

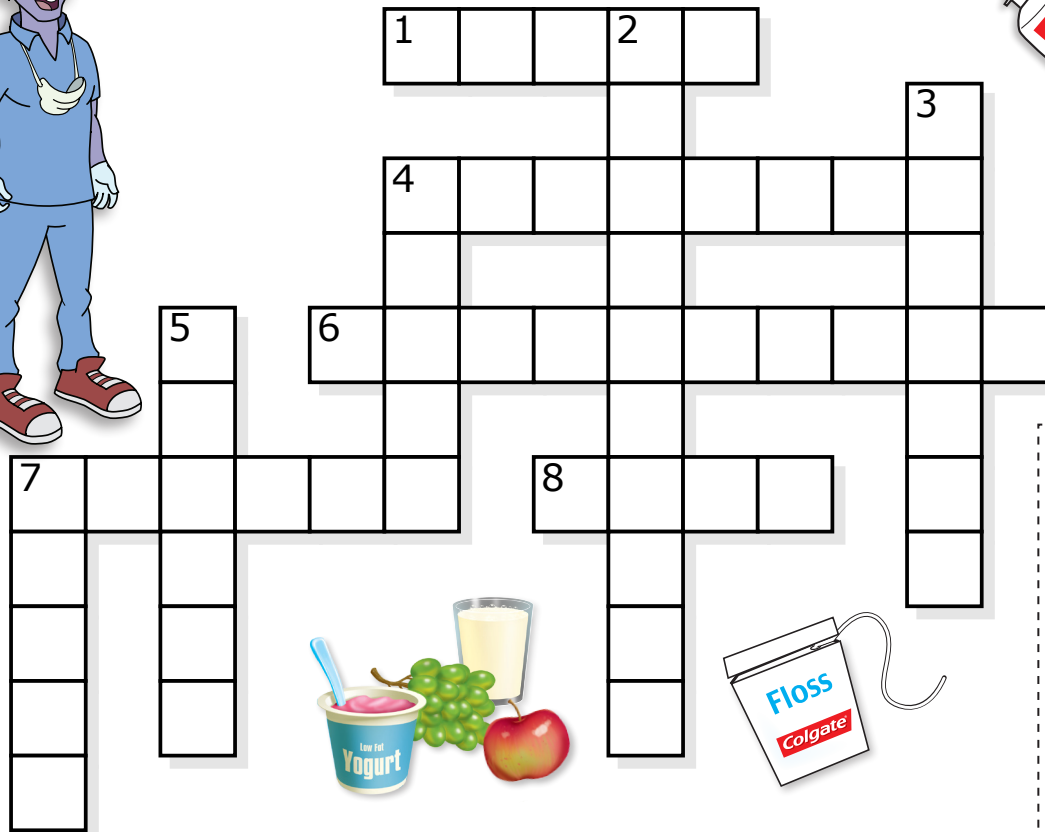
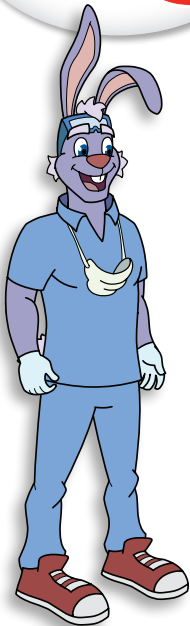
Colgate®

BRIGHT SMILES,  
BRIGHT FUTURES™



# Bright Smiles Puzzle

Hey kids! Test your oral health knowledge by filling in the crossword puzzle. The words you discover will help you have a Bright Smile. Then, reward yourself with the Bright Smiles Bookmark!



## Bright Smiles Bookmark



Brush thoroughly with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime



Floss daily

Limit the number of times you eat snacks each day



Visit the dentist twice a year



### Across

- 1) Brush these thoroughly at least twice a day
- 4) The ingredient in toothpaste that keep steeth strong
- 6) Found in a tube, its special ingredient is fluoride
- 7) Don't eat too many of these — especially sweet and sticky ones!
- 8) A picture of your teeth

### Down

- 2) Use this to keep your teeth clean — and change it when the bristles get shaggy!
- 3) The doctor that cares for your teeth
- 4) This string gets rid of hidden plaque bacteria
- 5) This hidden bacteria can lead to cavities
- 7) Brushing keeps this bright — and you can share it with others, too!