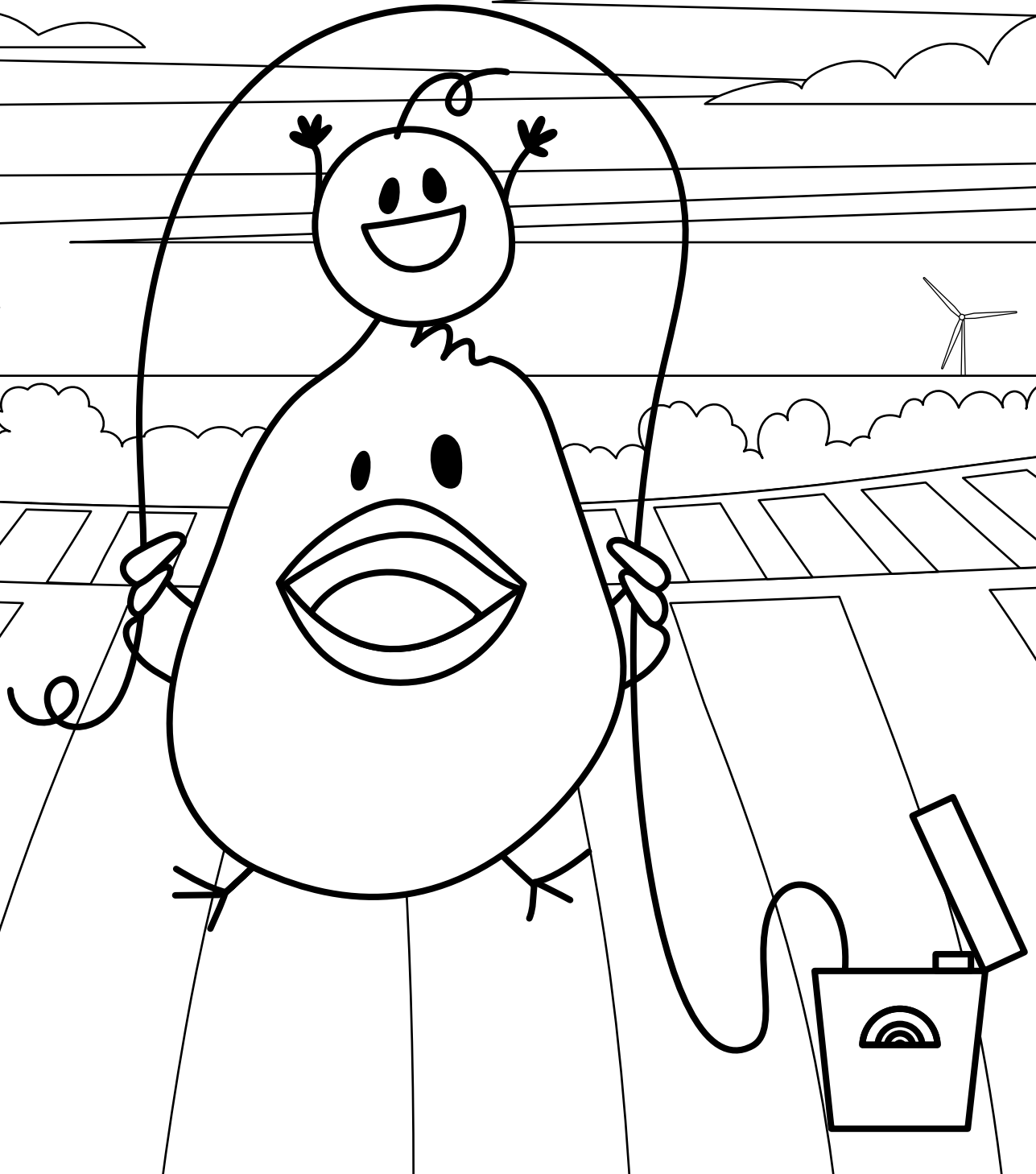
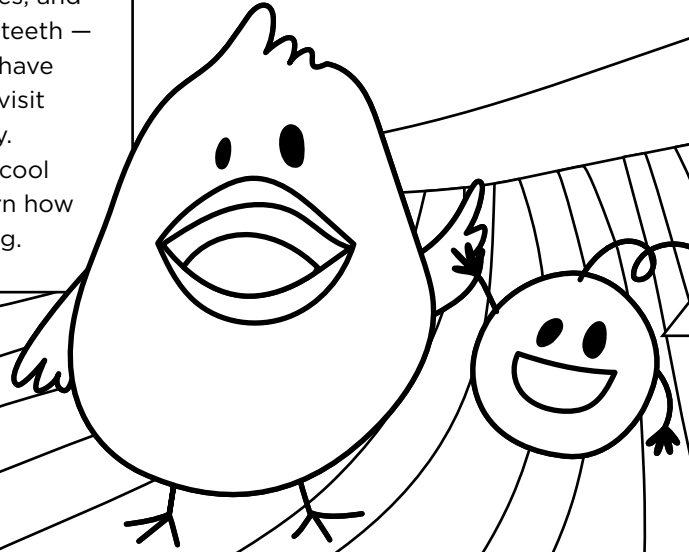


grin!

for **KIDS**



Hello, there! I'm Free Range. I love to go on adventures, and I am very curious about teeth — because chickens don't have any! Come with me as I visit farms across the country. You'll meet some of my cool friends, and you will learn how to keep your smile strong.



