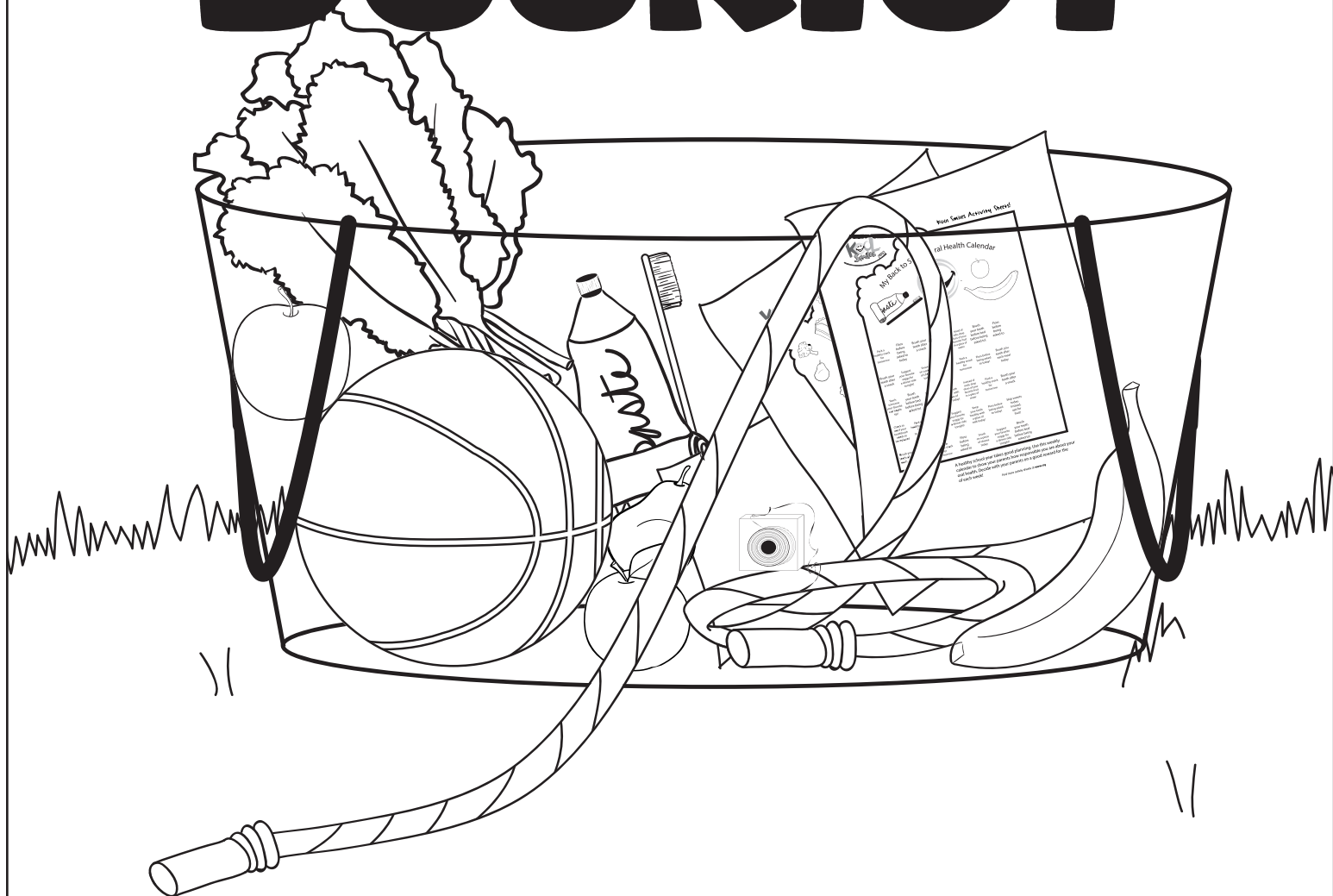


Kool Smiles Activity Booklet

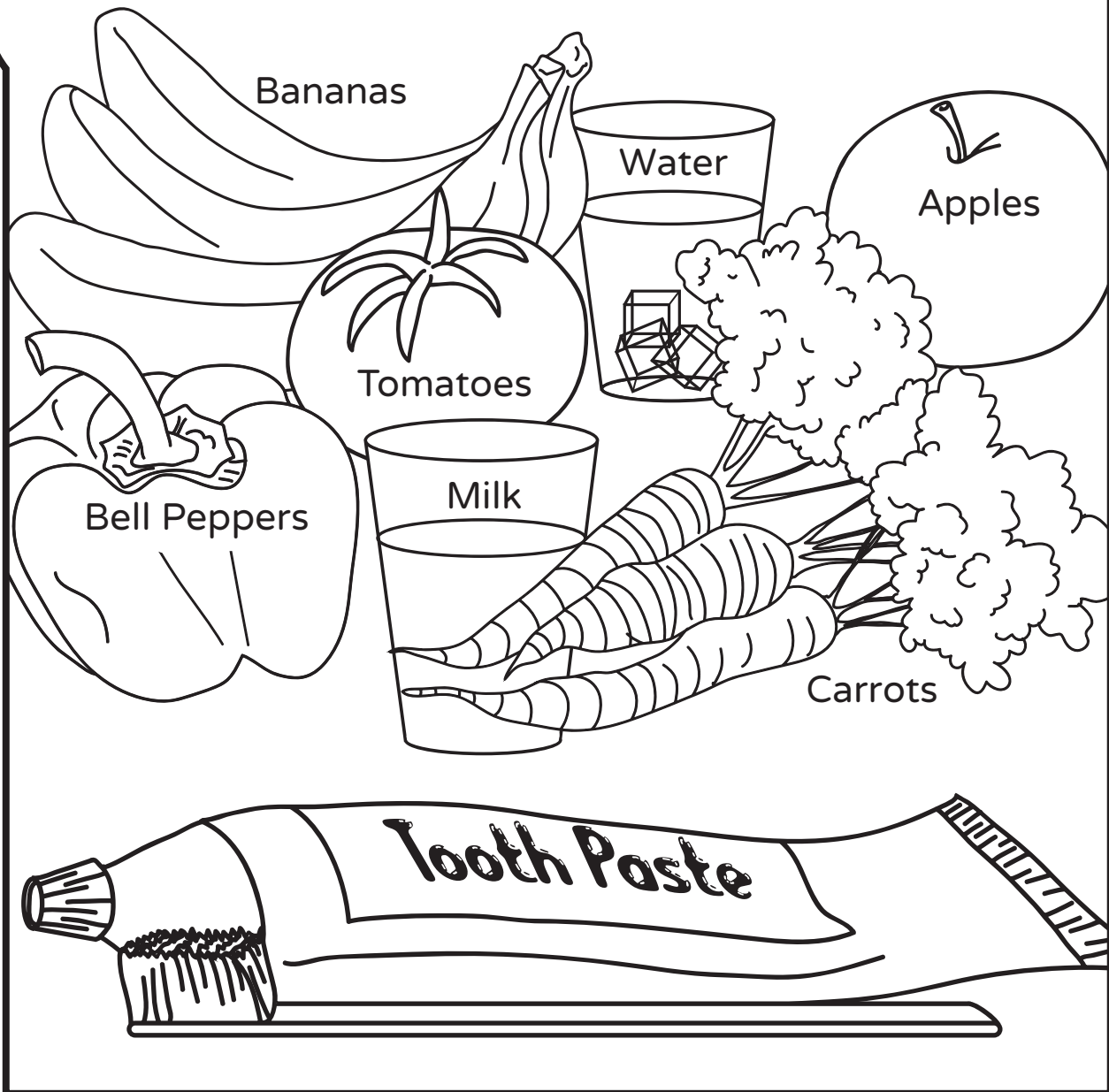


CELEBRATE NATIONAL CHILDRENS DENTAL HEALTH MONTH!



FLUORIDE

Fluoride is a natural mineral found throughout the earth's crust and is an important ingredient in toothpaste! Some foods contain fluoride, including these below!



Did you know?

