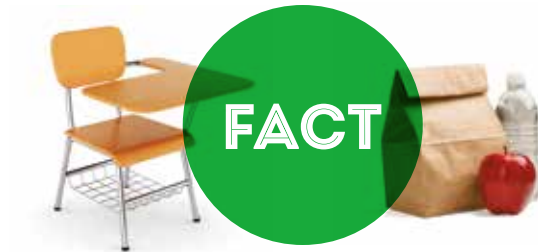


the **FACT** is . . .

Do you know the difference between facts and myths?



vs.



A fact is information that is definitely true.

If you were writing facts about yourself, you might write “I go to school” or “I ate lunch today.” Now, how about a myth?

A myth is something that some people think is true but is actually false.

Here’s a good myth: Brown cows make chocolate milk. It sounds like it could be true, but the fact is, brown cows still make plain milk. The flavoring is added later!

You’ve probably heard a lot about how to keep your teeth and mouth healthy and clean. Can you tell the difference between fact and myth? **Circle F or M for each one, then check your answers on the next page.**

F **M** Everyone should floss at least once every day.



F **M** You should scrub your teeth really hard.



F **M** Mouthguards are only important for football.



F **M** Brush your teeth once a day.



F **M** Milk is good for your teeth.



F **M** You should visit the dentist regularly for checkups.



Check out the next page to see how you did! ➡

the **FACT** is . . .

FACTS



Floss at least once every day.

Flossing once a day cleans the tiny spaces between your teeth where it's hard for a toothbrush to reach.



Milk is good for your teeth.

Milk contains calcium, a nutrient that helps keep your teeth and bones strong! Cheese, yogurt and broccoli are also good sources of calcium.



Visit the dentist regularly for checkups.

Visiting the dentist at least once a year helps keep your teeth clean and cavity-free. And you may even get to pick out a prize when you're done!

MYTHS



You should scrub your teeth really hard.

The fact is, scrubbing too hard can damage your teeth and gums. Use a soft-bristled toothbrush and be gentle with your teeth and gums.



Mouthguards are only important for football.

The fact is, mouthguards help protect your teeth, gums and lips when you play any sport where you could injure your mouth. That includes basketball, soccer, hockey and more.



Brush your teeth once a day.

The fact is, brushing twice a day for two minutes each time is the best way to keep your mouth clean and healthy. In the morning after breakfast and at night before bed are good times to brush.