I'm Sugar Snap! Vegetables like me grow up on farms. And we're an important part of a healthy diet!

- ARTICLES**
- 4 Your job: a healthy smile
 - 8 Fascinating facts about animal teeth
 - 10 Egg-citing facts about eggs
 - 14 Urban gardening
 - 16 How does food get to me?
 - 18 Water, water, everywhere!
 - 22 Cool tools for farmers and dentists

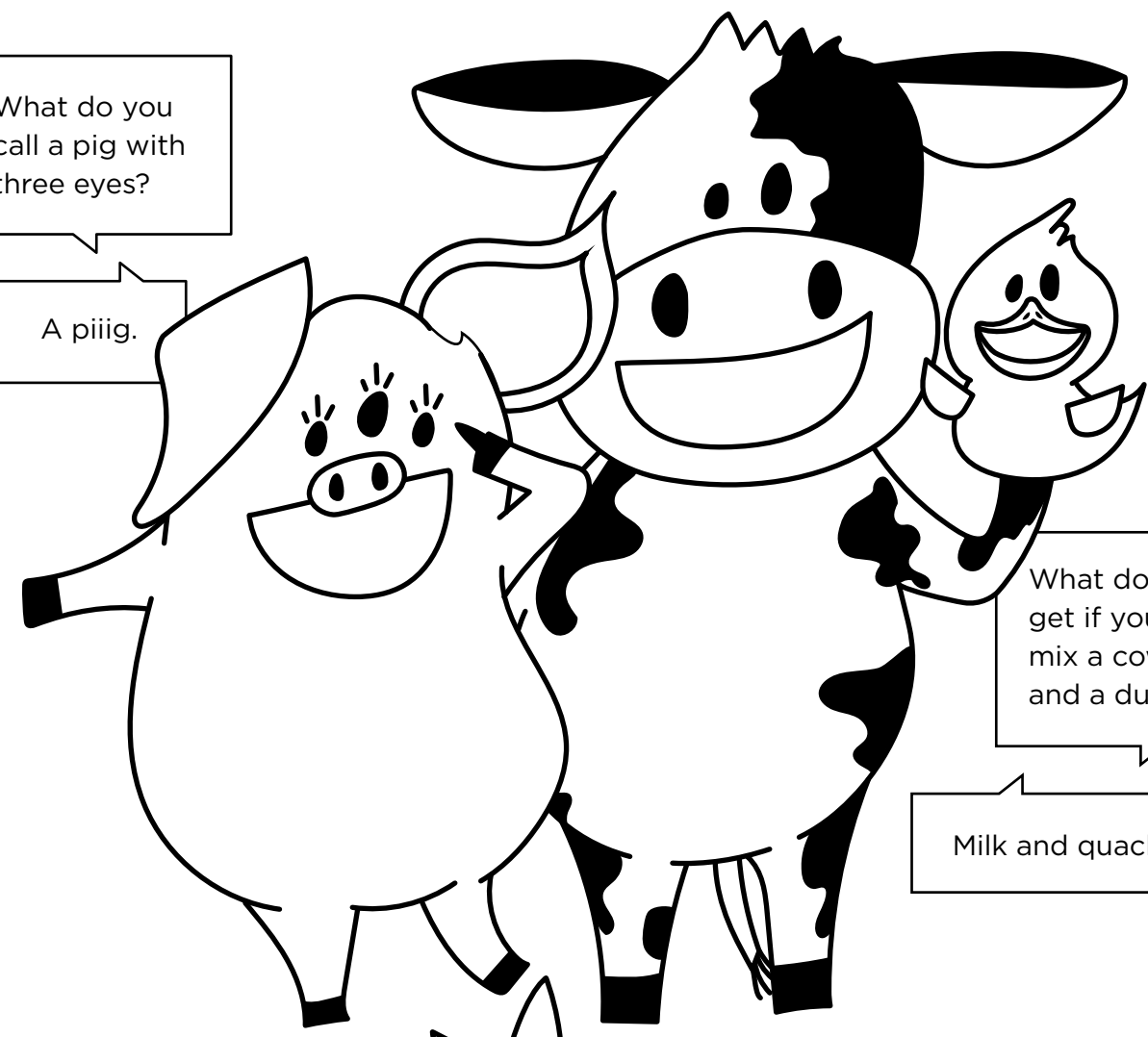
- ACTIVITIES**
- 6 Match game: Who grows the most?
 - 19 Mad lib: wild day on the farm
 - 21 Would you rather: farm life edition