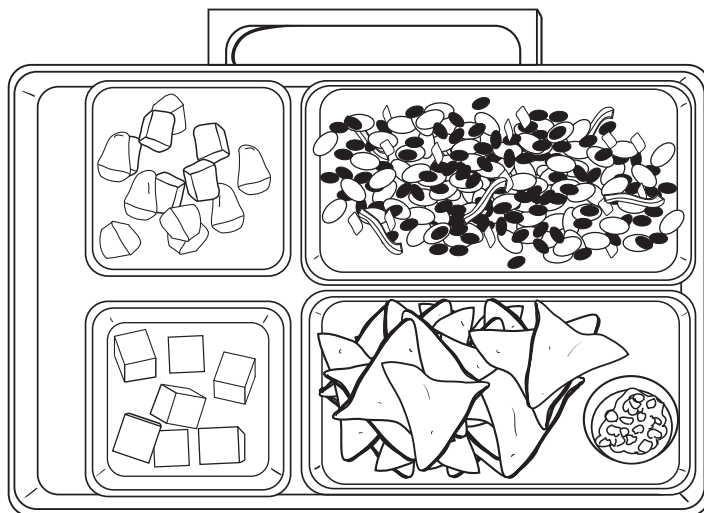
The best toothpaste to use is one that has fluoride in it, because it helps keep your teeth healthy and prevents cavities. Have an adult help you find the right toothpaste for you!



Kool Smiles Activity Sheets!

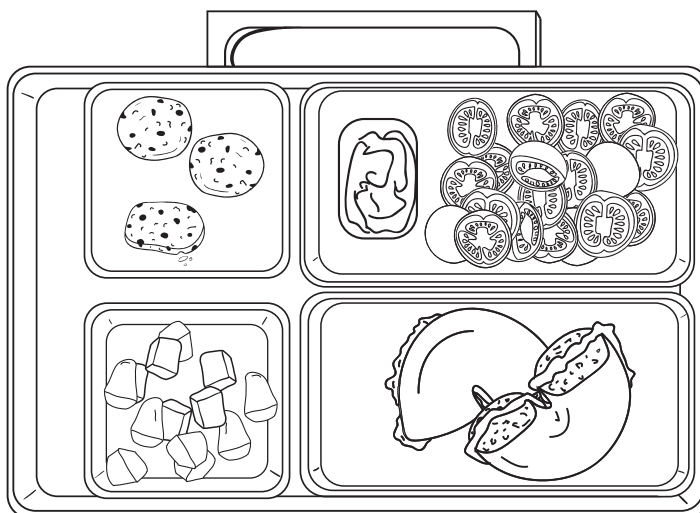
Fiesta box

- 1/3 Cup cheese, cubed
- 1/2 Cup melon
- 1 Cup bean salad
- Handful of whole-grain tortilla chips and two Tablespoons of salsa



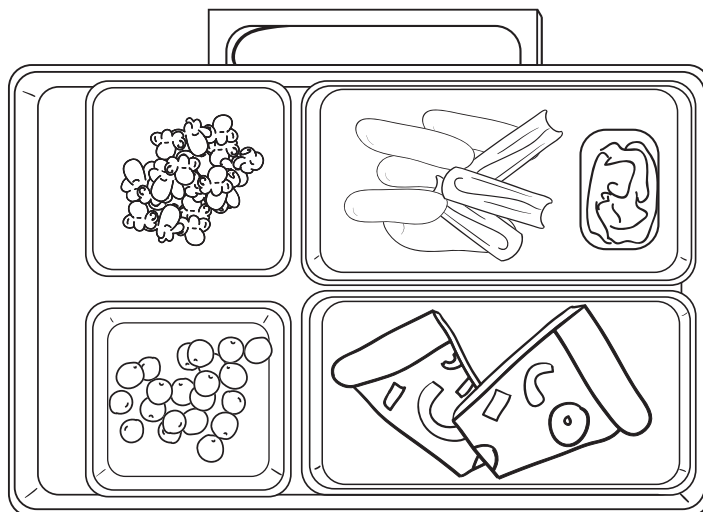
PB&J Time

- Peanut butter and jelly on a whole wheat mini bagel
- 3/4 Cup cherry tomatoes with 2 tablespoons of low fat cream cheese
- 1/2 Cup melon, cubed
- 3 mini oatmeal cookies



Pizza Party

- 1 slice cold veggie pizza cut in squares
- 1/2 Cup of baby carrots and cut celery with 2 Tablespoons of low fat ranch
- 1/2 of purple grapes
- 1/2 of cup popcorn

