

# grin!

for **KIDS**





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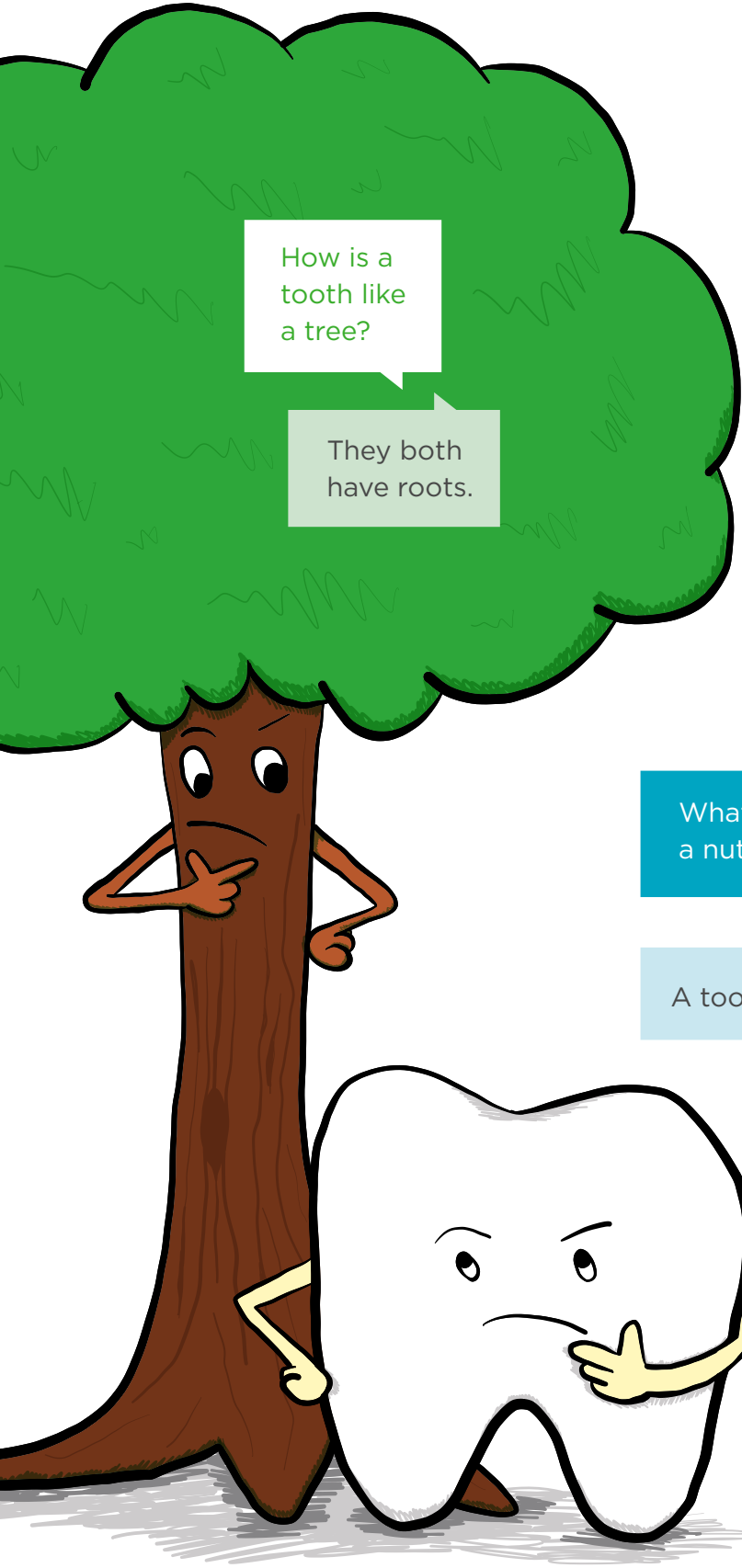
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# Laugh with the llama



How is a  
tooth like  
a tree?

They both  
have roots.



Which side of  
the llama has the  
most fur?

The outside!