- ARTS + CRAFTS**
- 5 How many teeth have you lost?
 - 11 Recipe: farm fresh breakfast
 - 12 Image search: let's visit the farmers market
 - 15 Experiment: grow a pineapple from a pineapple
 - 20 Craft corner: the art of origami

Chuckle corner

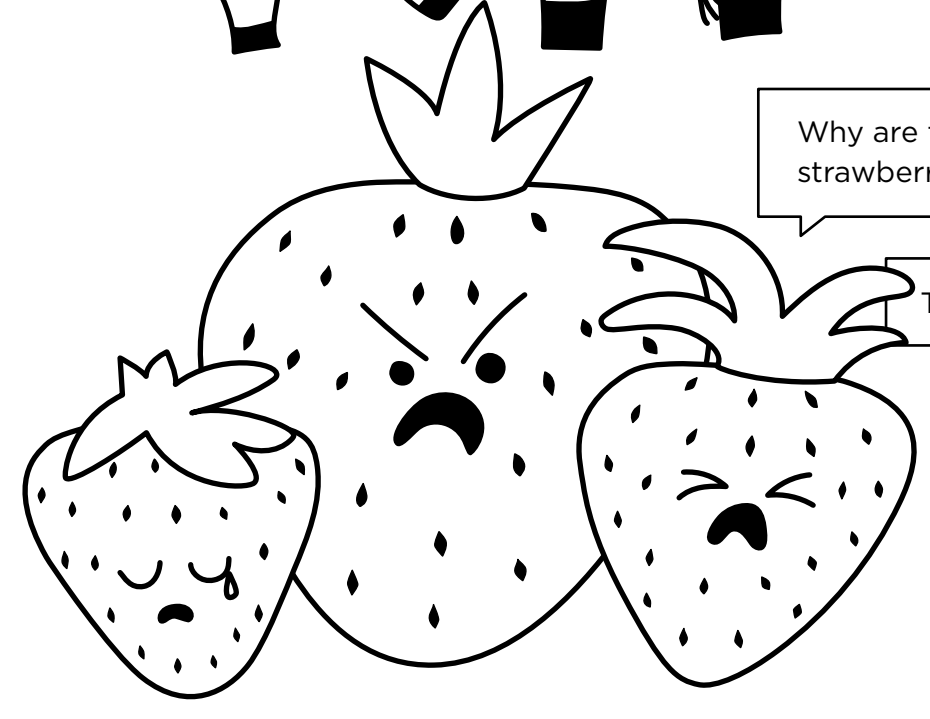
What do you call a pig with three eyes?

A piiig.



What do you get if you mix a cow and a duck?

Milk and quackers!



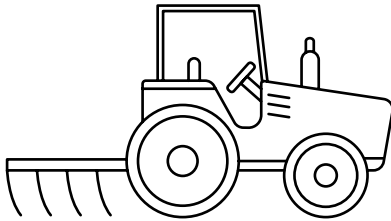
Why are the strawberries upset?

They are in a jam.

Your job: a healthy smile

It takes a lot of hard work to keep a farm running. By comparison, it makes brushing and flossing seem pretty simple! Let's check out what's needed for a healthy farm and a healthy smile.

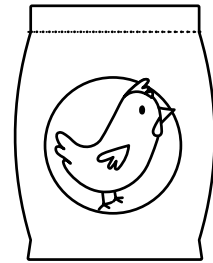
For a healthy farm:



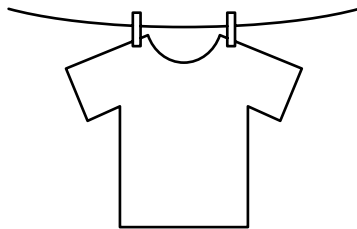
Till and fertilize the soil.



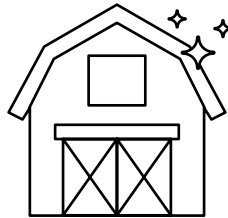
Plant and water the crops.



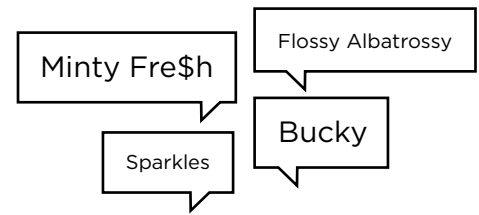
Feed and water the animals.



Wash laundry and fold clothes.

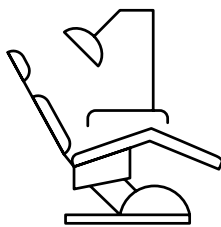


Clean the barn and maintain farm tools.



Come up with silly names for every animal.

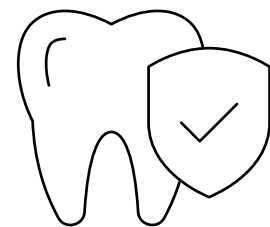
For a healthy smile:



Visit your dentist regularly for checkups and cleanings.



