

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.

* **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.



What's Your Dental Knowledge! Game

1. How many teeth do adults have? A. 32 B. 52 C. 25
2. How many teeth do chickens have? A. Two B. Twenty C. None
3. What is the part of the tooth that you see in your mouth? A. Root B. Crown C. Pulp
4. How often should you brush your teeth? A. Whenever you feel like it B. Once a week C. Two times a day
5. A dentist uses which one of these tools? A. Hammer B. Mirror C. Screwdriver
6. Why do some kids wear braces on their teeth? A. To chew food better B. To keep their teeth from falling out C. To straighten their teeth
7. What are the your first teeth called? A. Permanent teeth B. Primary teeth C. Wisdom teeth
8. What type of snack is the best for keeping your teeth healthy? A. A sugarless snack like popcorn B. A cold snack like ice cream C. A chewy snack like a candy bar
9. What are the biggest teeth called? A. Incisors B. Bicuspid C. Molars
10. What is a cavity? A. A piece of dirt on your tooth B. A hole in your tooth that causes it to go bad C. A bad tooth that needs to be removed