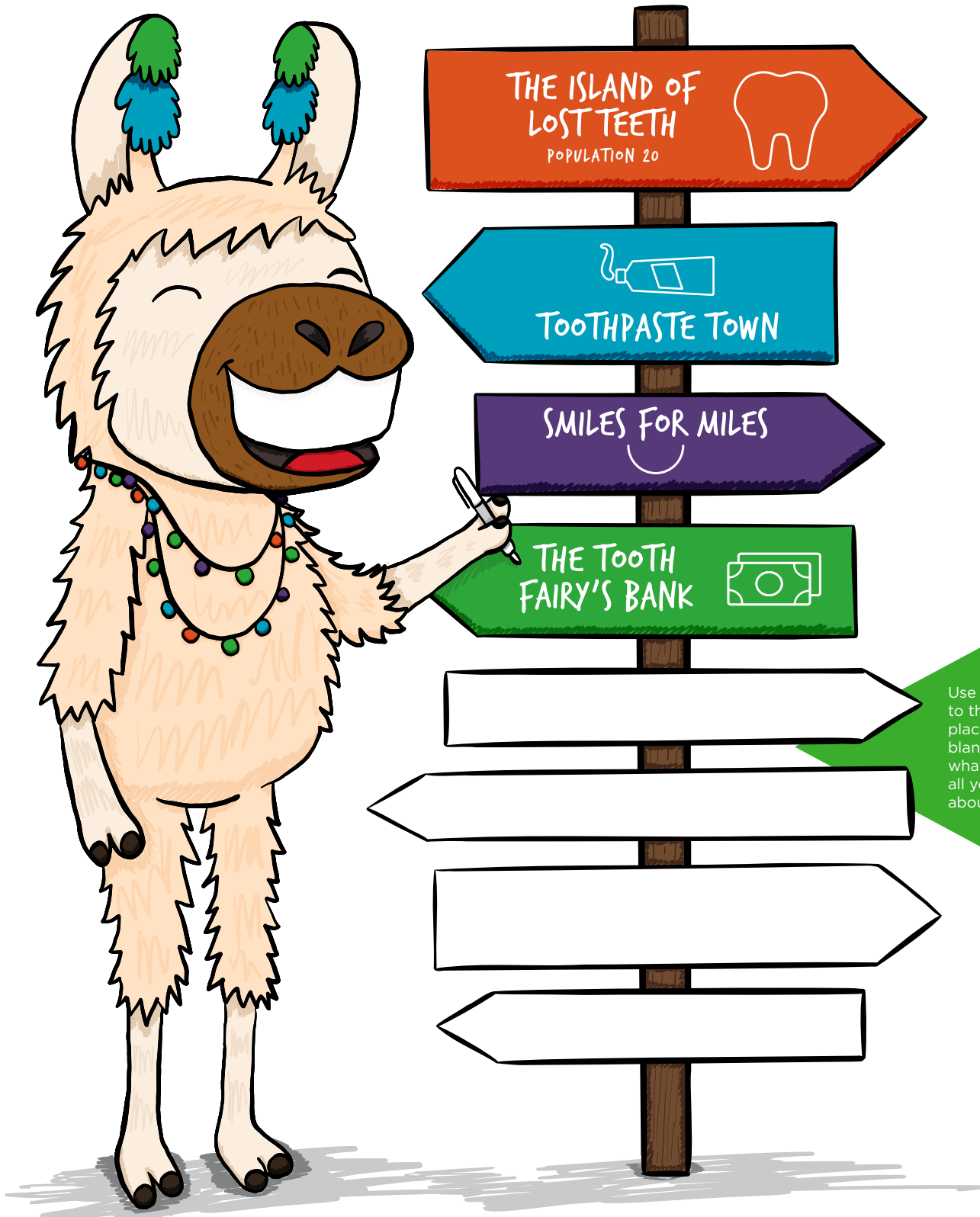


What animal uses  
a nutcracker?

A toothless squirrel!

# Signs of healthy teeth

Let's start your adventures! Scout made up these silly names of imaginary places you could visit. They'll really make you smile.



ACTIVITY

Use your imagination to think up funny places to put on these blank road signs. Do what Scout did. Make all your names be about healthy teeth.



# Track your lost teeth

When you lose a tooth, color it on your Tooth Tracker. Mark down details like your age and where you lost the tooth.

Lost tooth details:

A diagram of the upper dental arch with 10 empty rectangular boxes connected by lines to specific teeth for labeling. The boxes are arranged as follows: two at the top (incisors), two on the sides (canines), and six along the bottom (molars and premolars).

Lost tooth details:

A diagram of the lower dental arch with 10 empty rectangular boxes connected by lines to specific teeth for labeling. The boxes are arranged as follows: two at the top (incisors), two on the sides (canines), and six along the bottom (molars and premolars).