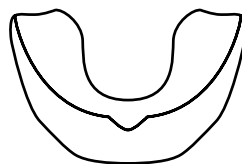
Brush twice a day, for two minutes each time, and floss daily.



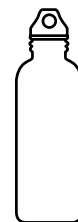
Use fluoride toothpaste and a soft-bristled toothbrush.



Replace your toothbrush every three months or earlier if it starts to fray.



Wear a mouth guard when you play sports and other physical activities.

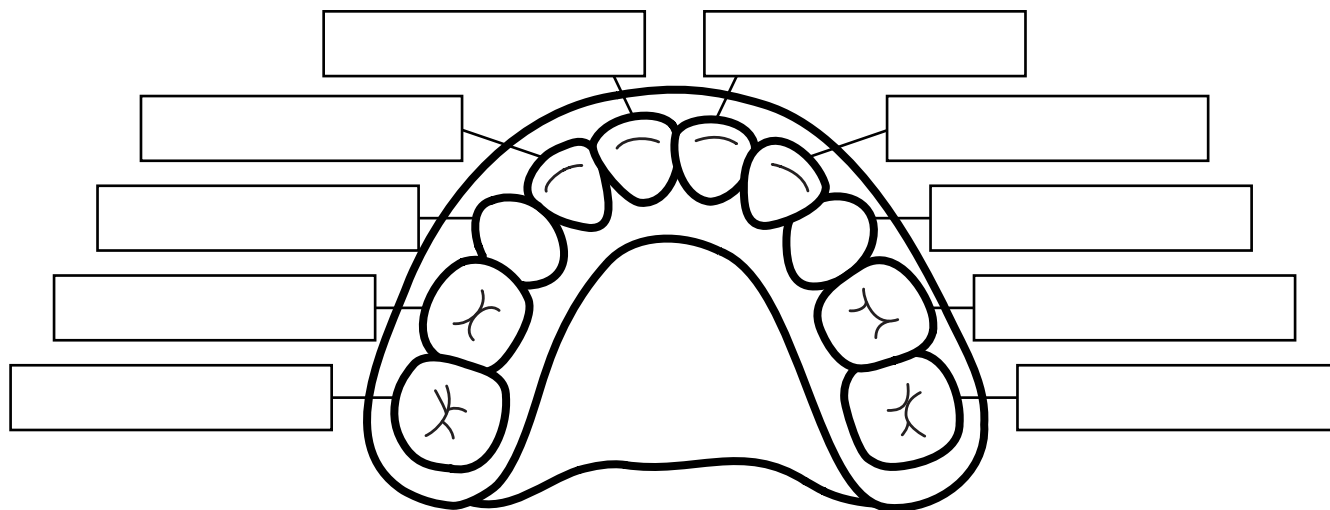


Stay hydrated. Water is great for you and helps keep your mouth clean!

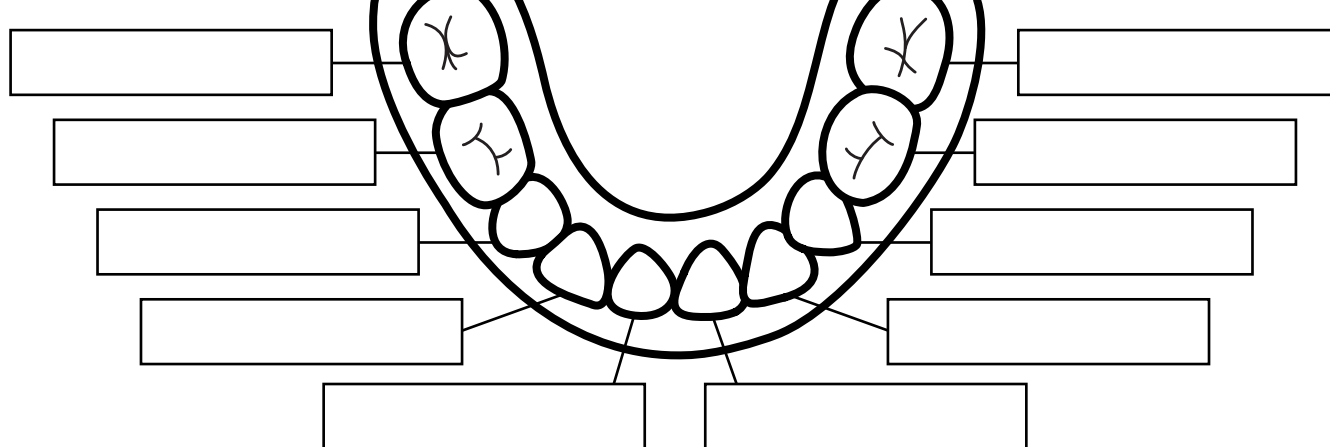
How many teeth have you lost?

Use this page to keep track of every tooth you lose. All you need to do is color in each tooth as you lose them! You can also mark your age and where you were when it fell out.

