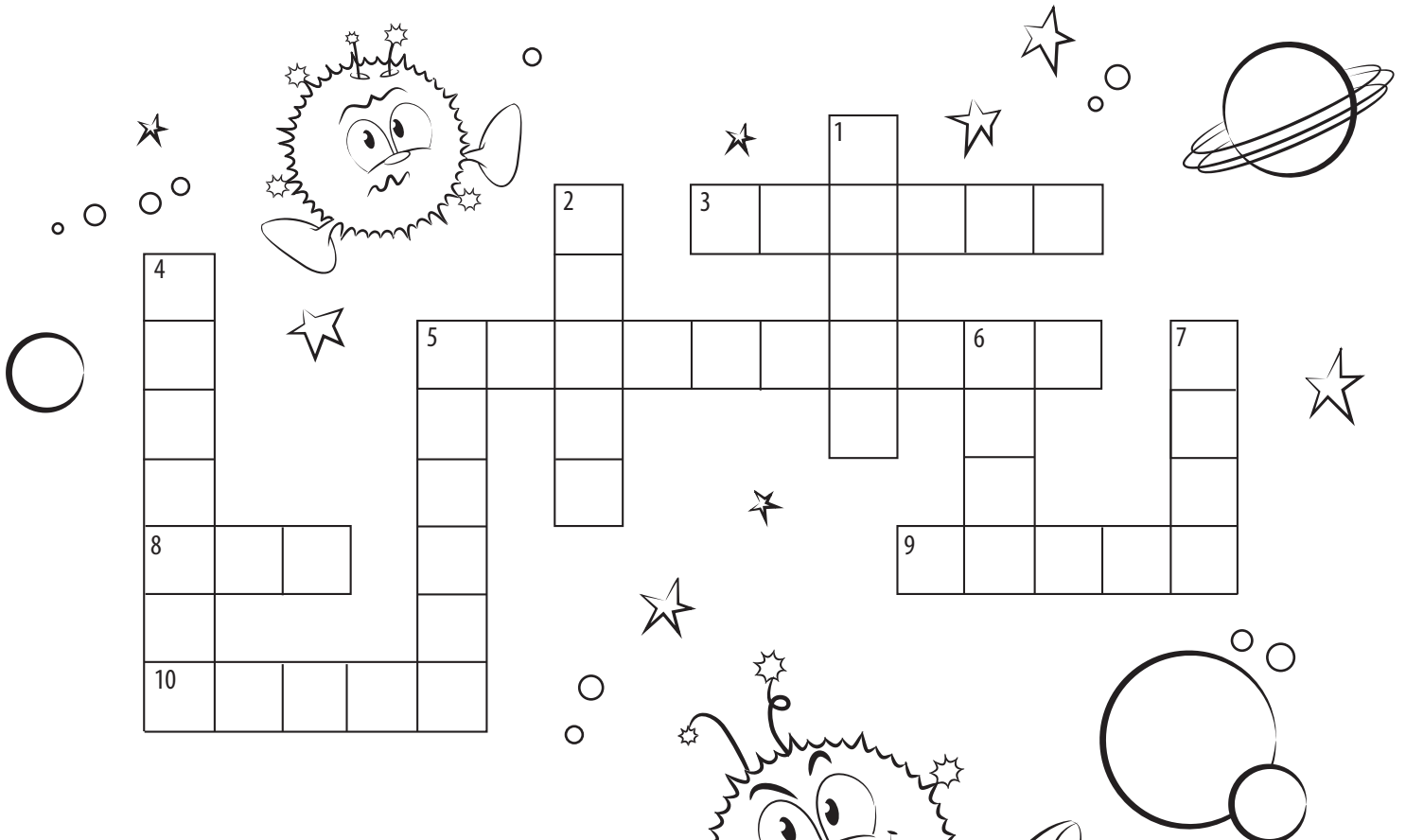
Cut as many as you like!



1. Print out 2 copies of this page. Enlarge and color if you'd like.
2. Cut the pieces out on the dotted lines and cut the slits in C.
3. Glue the pages to poster board.
4. Glue the two A pieces back to back and cut a hole through the circle at the top. Insert A through the center slit in C.
5. Fold the two B pieces along the center line and insert each in the shorter slits in C.
6. Cut a small hole in each of the D pieces and loop a piece of string through the hole. Tape the other end of the string to the underside of C.
7. Loop a string through the hole at the top of A to hang your space ship!

This crossword is out of this world!

Use the words in the list to complete the puzzle!

