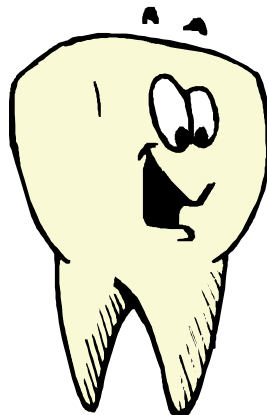


# Alexander and Renee Versus Dr. Decay

Workbook  
Grades 4-5



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Content by ET Consulting

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Name

# Message from Alexander and Renee

Dear Girls and Boys,

Strong healthy teeth are important – and not just because they make you look good in your school picture! Your teeth are important in other ways. If you take care of your teeth, they'll last a lifetime and take care of YOU!

Why is it important to take care of your teeth? Teeth help you chew the food your body needs to keep working. They shape your face and help you speak properly. Most of all, healthy teeth make your smile bright, so you can look your best.

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**

# Newspaper ad

Your newspaper needs you to design an ad for Dental Health Week. Your ad should include pictures and words that inform the reader about good habits.



# Did You Know?

Use **context clues** to figure out the word that belongs in each space.

drill	brushing	China	soldiers
lemon	metal	Dental	years

1. The toothbrush was invented in \_\_\_\_\_ more than 500 years ago.
2. Before people had toothpaste, they used ground up chalk, ashes or even \_\_\_\_\_ juice to clean their teeth.
3. Creamy toothpaste has only been around for about 100 \_\_\_\_\_.
4. The first toothpaste tubes were made of \_\_\_\_\_.
5. During World War II, the United States Army gave toothpaste and brushes to the \_\_\_\_\_ and made them brush.
6. When the soldiers came home, they continued the habit of \_\_\_\_\_ their teeth.
7. \_\_\_\_\_ floss has been around a long time. Scientists found floss and toothpicks in the teeth of prehistoric humans!
8. The first electric dentist \_\_\_\_\_ was invented in 1875.

From: [www.kidshealth.org/kid/stay\\_healthy/body/teeth\\_care](http://www.kidshealth.org/kid/stay_healthy/body/teeth_care)  
<http://inventors.about.com/od/dstartinventions/a/dentistry>

# True or False?

Circle T if TRUE or F if FALSE

1.	Alexander and Renee both brushed their teeth before going to bed.	T	F
2.	That night Renee had a dream about Planet Smile.	T	F
3.	Queen Starbright needed help to defeat Dr. Decay.	T	F
4.	The galactic cruiser brought the children into space.	T	F
5.	The Milky Way was full of calcium to protect the ship against Dr. Decay.	T	F
6.	Fluoride filled the junk food asteroid belt.	T	F
7.	Tartar and cavities can be brushed away.	T	F
8.	Princess Renee used dental floss and her Ducky Pod to free the cruiser from the plaque.	T	F

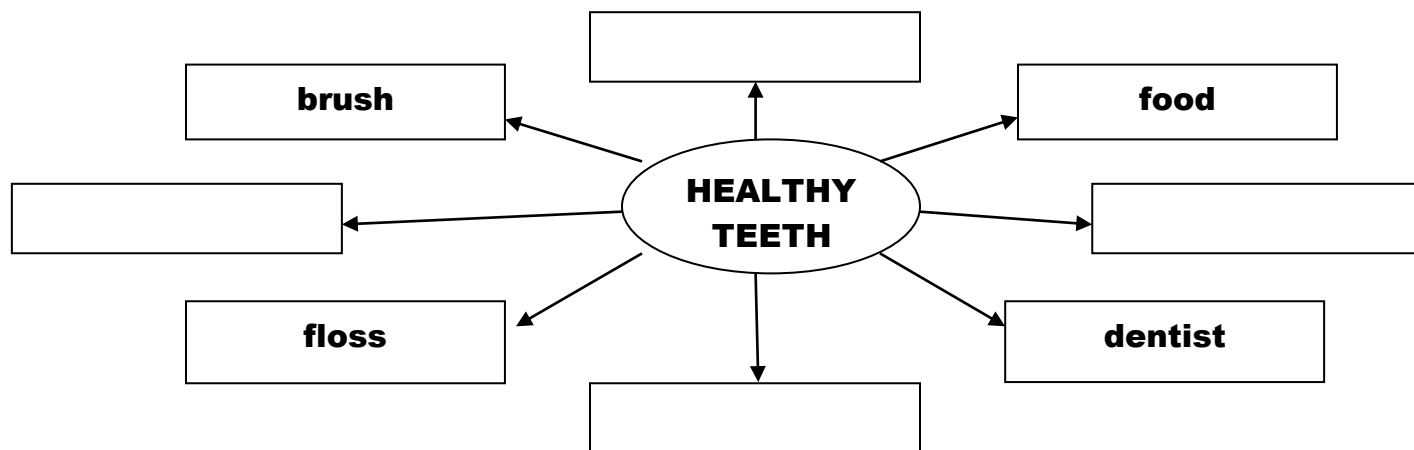
## Who said it?

