



# National Children's Dental Health Month Scavenger Hunt!

Directions: Complete all questions to be entered into a raffle for a \$50 gift card to a locally owned business!  
**Return completed form to your dental clinic OR submit online by March 5th: [bit.ly/MultCoHealthySmiles](https://bit.ly/MultCoHealthySmiles)**

**Name:**

**Grade:**

**Contact Information:**

<p>Eating sugary snacks and not brushing your teeth can cause these:</p> <p><b>Your Answer</b> _____</p>	<p>What is the sticky slimy substance made up of mostly germs that can cause tooth decay?</p> <p><b>Your Answer</b> _____</p>
<p>This is something we never share. We need to use it 2-3 times a day to clean our teeth, tongue, and gums.</p> <p><b>Your Answer</b> _____</p>	<p>Write down a healthy snack you have at home.</p> <p>_____</p> <p>Is it in a package? <i>circle one</i> <b>(yes/no)</b></p> <p>If yes, how many grams of sugar does it have?</p> <p>_____ <b>grams of sugar per serving</b></p>

Find your favorite beverage, or if you don't have your favorite at home find another beverage you like.

**Your answer:** \_\_\_\_\_

Now look on the label and write down how many grams of sugar per serving: \_\_\_\_\_ **grams of sugar**

Do you think this beverage is healthy for your teeth? Why or why not?

**Your Answer**\_\_\_\_\_

**Art project! Your task is to create a poster or artwork that shows how good dental health is important for the health of your whole body.** Use this space or get creative! You may draw, cut out pictures, color, paint, etc. If you are submitting online you could even do a song or video.