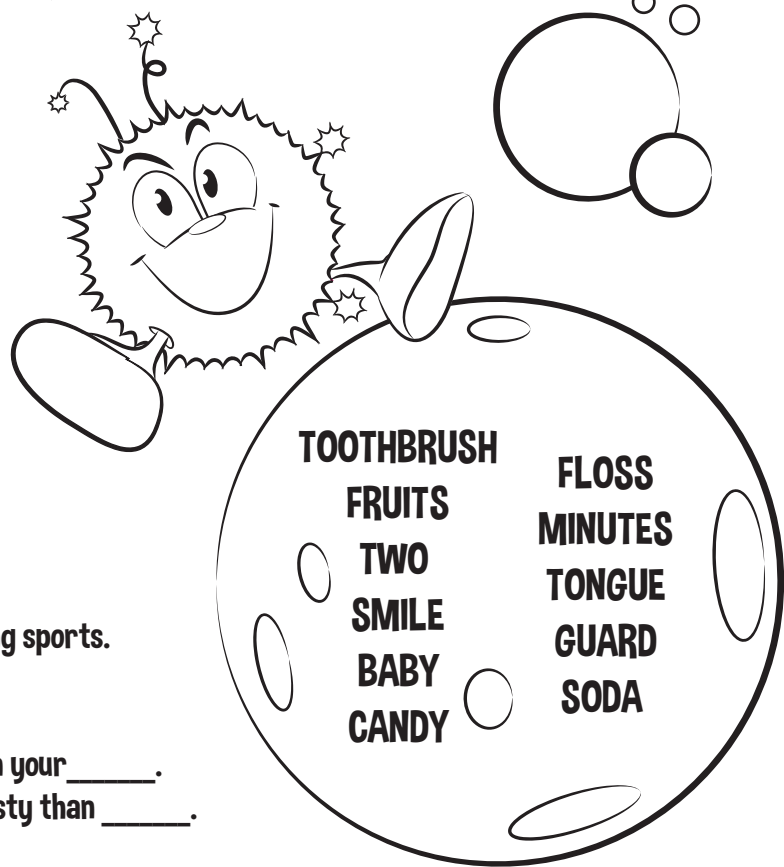


ACROSS

3. Eat lots of healthy _____ and vegetables.
5. Use a _____ to clean your teeth.
8. Visit your dentist _____ times a year.
9. For a healthy smile don't eat a lot of _____.
10. Another word for grin.