Lost tooth details:



Why do baby teeth (even mine!) fall out?

You lose your baby teeth to make room for your adult teeth. Plus, it gives me a job!




# Learn Llama language






Sometimes when you travel, it's helpful to learn a new language. Llamas hum to talk with each other! Learn their secret language by using this key to unlock a special message.





ACTIVITY








Did you know  
your teeth help  
you talk correctly?  
That's why it can be  
hard to say some  
words when you  
lose teeth.







  
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## Llama language key

A	B	C	D	E	F	G	H	I	J	K	L	M
												
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
												

Answer: A healthy smile can take you anywhere

# Healthy smile, healthy planet

We can all do our best to help keep the planet healthy. That way we can enjoy a lifetime of awesome adventures! Here's how you can take care of the Earth while taking care of your smile.

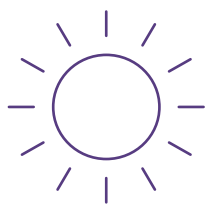


## Save water

You should brush  
**2 times**  
A DAY FOR  
**2 minutes**  
EACH TIME.

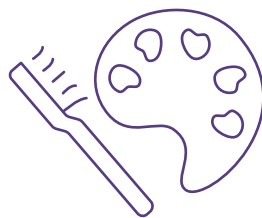
Turn off the water while you brush to  
**SAVE UP TO**

**8 gallons**  
OF WATER EVERY DAY!



## Save energy

Does your bathroom have a window? Instead of turning on the lights, use the power of the sun when you brush and floss in the morning.



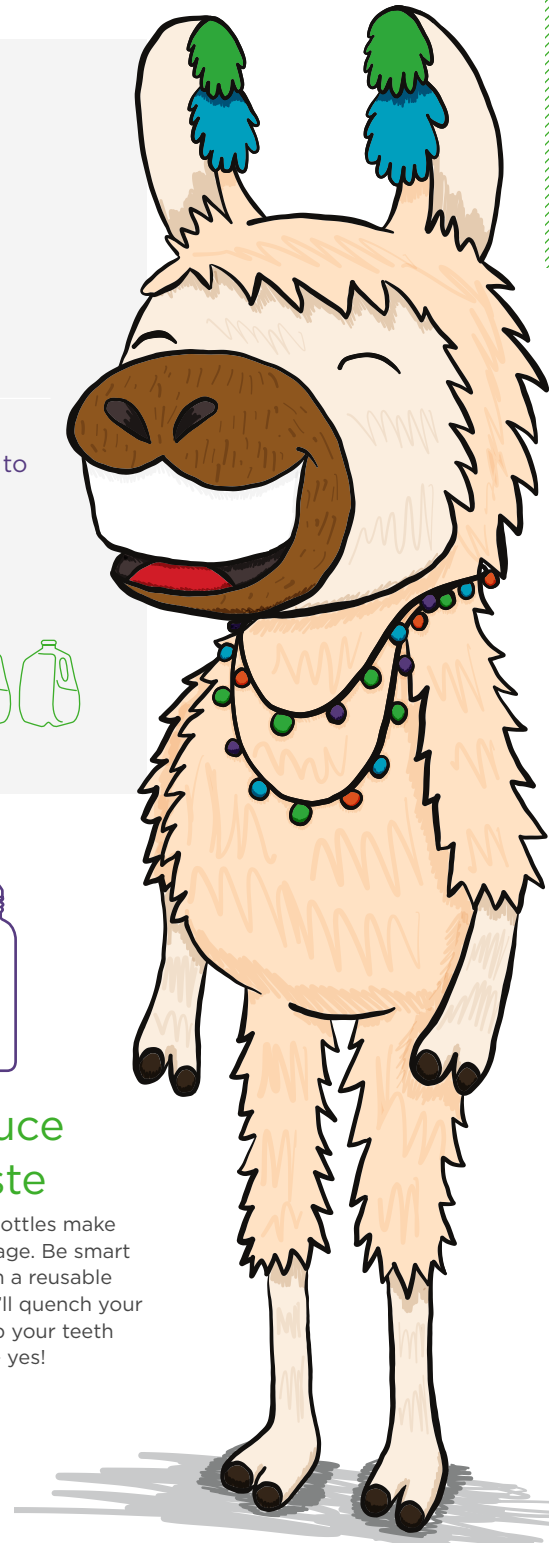
## Reuse your old toothbrush

You should change your toothbrush every 3 or 4 months. Instead of throwing it away, give it a second life by using it as a paintbrush!