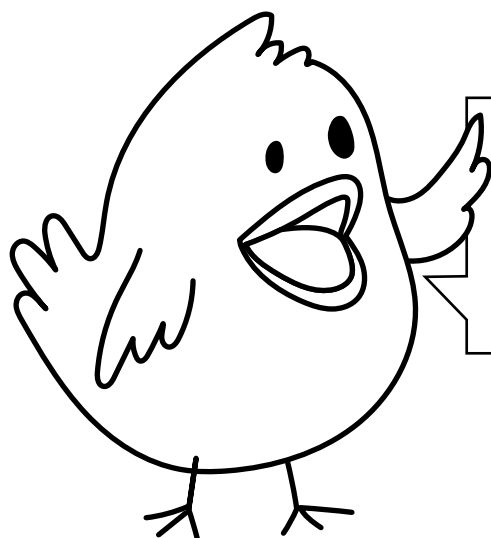
LOST TOOTH DETAILS:



LOST TOOTH DETAILS:



LOST TOOTH DETAILS:



Human teeth are amazing! 20 baby teeth grow in and fall out to make way for 32 adult teeth. Wow – I can't even imagine having one tooth!

Match game: Who grows the most?

The United States is a big country with 2 million farms spread across all 50 states. We make a lot of food! Can you match each state to their most produced crop? Let's find out.

WHAT YOU NEED

A pencil, pen, crayon, or marker

HOW TO PLAY

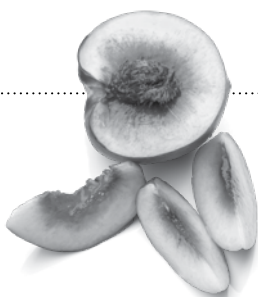
Look at the map below and the list of foods on the next page. Which state do you think makes the most of each food?

- 1 There is a blank space under each food on this page and the next page. In that space, write the state that you think produces the most of that food.
- 2 Check your answers at the bottom when you're done!



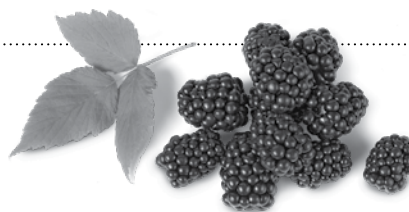
When I grow up, I'll start making lots and lots of eggs! You can enjoy them for breakfast to get protein and other nutrients.

CROP LIST



Peaches

The vitamin A in peaches is great for healthy eyes.



Blackberries

These juicy fruits don't just taste delicious — they also help you fight back against bacteria and viruses.



Cheese

The calcium in dairy is good for your teeth and bones. And this state produces over 3 billion pounds of cheese each year.



Sweet potatoes

These are packed with potassium, which helps your body absorb calcium. This leads to stronger teeth and bones.



Peanuts

This protein-packed snack helps your muscles recover from activity and grow stronger.



Beef

The B vitamins in beef can benefit your brain.



Apples

The fiber in apples helps you digest food. And because they are crunchy, they cause your mouth to make more saliva. This washes down food and helps keep your mouth clean.

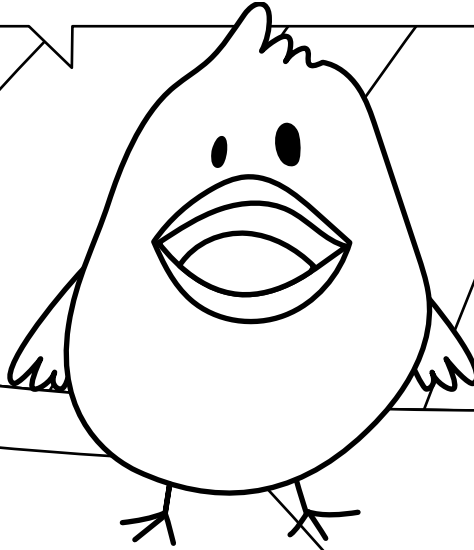


Rice

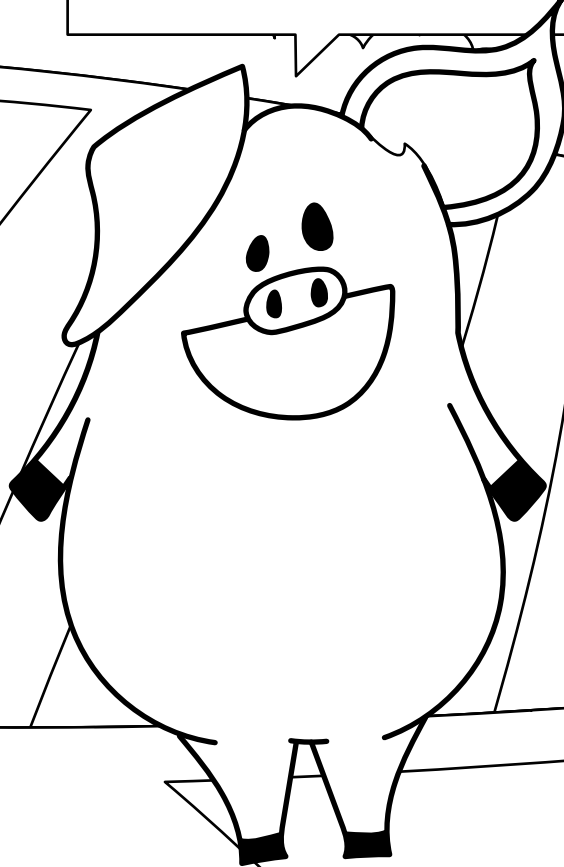
Whole-grain rice gives you vitamins and minerals that boost your energy.

