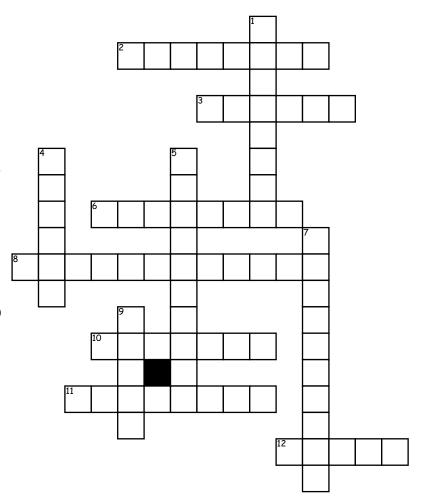
Dental Health Crossword!

<u>Across</u>

- 2. A vitamin which promotes gum health, is found in citrus fruits but is quite acidic, so can weaken the enamel
- 3. A sticky film of bacteria that forms on our teeth
- 6. A mineral that teams up with calcium and phosphate to create a defence system in the enamel and is found in baked potatoes and UK tap water
- 8. The practice of keeping one's mouth clean and free of disease and other problems (2 words, but write it with no space)
- 10. A mineral found in milk, yoghurt and cheese and helps promote strong teeth and bones
- 11. Who should take care in looking after their teeth, brush twice a day and floss and visit the dentist regularly?
- 12. A carbohydrate that is often added to processed foods, and leads to plaque on the teeth

Down

1. A vitamin which helps calcium be absorbed into the body and can be gained from sunlight, oily fish and fortified foods



- 4. The thin, tough shell that acts as the outer covering of a tooth and is the hardest tissue in the human body
- 5. Damage to a tooth's enamel due to attacking acids that bacteria in our mouth make (2 words, but write it with no space)
- 7. A mineral found in eggs, fish, lean meat and dairy which is good for strong teeth
- 9. A drink that helps cleanse the mouth and neutralise plaque acids

