



Did you know you have an amazing helper?

It's your mouth!

Your mouth helps you eat, drink, taste, talk, smile, and laugh! Inside your mouth are your teeth, tongue, and saliva. Your teeth help chew your food into smaller pieces. Saliva makes your food easier to swallow. Your tongue helps move the food around while you chew—and it helps you taste yummy flavors, too!

But your mouth does much more than help you eat!

When you talk, your tongue, lips, teeth, and jaw work together to help make sounds and words. They help you tell stories, ask questions, sing songs, and say important things like, “I love you!”

And don't forget your smile!

You can help take care of your amazing mouth, too. Brushing your teeth, eating healthy foods, drinking water, and visiting the dentist help keep your teeth and mouth healthy and strong.

Your mouth helps you explore and communicate with the world every single day.

So talk.

Taste.

Smile.

Laugh.

And take good care of your amazing mouth!



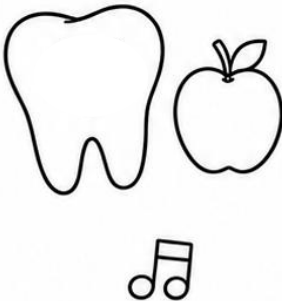
★ MY AMAZING MOUTH!



My mouth helps me eat, talk, smile, and laugh.
It is the start of digestion!



1. My teeth help
me bite and
chew my food!



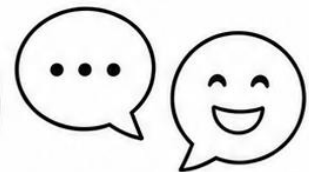
2. My tongue helps
me taste yummy
flavors!



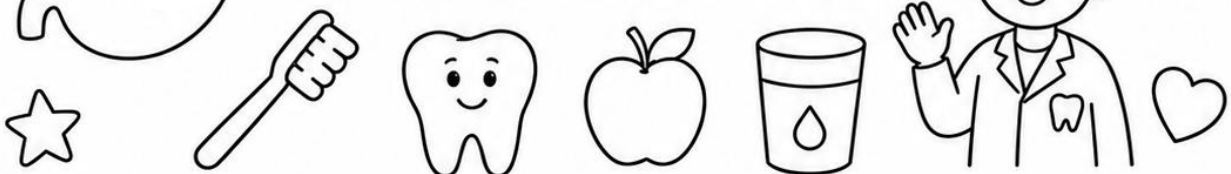
3. When I chew,
my food mixes
with saliva.
Then I swallow
and it goes down
to my stomach.