Fascinating facts about animal teeth

Not all animals have the same teeth. In fact, there can be big differences from one to another!



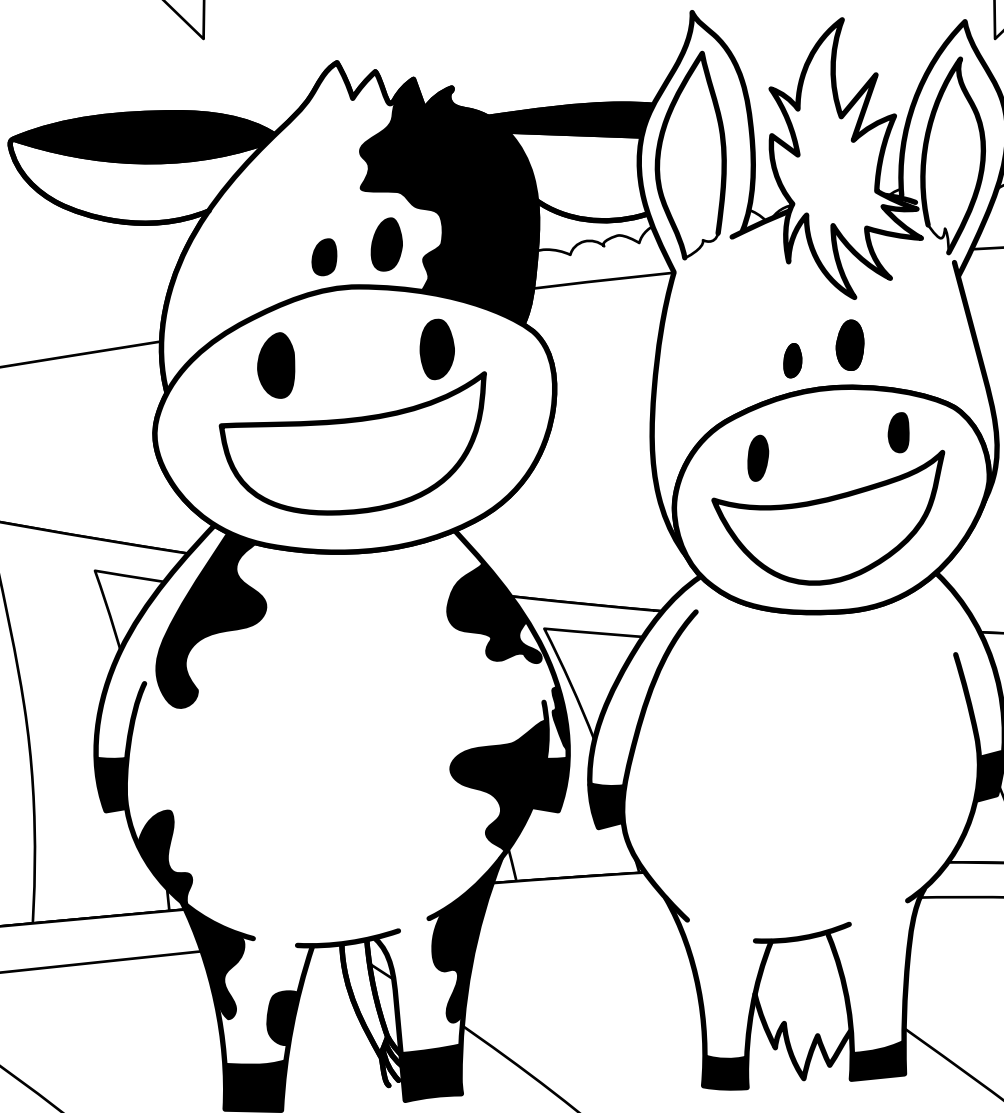
Chickens like me don't have teeth — I actually chew food inside my own stomach! Here's how it works: I gobble food down without chewing, and then an extra part in my stomach called a "gizzard" helps break the food down. Sometimes I even eat rocks and gravel to help break up food faster.



Hi, I'm Marley! I was born with sharp baby teeth known as "needle teeth." My adult teeth won't be as sharp, but they will be much stronger. Either way, don't get between me and my next meal!

