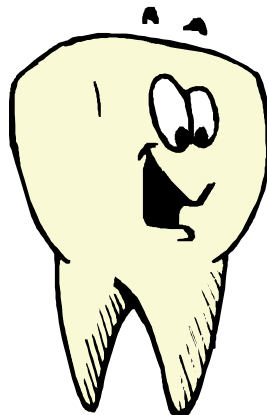


Alexander and Renee Versus Dr. Decay

Workbook
Grades 2-3



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7948 Winchester Road Suite 109-257
Memphis, Tennessee 38125 USA
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Name

Message from Alexander and Renee

Dear Girls and Boys,

Teeth are made to last a lifetime! A bright smile and a healthy mouth show that you care about your body. It is up to you to practice good habits to keep Dr. Decay away!

Here are some tips to keep your teeth strong and healthy:

1. Brush gently after eating and before going to bed. Move the toothbrush back and forth, and brush the outside and inside of each tooth.
2. Use a soft toothbrush and toothpaste with fluoride.
3. Floss gently to clean between teeth and remove any food particles that might be hiding.
4. See a dentist every six months for a checkup.
5. Eat healthy! Limit sweets and remember to brush afterwards.

To keep your smile bright and healthy, be kind to your teeth. Remember, we need your help to keep Dr. Decay far away from Planet Smile!

Your friends,

Alexander and Renee

Tic Tac Toe to Terrific Teeth

Put an "X" on six healthy habits.
Can you find three in a row?



Alexander's Check Up



Alexander just got back from his visit to the dentist, but he can't remember what the dentist said. Help Alexander remember by checking the box next to each sentence that tells him what to do for a healthy smile!

- ☐ 1. Brush gently at least two times a day.
- ☐ 2. Use a brush with soft bristles.
- ☐ 3. Go to bed without brushing your teeth.
- ☐ 4. Drink milk for strong teeth.
- ☐ 5. Visit the dentist only once every three years.
- ☐ 6. Eat lots of fruits and vegetables.
- ☐ 7. Floss gently after brushing.
- ☐ 8. Eat a lot of junk food and candy.
- ☐ 9. Use toothpaste without fluoride.
- ☐ 10. Brush each tooth carefully inside and outside.

True or False?

Circle T if TRUE or F if FALSE.

1. Alexander remembered to brush his teeth after his shower.	T	F
2. Queen Starbright needed help to save Planet Smile.	T	F
3. Plaque and tartar made Planet Smile a healthy place to live.	T	F
4. Dr. DeCay was Alexander and Renee's friend.	T	F
5. When Alexander awoke, he gently brushed and flossed his teeth.	T	F

Who am I?

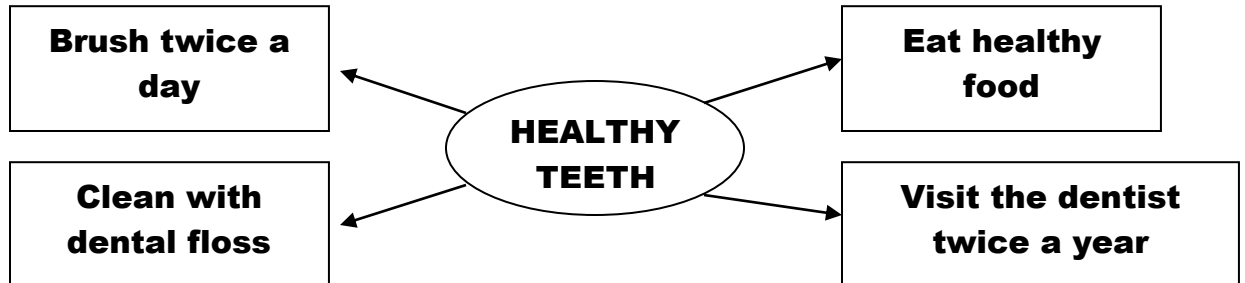
Match the character from the story.

Alexander	Dr. Decay	Dad
Queen Starbright	Renee	

1. I asked the children to save Planet Smile.	
2. I flew the galactic cruiser.	
3. I attacked Planet Smile.	
4. It was my job to call the dentist.	
5. I rode Ducky Pod to the rescue.	

Make a Plan!

Write a paragraph about healthy teeth. Use the word web to help you.



My Healthy Smile

My smile is important to me. To keep my teeth healthy and bright, I have a plan! First, _____

Next, _____

Then, _____

Finally, _____

Remember, if you want a healthy smile, _____

What's the Meaning?

Draw a line to match each word with its meaning.
The first one is done for you.

<u>Word</u>	<u>Meaning</u>
1. cavity	A. Where Commander Alexander and Princess Renee lived
2. fluoride	B. Hard deposit on teeth that must be removed by the dentist
3. floss	C. Hole in a tooth
4. toothbrush	D. String to clean between teeth
5. tartar	E. Chemical in toothpaste that protects teeth
6. Planet Smile	F. Small brush with a long handle to clean teeth

Dental Math

Write a number sentence for each word problem – then solve the problem.

Problem	Work Space
1. Alexander went to the store with his mother to buy toothpaste. One brand cost 89¢. A different brand cost \$1.25. How much more will his mother pay if she buys the expensive brand?	
2. Renee's dentist gave her stickers for her sticker book. She has room for 20 stickers on each page. So far, Renee has stickers in 12 spaces. How many spaces are still empty?	
3. Alexander bought 4 jumbo packs of floss. Each pack had 3 rolls of floss. How many rolls of floss did he buy?	
4. Renee has 28 healthy teeth. Her brother has 32. How many do they have all together?	
5. Alexander bought 25 toothbrushes to give as party favors for his 5 friends. If each friend gets an equal number, how many toothbrushes will Alexander give each friend?	
6. Renee had 15 rolls of toothpaste. She gave 7 rolls to Alexander. How many did she have left?	

Do it Yourself Word Search!

1. Place these 10 words in the squares below – one LETTER in each SQUARE.
2. Words can go up, down, left, right, backwards or sideways.
3. Fill in the blank boxes with other letters until all the boxes are filled.
4. Trade with a friend. Can you solve each other's puzzle?

BRUSH
MILK
SMILE
TEETH
CAVITY

TARTAR
FLOSS
DENTIST
DREAM
CLEAN