## Reduce waste

Plastic water bottles make up a lot of garbage. Be smart and drink from a reusable water bottle. You'll quench your thirst and keep your teeth clean — yes!





# Guard your mouth

Did you know llamas guard and protect their animal friends? Scout wants to help keep smiles safe, too. When packing for an adventure, remember these tips.

Circle items that you should take with you to protect your mouth. Put an "X" through ones you shouldn't pack.



Have you heard of carbs? Chips are full of them. Carbs turn into sugar on your teeth. Uh oh! That could cause cavities.

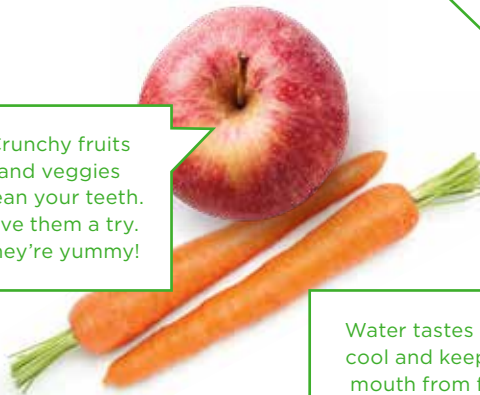


Sports are even more fun when your mouth guard keeps your smile safe. I'm wearing mine now — let's play!



Don't burn your lips — ouch! Wear lip balm with SPF 30 to protect you outdoors, even when the sun is hiding behind clouds.

Crunchy fruits and veggies clean your teeth. Give them a try. They're yummy!



Water tastes mighty cool and keeps your mouth from feeling dry like the desert. It helps fight cavities, too. Thanks, water!

Chewy candy like gummy bears and taffy sure does stick to your teeth. That gives sugar lots of time to make cavities — yikes!



Even a small sports drink can hold up to 6 teaspoons of sugar. That's like a sugar bath for your teeth!



Answers: Circle: apple and carrots, lip balm, mouth guard, reusable water bottle X: gummy bears, potato chips, sports drink

# Bring a mouth guard along for the ride

Let's pretend we're riding to South America. That's where llamas live, you know. You wear a helmet when you ride your skateboard or bike. Don't forget to protect your smile, too! Make it a habit — wear a mouth guard for sports and activities.

Color Scout  
skateboarding!



# Where's the sugar?

Surprise! What you eat and drink may have more sugar than you think. Let's discover some cavity-causing foods and drinks.

ARTICLE



## Breakfast bars

Breakfast bars can contain some healthy ingredients like nuts, fruits and oats. But some also have as much sugar as a candy bar! Whoa — that's a whole lot!



## Dried fruit

If it's fruit, it has to be good for your teeth. Right? Wrong. Dried fruit can be full of added sugar and it really sticks to your teeth. That makes it a double danger for your smile.



## Chocolate milk

Milk is full of the calcium you need for strong teeth and bones. But chocolate milk is also full of something you don't need — added sugar.



## Crackers

Crackers are not a sweet snack but they can still cause cavities. They are full of carbs, which turn into sugar on your teeth. That's pretty sneaky!

Try these tasty treats that are good for your teeth



Fruits and vegetables



Nuts and seeds



Cheese, plain milk and low-sugar yogurts

Enjoy another treat that's good for your smile. Make Scout's healthier trail mix on page 15.

# Water, water everywhere

Llamas don't drink as much water as some animals their size. You're a lot smaller than a llama, but you need plenty of water to stay healthy. Water is great for quenching your thirst when you're on an adventure. Did you know water is also great for your teeth?



Water protects your smile by washing away leftover food that's stuck to your teeth.

That's mighty good news! If food sticks around on your teeth too long, it could cause cavities.



Water comes to the rescue when you are thirsty.

You get thirsty when your mouth is dry. If it gets dry too often, you might get cavities.



Water has no cavity-causing sugar.

No kidding! Many sodas, juices and sports drinks are full of sugar.



Some water from the faucet has a mineral called fluoride.

Fluoride makes teeth stronger and helps you fight cavities. Hooray for fluoride!