I'm Daisy! My fellow cows and I are known for our sideways chewing motion — you might even be able to imagine it. But there's a reason we chew that way. It's because we don't have any top front teeth! Instead, we rub grasses and plants against a hard layer of flesh called a "dental pad" to break down food.

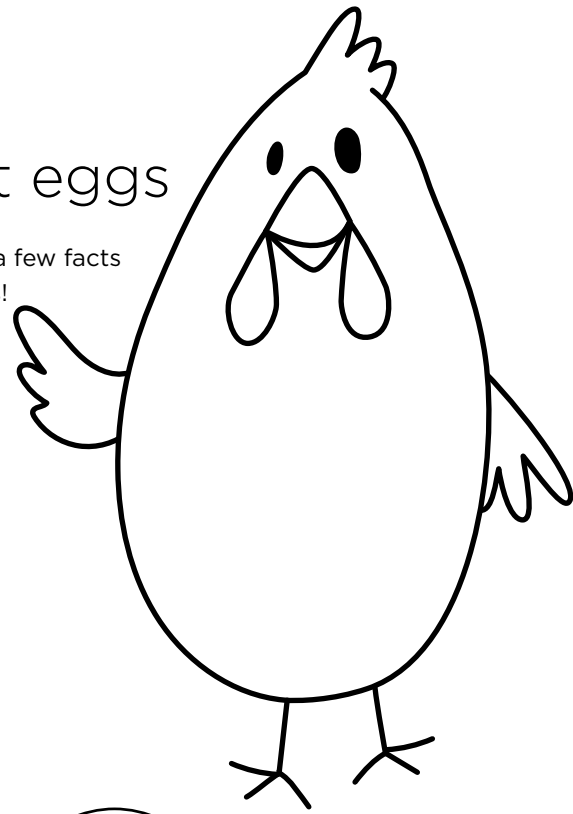
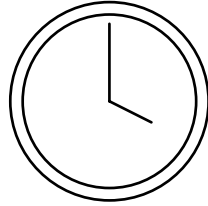
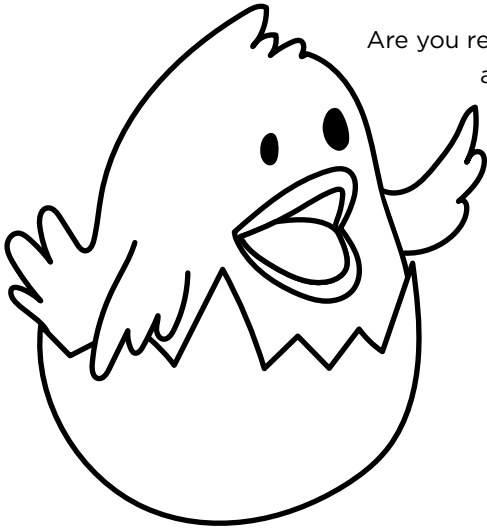
My name is Elmer. I have baby teeth and adult teeth, just like you! But there's one big difference — because I'm a horse, my adult teeth never stop growing! But they do get worn down when I eat, so my teeth won't grow too big.



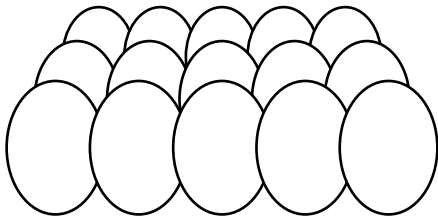
Human teeth are neat, too. Your teeth are sharp in front to bite and tear foods, with wider teeth in the back that help you chew.

Egg-citing facts about eggs

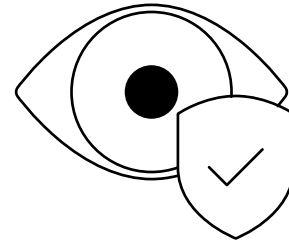
Are you ready for some egg-citement? Here are a few facts about a protein-packed wonder — eggs!



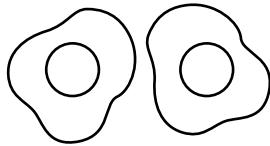
It takes a hen between
24 and 36 hours
TO DEVELOP ONE EGG.



U.S. farms produce
75,000,000,000
EGGS PER YEAR.

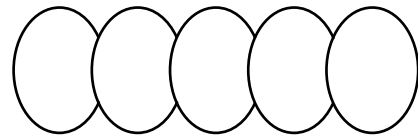


EGGS HAVE
antioxidants
that help your eyes stay healthy.



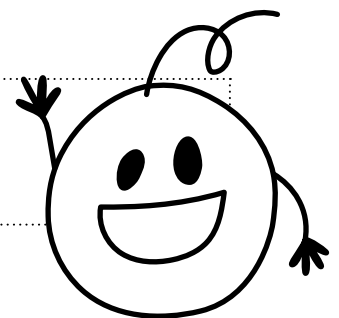
Eggs with
dark yellow yolks
come from hens that
ATE A LOT OF VEGETABLES.

A lighter yolk
means a
DIET OF WHEAT AND BARLEY.



