

Dental Health Crossword!

Across

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