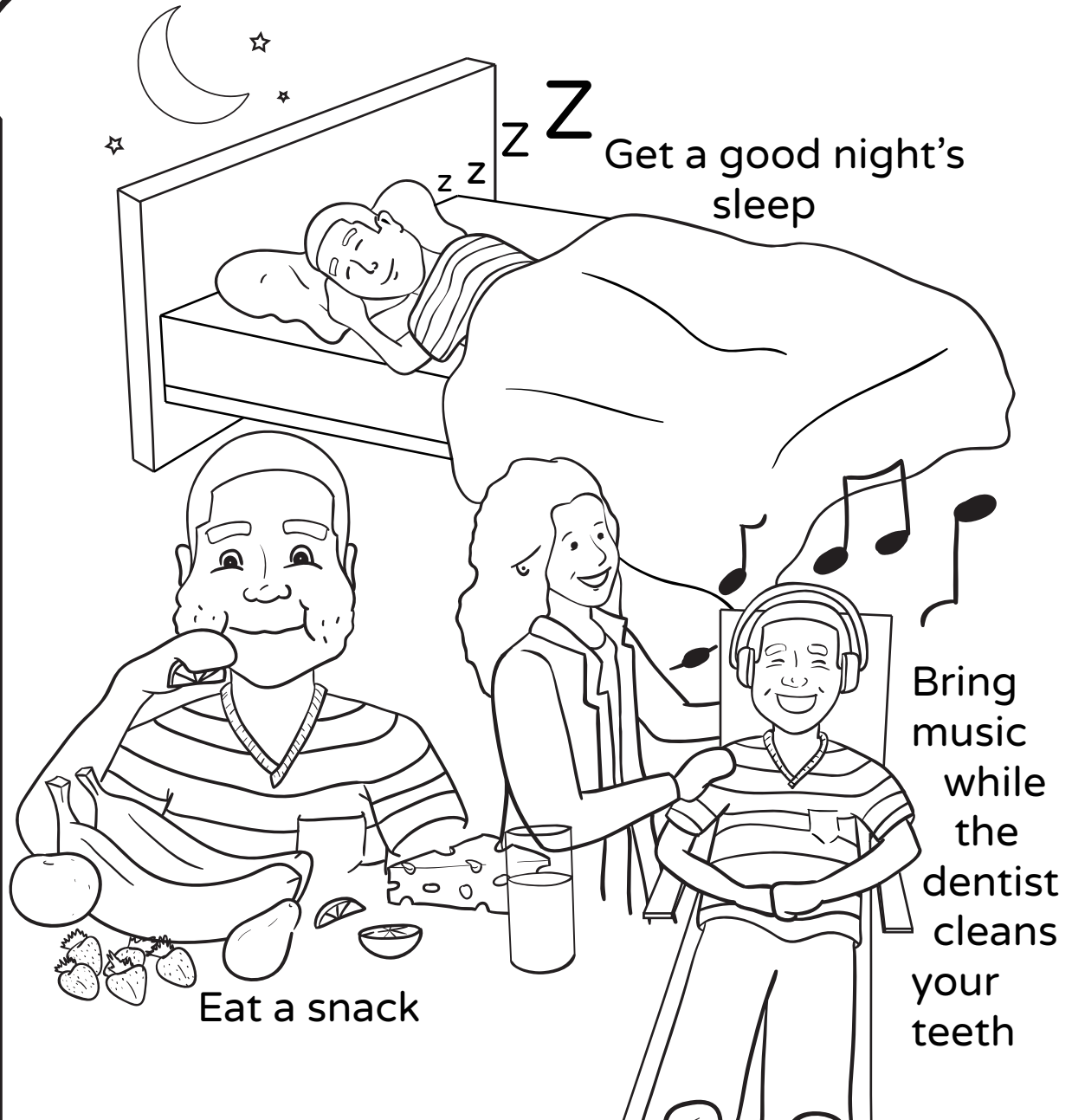


Did you know?

Eating healthy is easy, even when you're at school. Have an adult help you prepare these yummy lunch box meals! Snap a pic, and post it to Kool Smiles' Facebook page. We can't wait to see!



How To Get An A+ Check-Up At The Dentist



Did you know?

The dentist is excited to see you at your next check-up! Ace your next exam with these kool tips!