Mom	Alexander	Renee	Queen Starbright	Dad
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- "Sweet dreams, Alexander." \_\_\_\_\_
- "Planet Smile is under attack!" \_\_\_\_\_
- "Hold on, Commander. I will save you!" \_\_\_\_\_
- "I am so proud of you, Son." \_\_\_\_\_
- "Good idea, Dad, because I don't want Dr. Decay to come back."  
\_\_\_\_\_

# My Plan

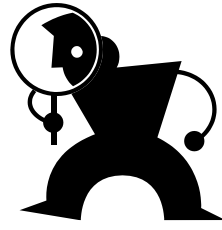
Add words to the word web to organize ideas to help you write a "Healthy Teeth" plan.



## My Plan

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

# Word Detective

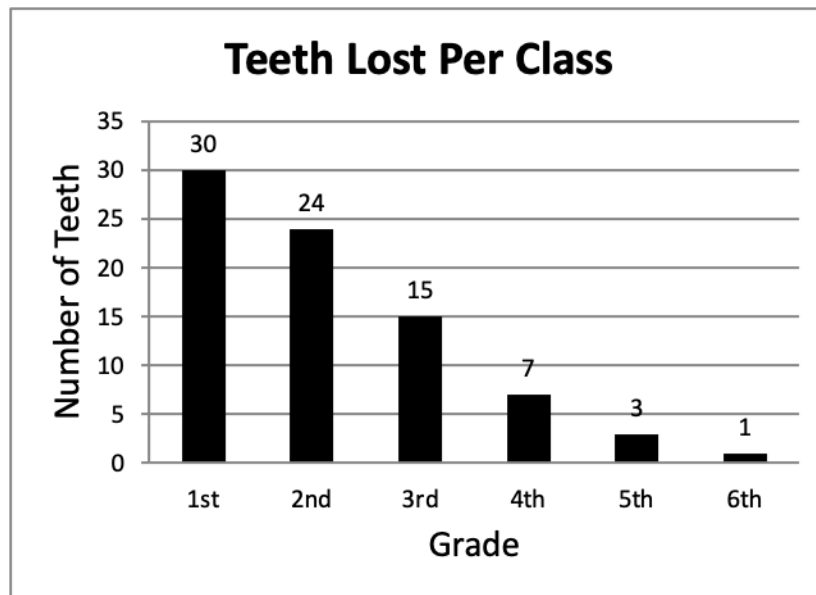


Write the letter in the blank that matches.  
**Bold words** are clues!

- |                     |   |
|---------------------|---|
| 1. _____ cavity     | A. <b>Bacteria</b> that sticks to teeth                             |
| 2. _____ fluoride   | B. <b>Hard deposit</b> on teeth that must be removed by the dentist |
| 3. _____ floss      | C. <b>Hole</b> in a tooth   |
| 4. _____ toothbrush | D. Special <b>string</b> that removes particles between teeth       |
| 5. _____ tartar     | E. <b>Paste</b> used to clean teeth                                 |
| 6. _____ plaque     | F. <b>Small brush</b> with a long handle to clean teeth             |
| 7. _____ toothpaste | G. <b>Clear resin</b> applied to teeth to prevent decay             |
| 8. _____ sealant    | H. <b>Chemical in toothpaste</b> that protects teeth                |

# Tooth fairy math

Use the graph below to help the Tooth Fairy



1. How many teeth were lost this year? \_\_\_\_\_
2. How many grades lost more than 15 teeth? \_\_\_\_\_
3. How many more teeth were lost in 1<sup>st</sup> grade than in 4<sup>th</sup> grade? \_\_\_\_\_
4. If the Tooth Fairy gave \$1.10 to each tooth lost in 3<sup>rd</sup> grade, how much money will she need? \_\_\_\_\_
5. The Tooth Fairy has to pick up all the teeth in the even numbered grades. How many teeth will she gather?  
\_\_\_\_\_



# WORD JUMBLE

Find WORDS from the story.

Look left, right, up, down, backwards and sideways.

DENTIST

PLAQUE

FLOSS

FLUORIDE

TOOTHPASTE

SEALANT

TARTAR

BRUSH

CAVITY

DECAY

SMILE

B	Y	T	I	B	R	U	S	H	T
R	T	F	T	A	R	R	S	O	S
F	I	L	R	I	C	A	O	P	I
L	V	U	A	M	A	T	L	A	T
O	A	O	T	S	H	B	F	S	N
U	C	R	R	P	Y	R	U	T	E
R	S	E	A	L	A	N	T	F	D
I	M	S	T	A	C	T	O	H	P
D	T	I	L	Q	E	T	S	A	H
E	D	E	C	U	D	A	C	E	D
T	S	I	T	E	L	I	M	S	Y

Pick a word from the list. Write a definition showing you KNOW what the word means.

Word:

Meaning: