

# it's gross! it's cool! it's your mouth!!!

*Have you ever stopped to think about just how cool your mouth is? It's always fighting off gross germs and bacteria! Here are a few more ways your mouth is gross, but cool!*

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**This is gross:** You've always heard that sharing is nice, but that's not true when it comes to food, forks, spoons, and anything else that goes in your mouth. That's because cavity-causing germs can be passed from mouth to mouth.



**But this is cool:** You can still share snacks, like trading apple slices for other healthy munchies such as carrot sticks or string cheese. Just don't share bites!

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**This is gross:** Some bacteria create acids that will destroy tooth enamel, the hard outer coating on teeth. (Sounds like something a comic book bad guy would do!)



**But this is cool:** You can be the superhero who defeats bacteria! Keep acids away by brushing twice a day, flossing once a day, eating healthy foods, and visiting your dentist.

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**This is gross:** Bad breath can happen when you don't brush your teeth well. Eating foods such as garlic and onions can also make your mouth stinky.



**But this is cool:** Stop bad breath in its tracks by doing a good job brushing with fluoride toothpaste. You should even brush your tongue! Flossing will also help get rid of food pieces stuck between your teeth.

## get gross!

Bacteria, germs, decay, and cavities are all things that can make your mouth unhealthy – and super gross! What does a gross mouth look like to you? Do your best to make this mouth yucky. (And keep doing your best to keep your real mouth healthy!)

