DARBY & KIT RIDE

THE Molar Coaster

BRUSH THEM REALLY WELL!
**PRE-TEST**

Hi, kids! It’s your friend, Darby Boingg! We’re going to learn about keeping your teeth healthy, but first take this pre-test to find out what you know. Then let’s go ride the Molar Coaster!

Take the PRE-TEST with Darby Boingg! Answer the questions true or false.

1. The four pointy teeth in the front of your mouth are called feline teeth.
   - **TRUE**
   - **FALSE**

2. Fluoride in water and toothpaste helps make teeth stronger.
   - **TRUE**
   - **FALSE**

3. Not brushing your teeth well can cause cavities.
   - **TRUE**
   - **FALSE**

4. The hard outer surface of a tooth is called the pulp.
   - **TRUE**
   - **FALSE**

5. You should floss between your teeth once a day.
   - **TRUE**
   - **FALSE**

**DISCLAIMER:** This book provides general information about dental health. This information is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting a licensed health professional. Consult with a qualified physician, dentist or health care practitioner to discuss specific individual health needs and to professionally address dental health or medical concerns.
Darby and Kit hopped on the Molar Coaster and got a food’s-eye view of all 32 teeth! From canines to cuspsids they went over every tooth and got to know exactly what was in their mouths.

**Inside Your Mouth!**

**Canine Teeth**
The four pointy teeth in the front corners of your mouth.

**Wisdom Teeth**
Four teeth in the very back of your mouth that grow in at around age 17 - 21.

**Palate**

**Lumpa (You View La)**

**Chompers**
Nickname for teeth

**32 Teeth**
As a kid you’ll have 20 teeth, but once you’re an adult you’ll have 32 teeth.

**Sourire**
Smile in French

**Sorriso**
Smile in Italian

**Gums**
**ENAMEL**  
The hard outer layer that protects your teeth.

**DENTIN**  
The bony layer under the enamel.

**PULP**  
The soft inner part of the tooth made of living tissue.

**NERVES**  
Let you feel hot and cold foods through your teeth.

**My friend Sir Enamelsworth knows everything about tooth wisdom!**

**Brush twice a day!**

**BRUSH-A-WHIRL**

**Teeth need TLTC = Tender Loving Tooth Care! If you complete these steps daily, you can achieve the level of Tooth-Hygenius!**

- Repeat this two times while brushing: “Funky breath will tell the truth, if I don’t brush from tooth to tooth!”
- Brush all sides of teeth and gums.
- Never share your toothbrush.
- The first toothbrush was made in England in 1780.
Darby and Kit wanted to become Tooth-Hygeniuses. They knew that part of brushing their teeth was also using toothpaste with fluoride (floor-ide) in it.

Dr. Brightsmile said that being a Tooth-Hygenius was all about the floss. Flossing helps with your overall health and the happiness of your smile.

Don’t swallow your toothpaste. After brushing, always spit it out in the sink and rinse.

Toothpaste helps scrub away food and germs while it polishes your teeth.

Toothpaste comes in many colors and flavors like mint and bubblegum.

Flossing cleans between your teeth where your toothbrush can’t reach.

Flossing helps keep gums healthy and pink.

Floss was first made of silk in 1882. Today it’s made of nylon.

Tube O’ Chute
Sir Enamelsworth, Dr. Brightsmile, Darby and Kit were ready to take a refreshing plunge on the Fluoride Splash and learn how it keeps their mouths healthy.

**Fluoride Splash**

Fluoride helps keep tooth decay away by protecting teeth.

There is mouthwash just for kids with fluoride to keep your teeth strong.

A little bit of fluoride can be in our tap water so that we can have healthier smiles.

What's so important about your gums, Dr. Brightsmile? What do they do?

Great question, Darby!

Only 2/3 of a tooth is visible. The rest is under your gums.

Gums are the pink fleshy parts around your teeth.

Teeth are attached at the root, snug in your gums!

Your gums shouldn't bleed when you brush or floss. If they do, ask your parent about seeing a dentist.

GUM-O-RAMA
Just like putting the cap back on the toothpaste, it was good to "recap" the Tooth-Hygenius facts one by one.

TOOTH Cleaning Course

BRUSH 2X A DAY

YUMMY GOODIES

Foods like cheese, milk, greens and fish help your teeth stay strong.

TASTY TREATS

Sugary foods and drinks like soda and candy can weaken and even rot your teeth.

Make sure to ask your dentist for a safe mouthwash, and only use it when with an adult!

Always ask an adult which mouthwash to use.

FLOSS ONCE A DAY

Dr. Brightsmile told Darby and Kit if they took care of their teeth by brushing, flossing and eating the right foods, visiting the dentist would be a breeze.

Darby! Your teeth and gums are so healthy and shiny. Great job!

Thanks, Dr. Brightsmile!

Use a safe mouthwash once a day!
The ride entered a dark and creepy area that showed the problems that can go on inside the mouth.

**CAVITY CAVE**

- A cavity is a hole that forms in your tooth.
- Plaque is the yucky stuff made of germs that sticks to your teeth.
- If you have a cavity and don’t see a dentist, it can decay to the inside of your tooth.

Scene by scene the gang saw what could happen if they didn’t take care of their teeth.

**CAVITIES**

- Count Von Cavity’s House of Creepy Teeth
- Bad Breath
- Food in Your Teeth
- Bleeding Gums
- Sore Teeth

**PLAQUE**

Count Von Cavity

I’m Count Von Cavity! You can keep me away with good brushing and flossing skills!
Use the calendar to make sure that you brush twice a day and floss once, as well as gargle with mouthwash! Every day, put a check mark in the box as you take care of your teeth!

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Post-Test

You did it! Now take the post-test to find out how much you’ve learned. Once you’re done, check your answers with the answers below.

Take the POST-TEST with Darby Bollingg! Answer the questions true or false.

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BUCKLE UP AND TAKE A RIDE ON THE

Molar Coaster!
Take the Tooth-Hygenius Pledge!

I pledge to brush and floss my teeth
and keep them shiny white.
To brush them in the morning
and then again at night.

I know that healthy snacks are best,
like milk and fruit and cheese,
’cause sweets like candy and soda pop
can give you cavities.

I’ll be a tooth-Hygenius,
with the finest smile you’ve seen!
I’ll see the dentist twice a year
and the tooth fairy in between!

My canines, cuspids and molars
will be oh so bright to see!
If I take care of all my teeth
then they’ll take care of me!

Signed

______________________________
(name)

“Taking care of your mouth, teeth and gums is important for
everyone. This book Teaches Darby, his friends and all kids
how to have healthy oral hygiene.”

Jack Dillenberg, DDS, MPH, Dean
Arizona School of Dentistry &
Oral Health, A.T. Still University

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Keep the planet
healthy! This
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