Kool Smiles Activity Sheets!

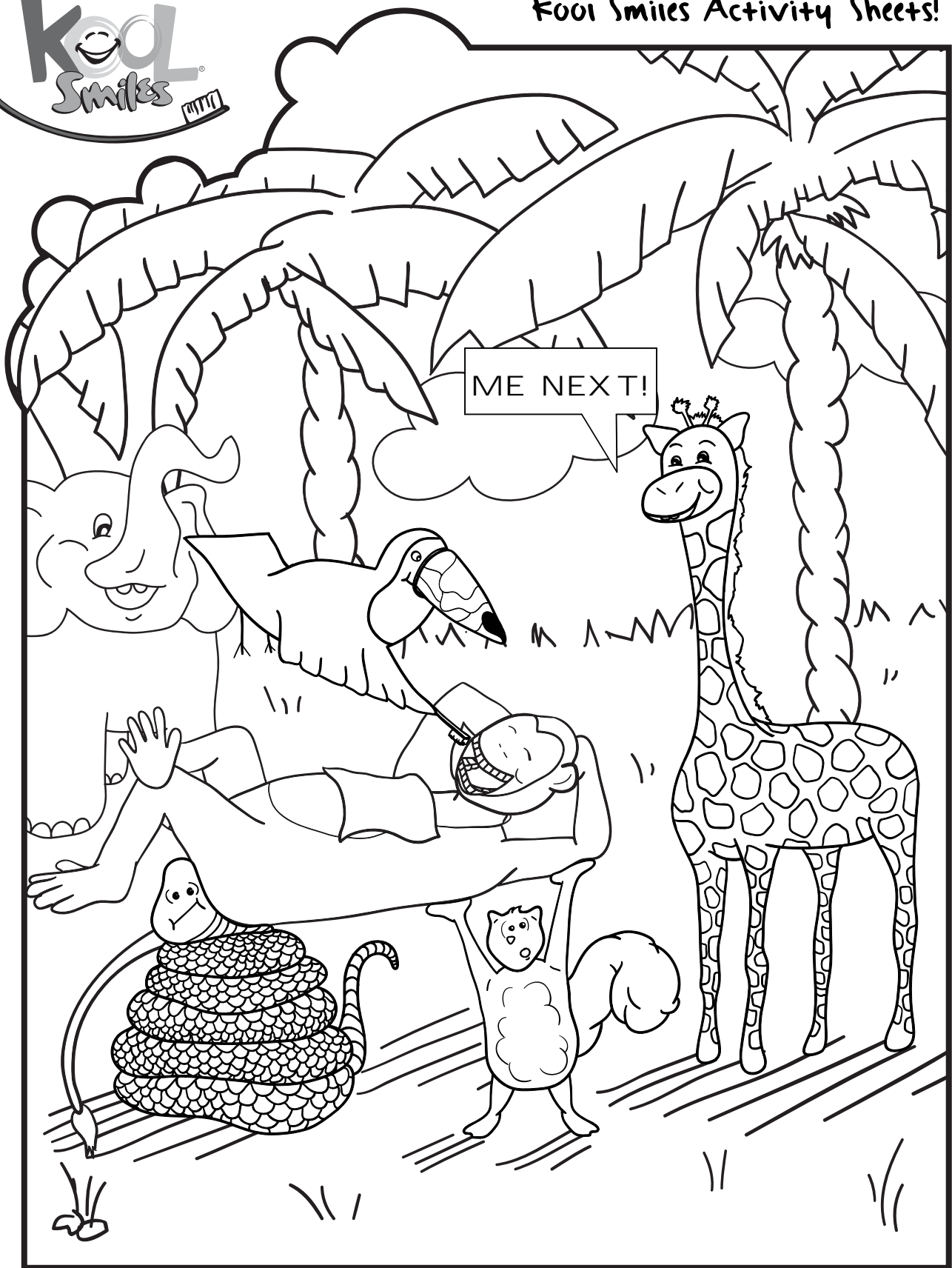


Did you know?

Don't be in a hurry when you floss. Take your time to remove all the plaque or food from between your teeth. They'll thank you for it!

