

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.

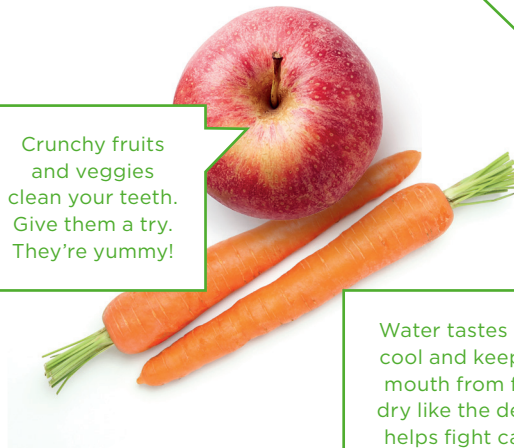


Sports are even more fun when your mouth guard keeps your smile safe. I'm wearing mine now — let's play!



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!