DOWN

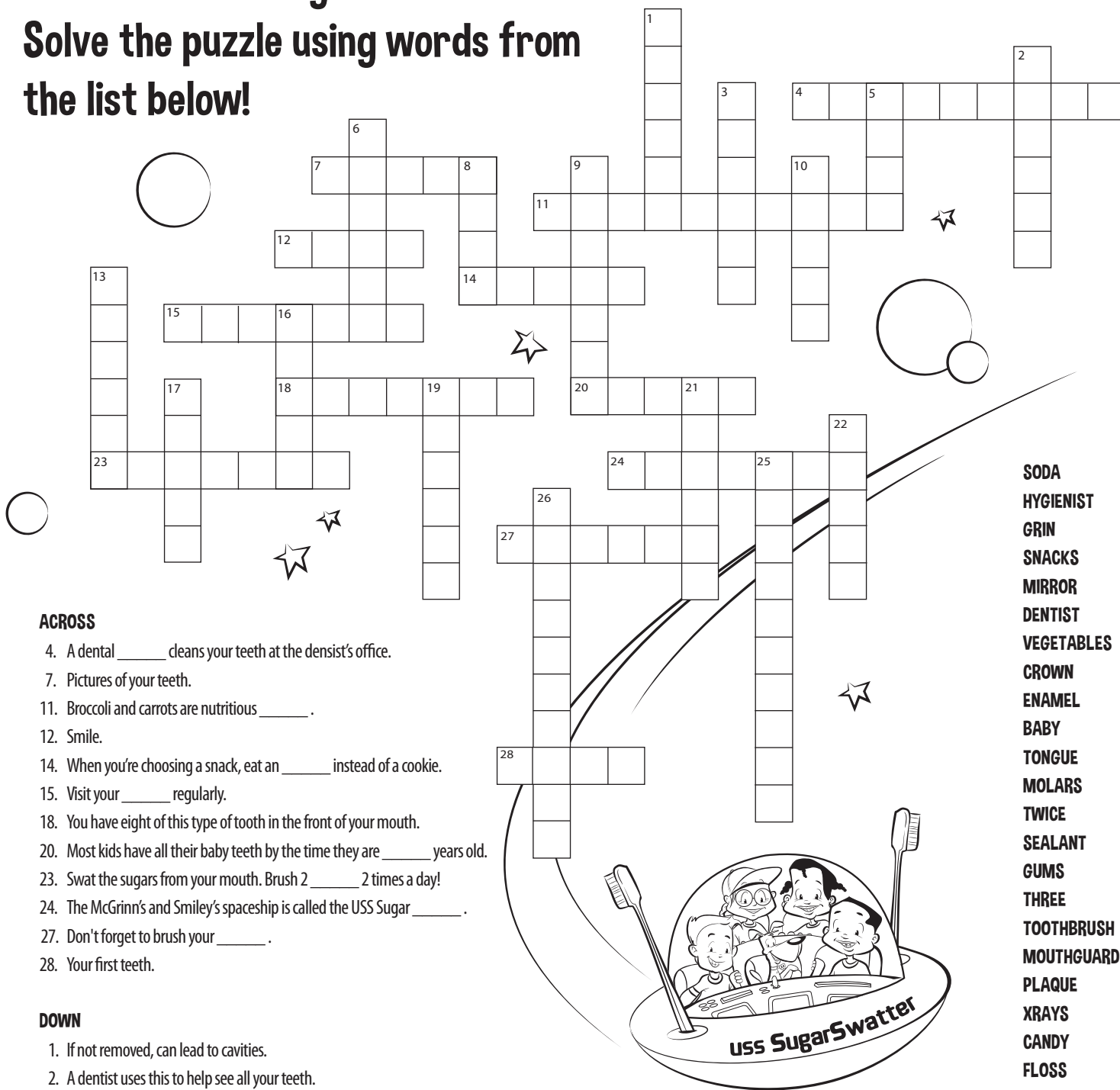
1. Don't forget to wear a mouth _____ when playing sports.
2. Use _____ to clean between your teeth.
4. Brush your teeth two _____ two times a day.
5. When you brush your teeth, don't forget to brush your _____.
6. Better to have a drink of water when you're thirsty than _____.
7. Your first teeth are called _____ teeth.



ACROSS: 3. FRUITS; 5. TOOTHBRUSH; 8. TWO; 9. CANDY; 10. SMILE
 DOWN: 1. GUARD; 2. FLOSS; 4. MINUTES; 5. TONGUE; 6. SODA; 7. BABY

Help the crew of the USS SugarSwatter keep the galaxy free of destructive Sugars!

Solve the puzzle using words from the list below!



- SODA
- HYGIENIST
- GRIN
- SNACKS
- MIRROR
- DENTIST
- VEGETABLES
- CROWN
- ENAMEL
- BABY
- TONGUE
- MOLARS
- TWICE
- SEALANT
- GUMS
- THREE
- TOOTHBRUSH
- MOUTHGUARD
- PLAQUE
- XRAYS
- CANDY
- FLOSS
- APPLE
- FRUITS
- MINUTES
- SWATTER
- INCISOR
- WISDOM

ACROSS

4. A dental _____ cleans your teeth at the dentist's office.
7. Pictures of your teeth.
11. Broccoli and carrots are nutritious _____.
12. Smile.
14. When you're choosing a snack, eat an _____ instead of a cookie.
15. Visit your _____ regularly.
18. You have eight of this type of tooth in the front of your mouth.
20. Most kids have all their baby teeth by the time they are _____ years old.
23. Swat the sugars from your mouth. Brush 2 _____ 2 times a day!
24. The McGrinn's and Smiley's spaceship is called the USS Sugar _____.
27. Don't forget to brush your _____.
28. Your first teeth.

DOWN

1. If not removed, can lead to cavities.
2. A dentist uses this to help see all your teeth.
3. _____ are the teeth in the back of your mouth used for grinding food.
5. They hold your teeth in place.
6. Eating _____ and vegetables builds strong bodies and bright smiles!
8. When you're thirsty drink water instead of _____.
9. What your dentist applies to protect teeth from decay.
10. Clean between your teeth with dental _____.
13. The third set of molars are called _____ teeth.
16. Brush your teeth at least _____ a day.

17. Only eat sparingly to keep your smile healthy.
19. Limit between meal _____.
21. The hard outer layer of a tooth.
22. The part of a tooth that you can see is called the _____.
25. Use this to keep teeth clean.
26. Wear this while playing sports.