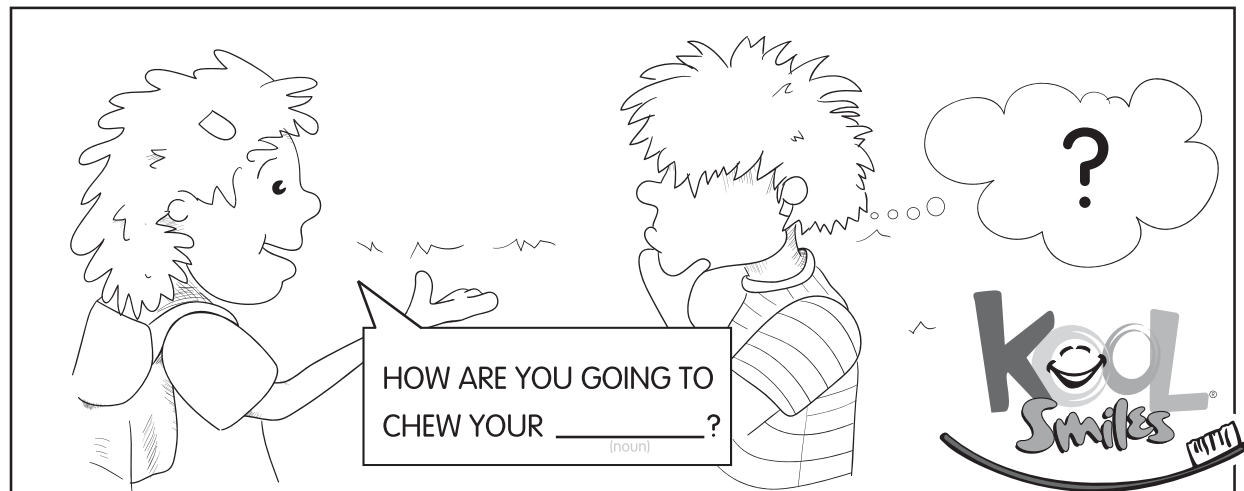
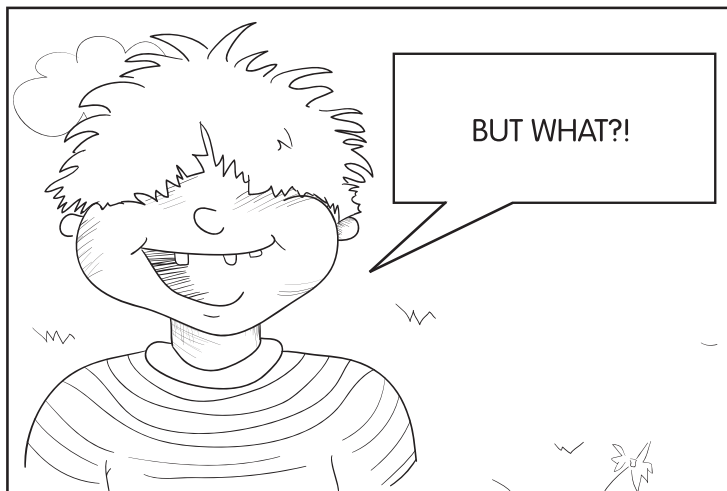
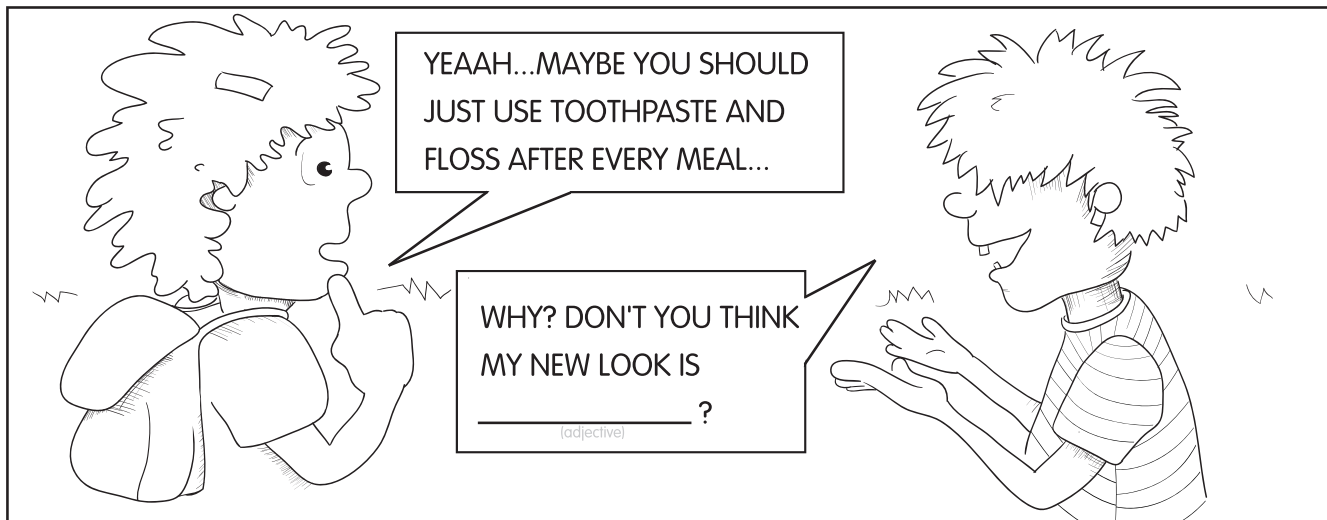