Water makes up

**60%**

OF YOUR BODY!<sup>1</sup>



You should drink

**5-8 cups**

OF WATER EVERY DAY.<sup>2</sup>



<sup>1</sup>U.S. Geological Survey  
<sup>2</sup>Healthline



# Caption this!

Adventures and smiling go hand in hand. So does smiling and taking pictures. Scout has added a fun caption to each of these pictures. Fill in the blanks to make your own captions.



YOUR CAPTION:

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YOUR CAPTION:

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YOUR CAPTION:

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YOUR CAPTION:

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Craft corner:

## Make a llama bag

Did you know llamas are great at carrying things like food, water and camping gear? How would you like to carry some stuff in your very own llama bag? It's easy. There's no drama making this llama!

It only takes a few supplies and a few minutes. You can use your cool new bag to carry the tasty trail mix you will make with the recipe on page 15. Or you can tote whatever you want — your pencils, markers, erasers, stickers and more — in your llama bag.

### Here's what you need

- A grown-up to help
- Scissors
- Glue or a glue stick
- White construction paper
- Markers (choose your favorite colors!)
- Sandwich baggie

### Here's how to make it

1

Cut the paper into two ears and an oval for the llama's nose and mouth.

2

Use the markers to draw a smile and nose on the oval and eyes on the baggie.

3

Use a marker to color the llama ears.

4

Glue the paper pieces in place on the baggie.

5

Fill the bag and start your next adventure!

Add stickers, bows, glitter or other decorations to give your llama its own special look!

## Mouth-friendly recipe:

## Scout's trail mix

You sure can get hungry when you're on an adventure. That's why Scout invented this tasty snack. You'll get hungry just thinking about it!

Trail mix can be good for your teeth when you make it with healthy ingredients. Plain dark chocolate has less sugar than other chocolates. Sweet! It may sound nutty, but chewing nuts and seeds helps clean your teeth. There's no sugary dried fruit in Scout's recipe. Who wants that stuck in their teeth?

The sooner you get started, the sooner you can start snacking.

## Here's what you need

- A grown-up to help

- A bowl



$\frac{3}{4}$  cup raw almonds



$\frac{3}{4}$  cup unsalted cashews



$\frac{1}{2}$  cup pecans



$\frac{1}{2}$  cup sunflower seeds



$\frac{1}{4}$  cup dark chocolate chips



$\frac{1}{4}$  cup unsweetened coconut flakes



$1 \frac{1}{2}$  cups popped popcorn

Popcorn looks like llama fur, doesn't it? Be careful not to bite down on unpopped kernels. And make sure to use floss to remove any popcorn that gets stuck in your teeth.

## Here's how to make it

1

Mix all of the ingredients together in a bowl.

2

Scoop about  $\frac{1}{2}$  cup into the llama bag you made on page 14.

3

Keep the rest of the mix in a large container with a lid.

4

Take your bag of trail mix on your next adventure.

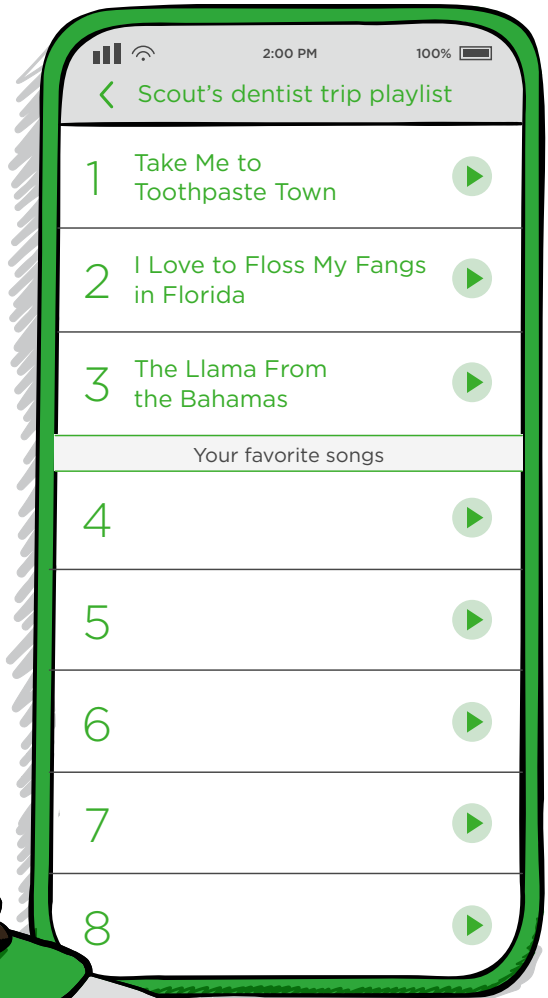
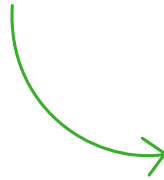
5

Snack away!