4. My mouth
helps me talk,
smile, and
laugh!



5. I can take care of my mouth!
Brush my teeth, eat healthy foods,
drink water, and visit the dentist.





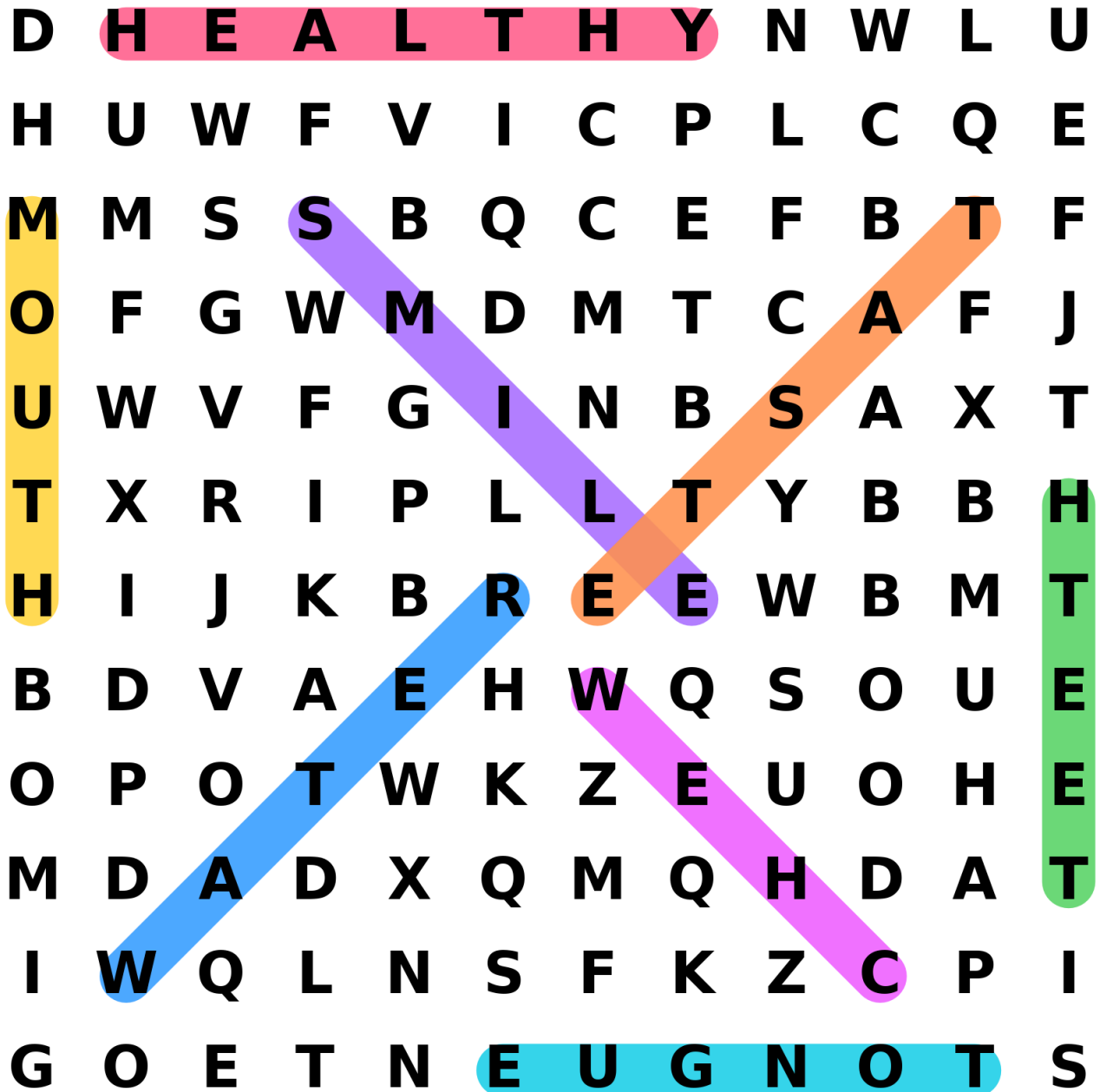
My Amazing Mouth!

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

MOUTH • TEETH • TONGUE • TASTE •
CHEW • SMILE • WATER • HEALTHY



My Amazing Mouth!



MOUTH • TEETH • TONGUE • TASTE •
CHEW • SMILE • WATER • HEALTHY



My Amazing Mouth!

What Did You Learn About Your Amazing Mouth?

1. What helps you chew your food?

- A. Your ears
- B. Your teeth
- C. Your toes

2. What helps you taste food?

- A. Your hair
- B. Your elbow
- C. Your tongue

3. What happens when you chew your food?

- A. It gets smaller and mixes with saliva
- B. It turns into a toy
- C. It disappears

4. What can your mouth help you do?

- A. Hear sounds
- B. Talk, smile, and laugh
- C. Walk and run

5. Which is a good way to take care of your mouth?

- A. Never brushing your teeth
- B. Eating candy all day
- C. Brushing your teeth and drinking water



Check Your Work!

★ Answer Key

My Amazing Mouth

B — Your teeth

C — Tongue

A — It gets smaller and mixes with saliva

B — Talk, smile, and laugh

C — Brushing your teeth and drinking water

Great Job!

In the space below, draw and color a picture of something that you learned about your amazing mouth.

Maybe it will be a picture of your favorite thing to eat.

Maybe it will be a picture of how you keep your mouth healthy. 

You can draw and color anything you want!