ACROSS: 4. HYGIENIST; 7. X-RAYS; 11. VEGETABLES; 12. GRIN; 15. APPLE; 16. SEALANT; 17. FLOSS; 18. CANDY; 20. SNACKS; 22. ENAMEL; 23. CROWN; 24. SWATTER; 25. MOUTHGUARD; 26. TOOTHBRUSH; 27. MOUTHGUARD
 DOWN: 1. PLAQUE; 2. MIRROR; 3. MOLARS; 5. GUMS; 6. FRUITS; 8. SODA; 9. SEALANT; 10. FLOSS; 13. WISDOM; 14. PEAS; 17. TWICE; 19. MINUTES; 21. INCISOR; 22. SWATTER; 28. TONGUE; 29. BABY
 DOWN: 1.

The Crew of the USS SugarSwatter are sweeping the galaxy to keep it free of hidden sugars. Can you circle these sugary sweets hidden in the picture?

LOLLIPOP 

COTTON CANDY 

CANDY BAR 

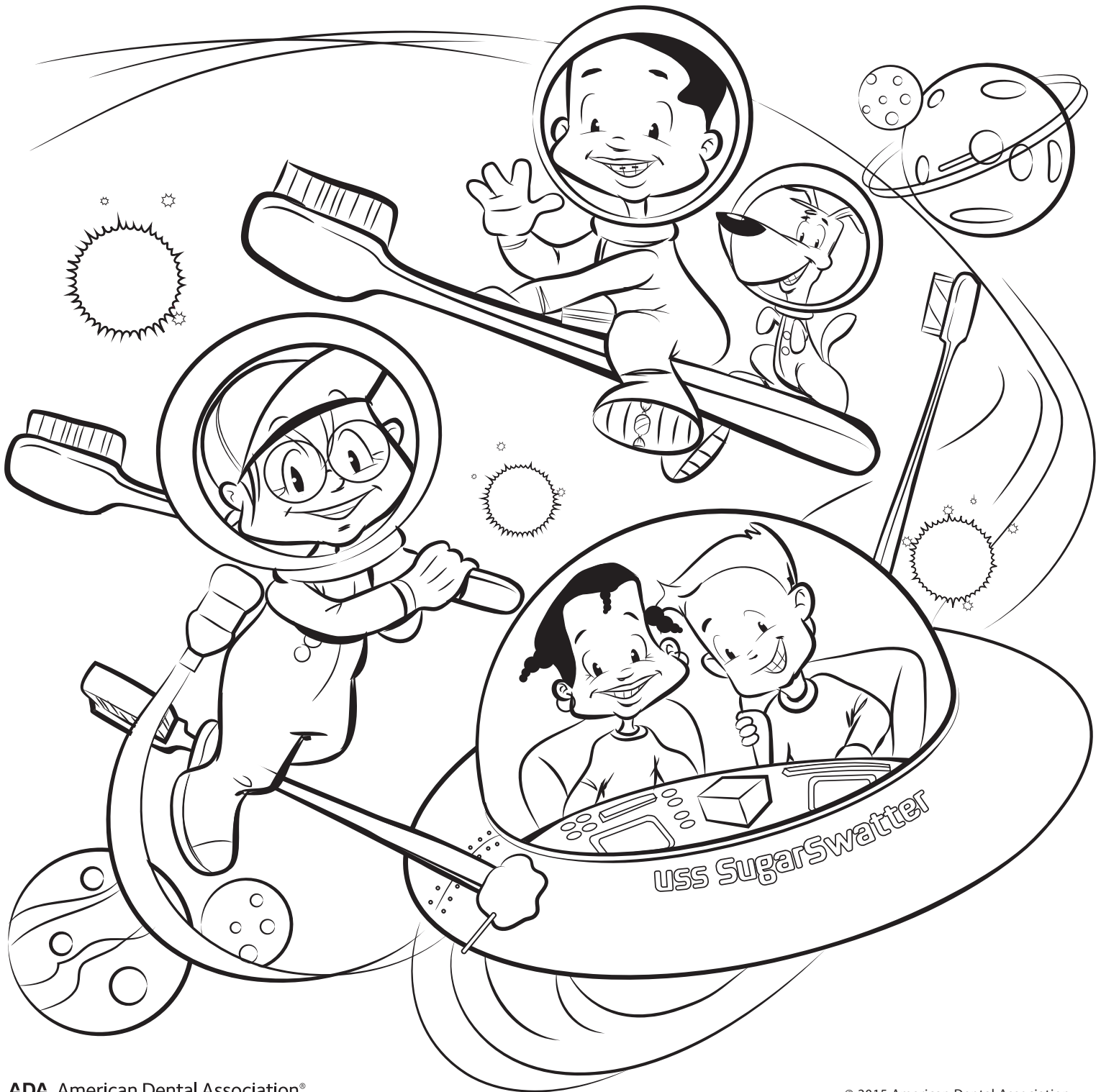
 COOKIE

TAFFY 

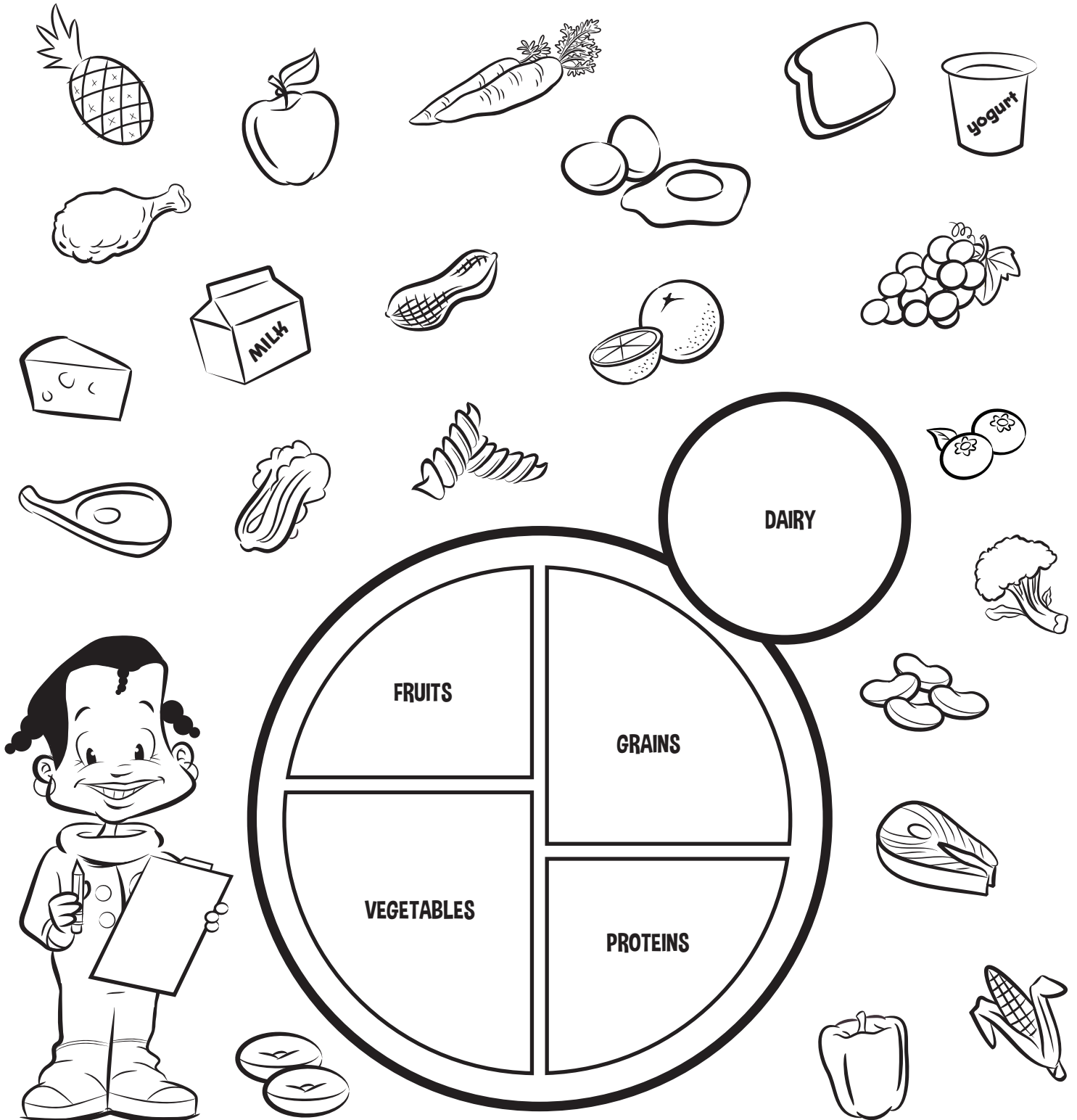