# Songs for smiling

There's no reason to worry when you visit the dentist's office. The dentist and dental hygienist are super friendly. They know just what to do to make you feel comfortable. Your checkup can even be fun! You may be able to watch TV or listen to music while in the dental chair.

Before your next trip to the dentist, ask a grown-up if you can bring your own music. Or think about your favorite songs and sing them in your head. Scout is sharing a playlist of songs llamas like. Use the blanks below to make a list of your favorite songs.



# Make the whole world smile

When you help others, you make them smile. You make yourself happier, too.<sup>1</sup> Talk about a real win-win situation! You're sure to smile when you take time to do these thoughtful things.



## Make cards for people in the hospital or nursing home.

Your cheery message will brighten their day!



## Help a grown-up plant a tree.

It's easy, fun and helps make the air cleaner. Happy planet, happy people!



## Volunteer at, or donate pet supplies to, your local animal shelter.

Scout's always looking out for others. You can help furry friends, too.



## Give away toys and clothes that you've outgrown.

You'll make another kid very happy. Giving stuff a second home cuts down on trash, too.



## Pick up litter everywhere you go.

Less garbage makes for a more beautiful world. Try taking a bag with you on walks! Make sure a grown-up helps.



## Donate toothbrushes, toothpaste and floss.

Food pantries and homeless shelters need these items. It's like giving a healthy smile!



<sup>1</sup>Mayo Clinic

# What do you know about germs?

You already know how to get rid of germs on your hands. You wash them with soap and water. But what about germs, like bacteria, in your mouth? Take this quiz to learn about germs. It's a real brain teaser!

Circle true or false for each statement below.

True OR False

1 Gross! People don't have any germs in their mouths.

True OR False

2 There are more bacteria in your mouth than there are people on Earth.

True OR False

3 Not all bacteria are bad. Some bacteria are actually helpful!

True OR False

4 Bacteria won't grow on your toothbrush if you hide it in a drawer after using it.

True OR False

5 You can help keep bad germs from causing cavities by brushing and flossing.

True OR False

6 Germs love to feed on sugar. Num. Num. Num.

## Answers

3

True

"Good bacteria" in your mouth can  
help fight off  
cavity-causing bacteria.

5

True

Brush your teeth  
twice a day  
FOR TWO MINUTES each time and  
floss daily  
to help fight bad germs.

6

True

Germs sure do love sugar! That's how  
bacteria can cause  
cavities and gum disease.

1

False

MORE THAN  
700 kinds of germs  
can live in people's mouths.

2

False

There are about  
6 billion bacteria  
IN YOUR MOUTH and nearly  
8 billion people  
ON EARTH.

4

False

YOUR TOOTHBRUSH WILL HAVE  
fewer bacteria if you  
let it dry in open air.



## Experiment:

## Milk is magical

Wow! Plain milk does some amazing things. That's because it's full of calcium and phosphorus. These minerals have a cool effect on teeth. They make your teeth and bones stronger!

Plain milk also has some awesome art effects when you mix it with dish soap and food coloring. Try this fun experiment. You can do it with just a few items you might already have in your kitchen.



## Here's what you need

- A grown-up to help
- Large bowl
- Dish soap
- 1 cup of plain milk (it works best at room temperature)
- Food coloring (any colors)

## Here's how to do the experiment

①

Put the milk in the bowl.

②

Add several drops of food coloring to the milk. The more colors, the better!