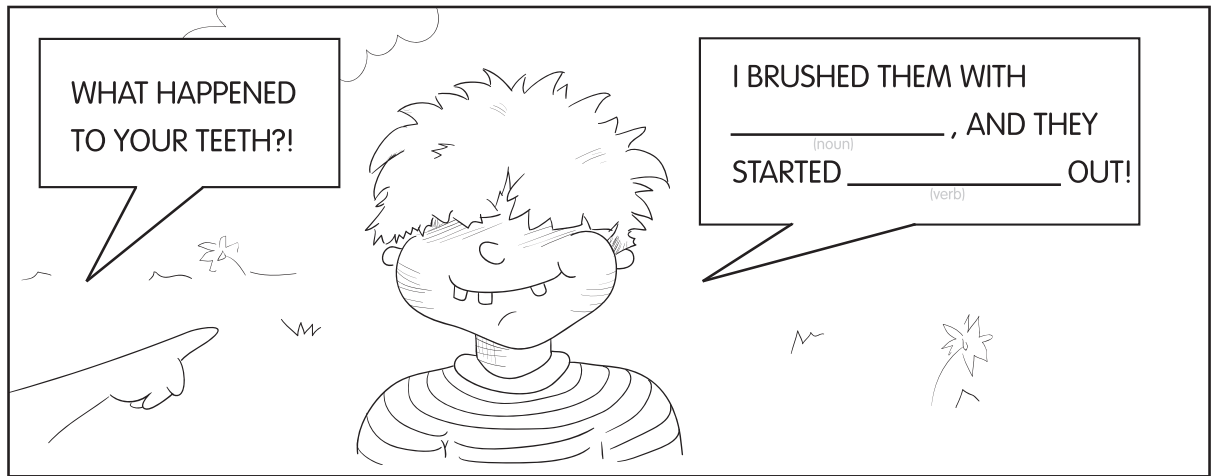
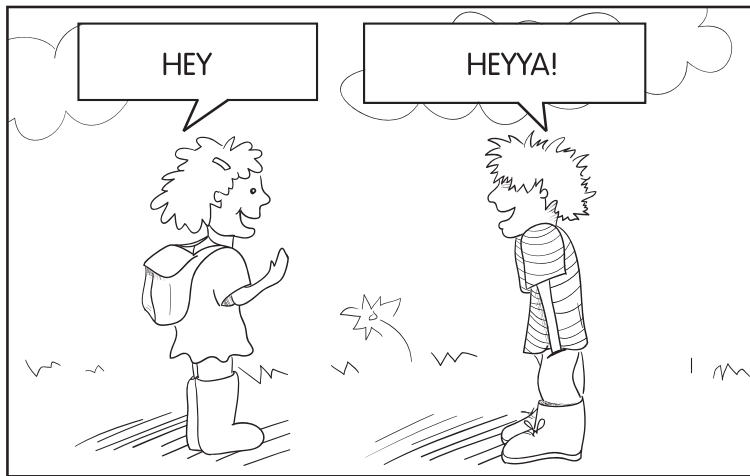


