

Wordsearch

f	l	e	r	y	r	a	z	x	c	e	b	m	v	l	p
g	l	r	e	t	i	o	s	u	g	a	r	k	i	u	c
s	a	d	b	n	x	w	a	s	i	g	w	u	m	f	f
x	t	c	f	m	y	d	s	c	o	j	s	i	o	p	l
y	n	a	l	e	l	a	s	m	x	l	i	d	u	m	u
o	e	s	u	f	i	g	o	v	a	m	l	k	t	a	o
i	d	t	s	t	t	u	l	w	g	u	m	s	h	n	r
w	s	e	a	d	o	b	f	z	k	t	p	i	w	b	i
r	i	e	y	s	l	e	u	g	i	h	y	o	a	r	d
o	l	t	b	u	t	o	o	t	h	b	r	u	s	h	e
n	i	h	t	t	i	m	h	w	s	o	t	x	h	b	n
a	t	e	y	a	p	a	s	t	e	m	s	i	t	h	o
m	i	t	n	r	m	t	s	i	t	n	e	d	u	a	y
d	a	t	h	a	h	f	o	o	t	d	i	a	l	f	x

Words to find

Diet

Paste

Dental

Mouthwash

Dentist

Sugar

Floss

Teeth

Fluoride

Toothbrush

Gums

Xylitol

Top tips

- 1** Brush your teeth last thing at night and at least one other time during the day, with a fluoride toothpaste.
- 2** Cut down on sugary foods and drinks.
- 3** Visit your dentist regularly, as often as they recommend.

Visit us online at www.dentalhealth.org

Oral Health Foundation is a registered charity in England and Wales (263198).



**Oral Health
Foundation**

Better oral health for all