③

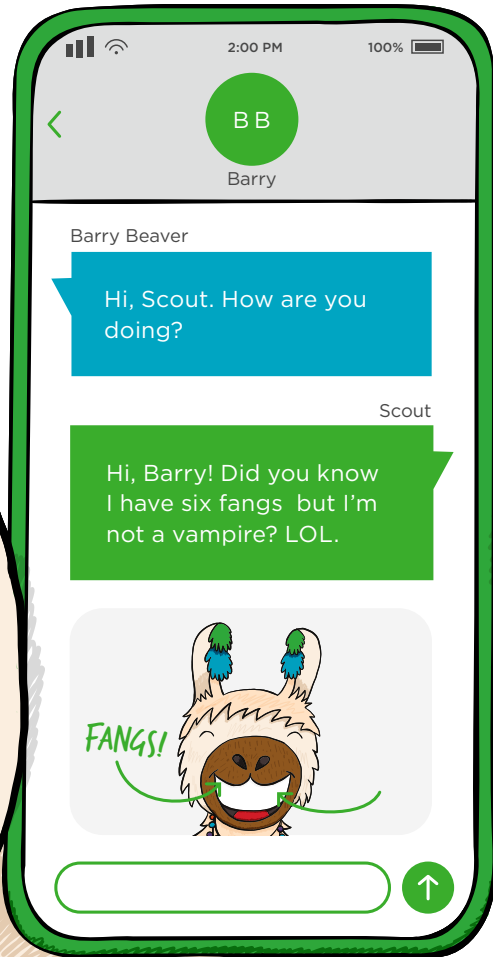
Squeeze a drop of dish soap in the middle of the bowl.

④

Watch the colorful reaction!

# Keep in touch

Scout has made a lot of friends while traveling. It's fun to stay in touch with the people you meet. Here's how Scout and pals make each other smile.

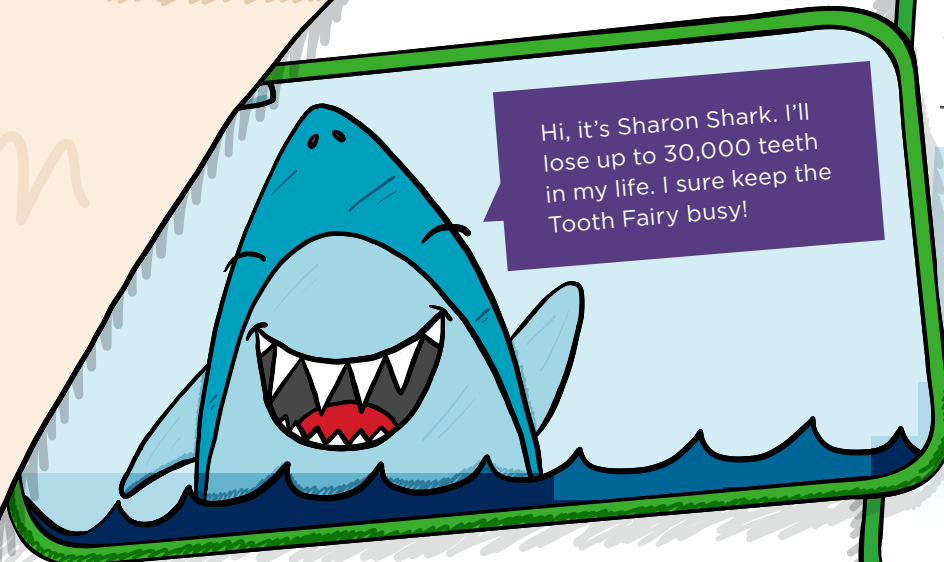


MY TEETH NEVER STOP  
GROWING. I THOUGHT  
EVERY "BUNNY"  
SHOULD KNOW THAT.



— RUBEN RABBIT

SCOUT LLAMA  
200 TOOTHBRUSH WAY  
(HIVAY, PERU 04146)



# What's your adventurer name?

It's fun to imagine traveling all over the world. Now let's make up nicknames we can use on our journeys. Use this code to find your adventurer name and fill out the name tag below.

1

Find the month you were born.

January	Commander	May	Explorer	September	Skipper
February	Sailor	June	The Honorable	October	Chief
March	Major	July	Trailblazer	November	Pathfinder
April	Ace	August	Ambassador	December	Captain

2

Find the first letter of your last name.