 CAKE

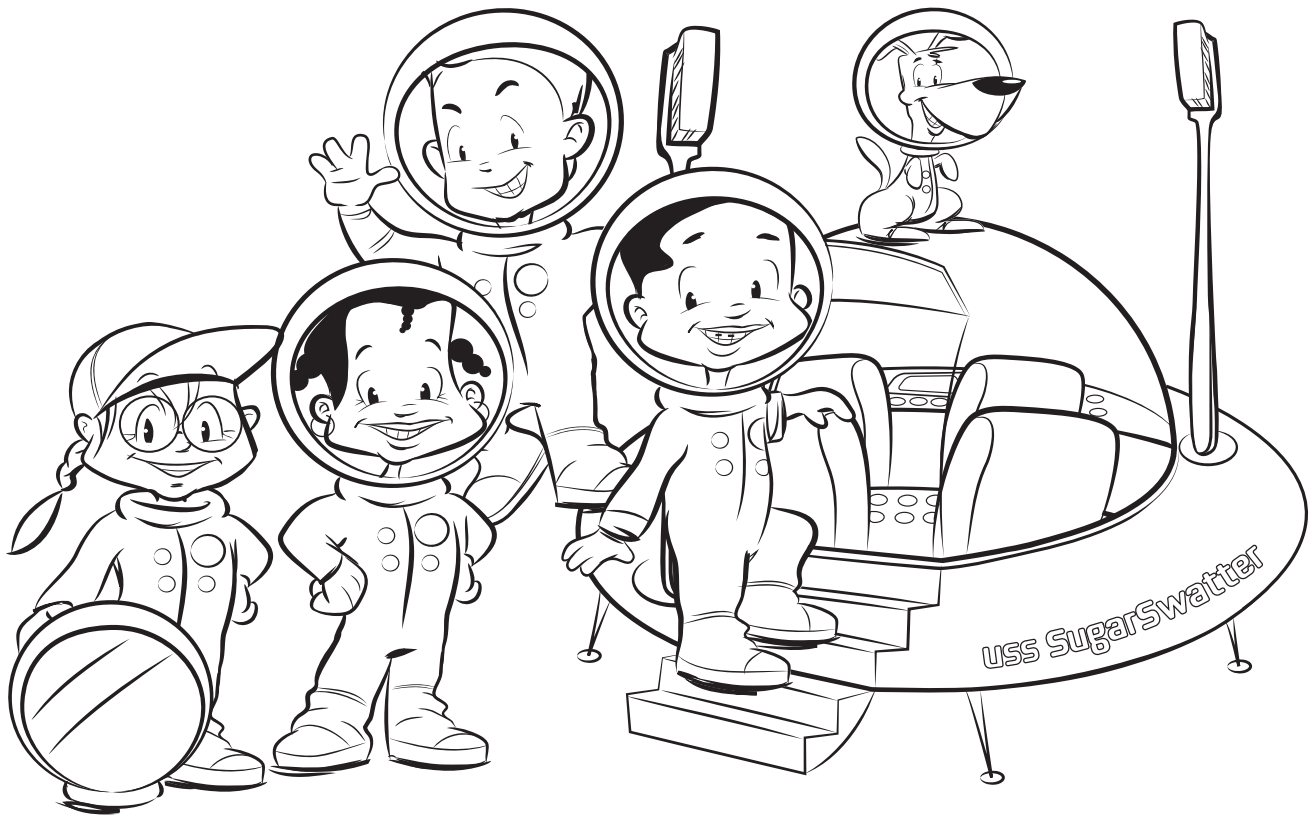
 BROWNIE

SODA 



Gen is loading the USS SugarSwatter with healthy foods for their voyage. Help her sort the choices by drawing a line from each food to the proper compartment.





The Adventures of the USS SugarSwatter!

Sugars are everywhere and the crew of the USS SugarSwatter are climbing on board. Their mission? To eliminate sugars wherever they lurk!

Flossy and Buck McGrinn, Den and Gen Smiley, and their trusty pal K-9 are certainly up to the task. They know just how to fight the sugars that can cause cavities and poor oral health. First, it's important to avoid eating sugary snacks and instead make healthy food choices - like fruits, veggies, whole grains and lean proteins instead of sweet snacks like cookies, candy and cake. When our crew is thirsty, they opt for water to drink, rather than soda pop. Even so, they follow the "2min2x" rule. 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 once each day to clean the spaces in between their teeth. Because Den wears braces, he is especially careful about keeping his teeth healthy so he has a bright smile when the braces come off.

Do you want to join the crew of the USS SugarSwatter and fight for good oral health? Join in the fun by playing the games and completing 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.