

Dental Facts & Myths: Interesting and Crazy Things You May Not Know

Brush your teeth twice a day for two minutes using an ADA approved fluoridated toothpaste to prevent tooth decay. *The average person spends about 48 seconds per day brushing their teeth, but dentists recommend at least 2 or 3 minutes.



*The cotton candy making machine that made cotton candy possible was co-invented by a dentist. Before it was cotton candy, the fluffy confection was called "fairy floss."

* **Tooth enamel** is the hardest substance in the human body; however, we do NOT recommend that you use your pearly whites to open cans!

* 50% of people surveyed say that a person's **smile** is the first physical trait they notice.



Floss your teeth once a day to clean the areas in between your teeth that your toothbrush can't reach. *73% of Americans would rather go grocery shopping than floss.

Eat This, Not That! Game



Cut out pictures of food from magazines. Find healthy foods, such as fruits, vegetables and milk. Then look for unhealthy foods, such as candy and soda. Put all these pictures into a large pile. Take two small brown bags and draw a "happy tooth" on one bag and a "sad tooth" on the other. Together, sort out the pictures and place them in the correct bag. Talk about how to improve your diet for healthy teeth.