A	Smiley	N	Mouthwisher
B	Brush-a-Lot	O	Twice a Day
C	Toothy	P	O'Calcium
D	Checkup	Q	Sugarless Gum
E	Flossington	R	Mouth Guard
F	Grinmeister	S	Toothpaste
G	Apple Picker	T	Molarsworth
H	Waterson	U	Good Gums
I	Jawbone	V	Germ Smasher
J	Fangson	W	Carrot Cruncher
K	Healthy Snacker	X	Zero Cavities
L	Cavity Fighter	Y	Fluoride
M	Lip Balm	Z	McMilk

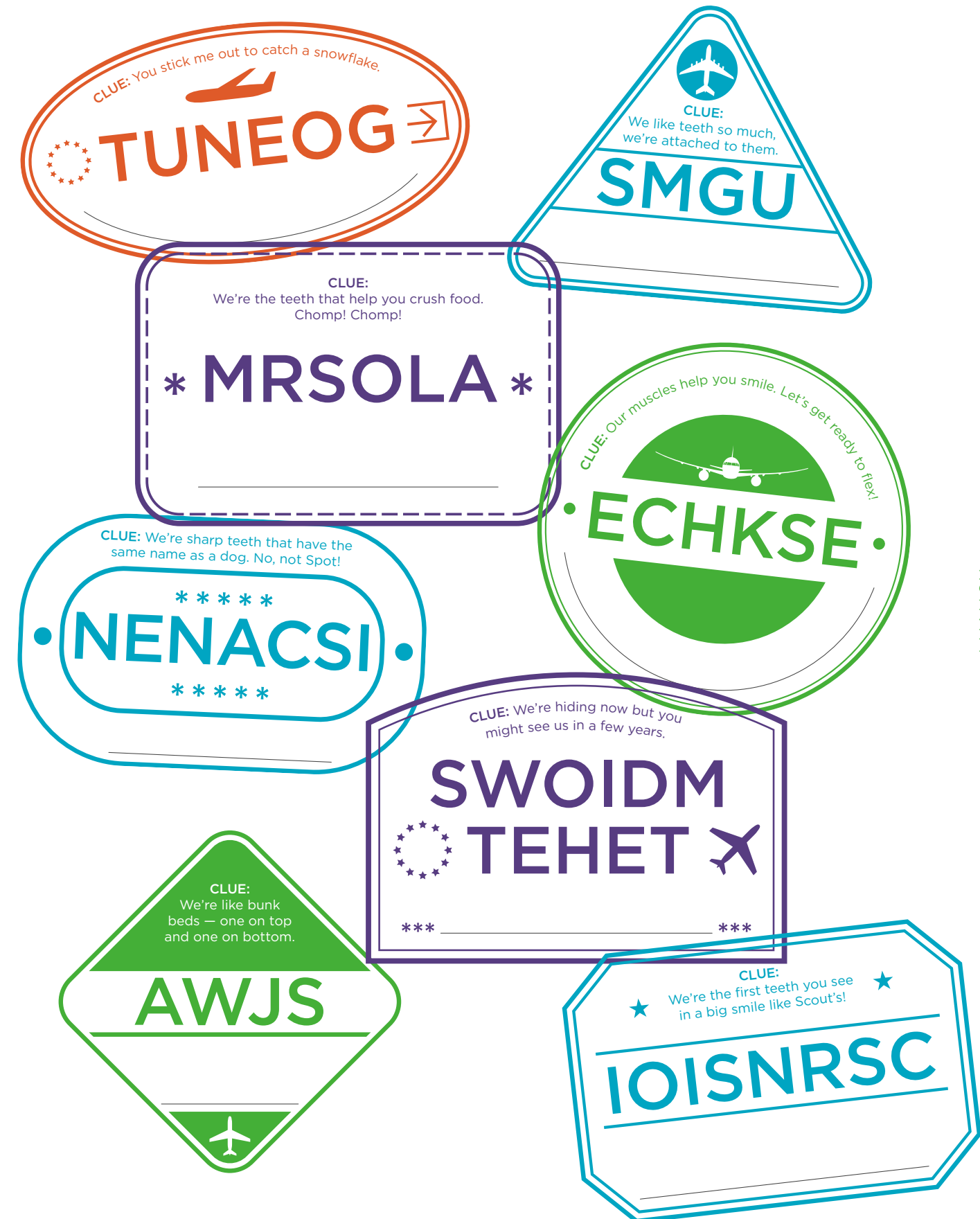


ACTIVITY

# Scout's scrambled stamps

When you travel to different countries, you may need a passport. A passport is a small book with your name, your home country and more. Sometimes you get a passport stamp that shows the country you visited.

Let's pretend we're so small that we can travel around a mouth. That's pretty little!  
Unscramble these stamps to see where you could visit.







Thanks for  
joining me on  
this adventure!