Kool Smiles Activity Sheets!



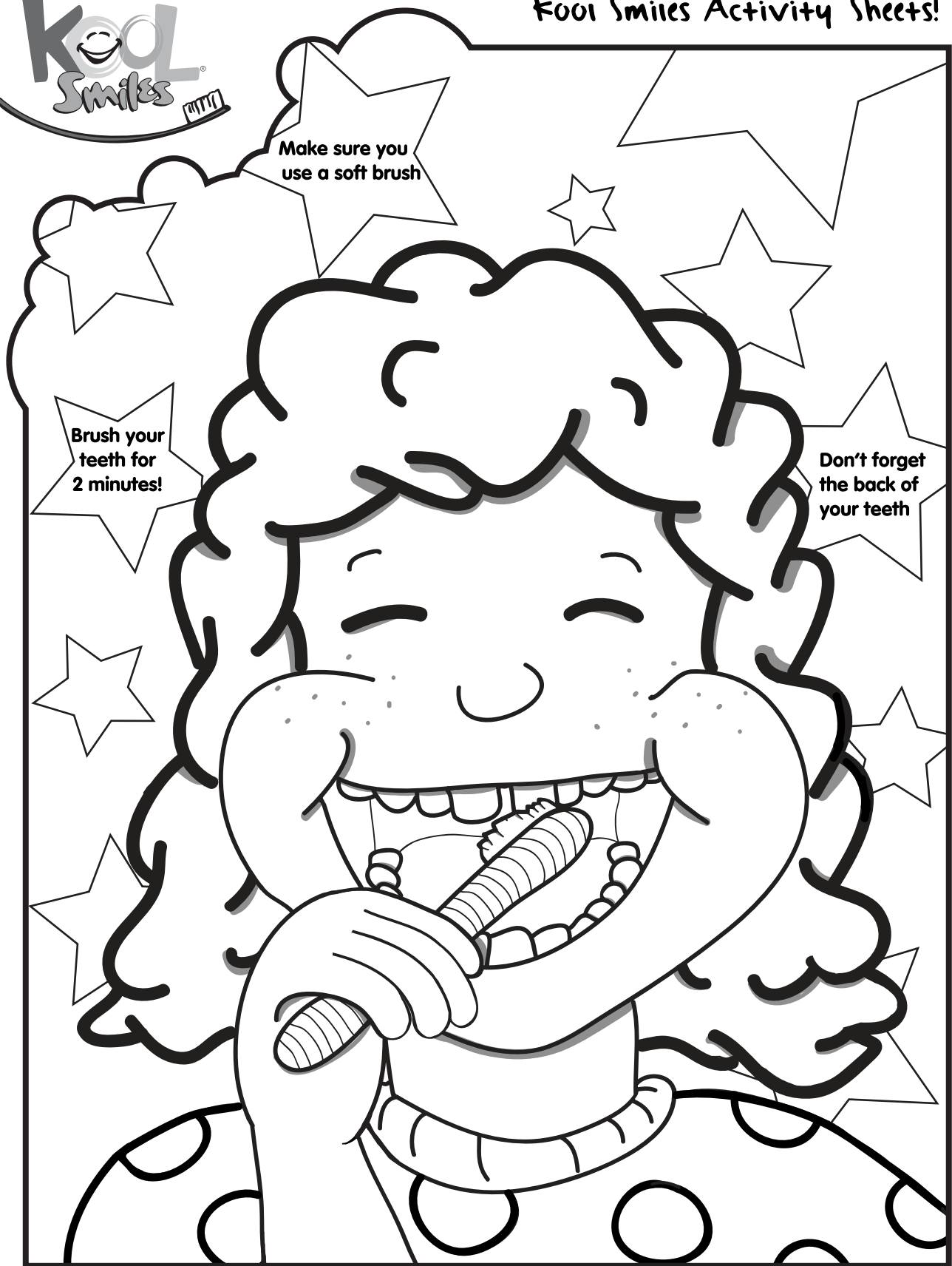
Did you know?

Good oral health is for everyone! Remember to visit your dentist at least twice a year, to keep your smile strong.





Kool Smiles Activity Sheets!



Did you know?

You should always brush your teeth when you wake up, before you go to bed, and after snacks and meals.