Eggs can be
different colors
DEPENDING ON THE BREED,
AGE, AND DIET OF THE HEN,
but they all provide the same nutrition!

Eat eggs instead of sugary breakfast cereals, donuts, pastries, and jams. This will help you reduce your risk for cavities!



RECIPE

Farm fresh breakfast

Why not give your next breakfast a friendly face? With our recipe below, you'll find a very happy — and very healthy — way to start your day.

HERE'S WHAT YOU NEED

- For the eyebrows: red bell pepper slices
- For the nose: a grape or other small piece of fruit
- For the hair and beard (optional): bell pepper, lettuce, or spinach
- For the eyes: two eggs cooked sunny side up
- For the smile: two precooked slices of turkey bacon

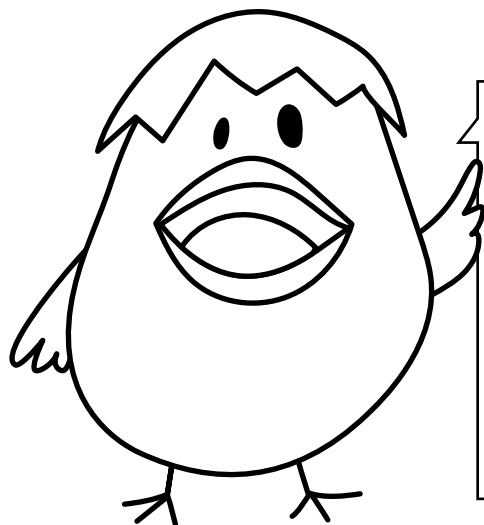
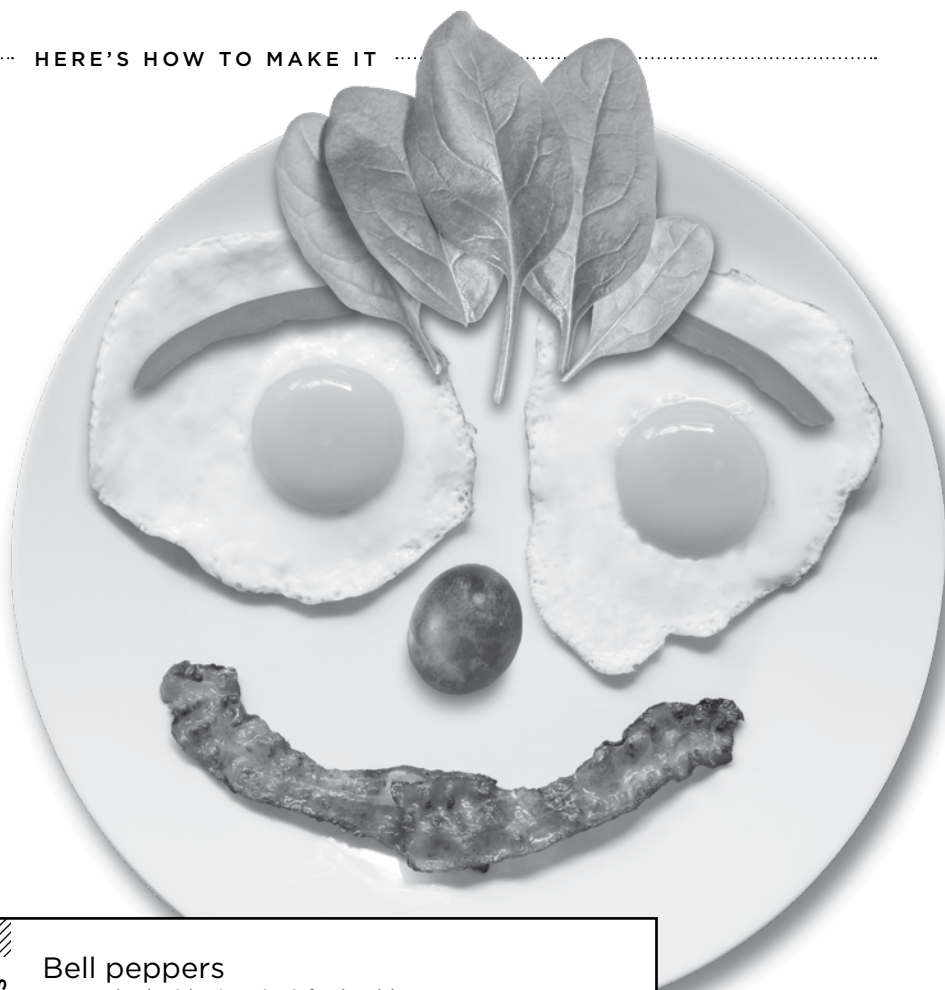
HERE'S HOW TO MAKE IT



Ask an adult to help you slice the bell pepper, cook the eggs and warm the bacon, and put the eggs on a plate.



Create your own friendly breakfast face on your plate with the remaining ingredients.



HEALTHY HIGHLIGHTS

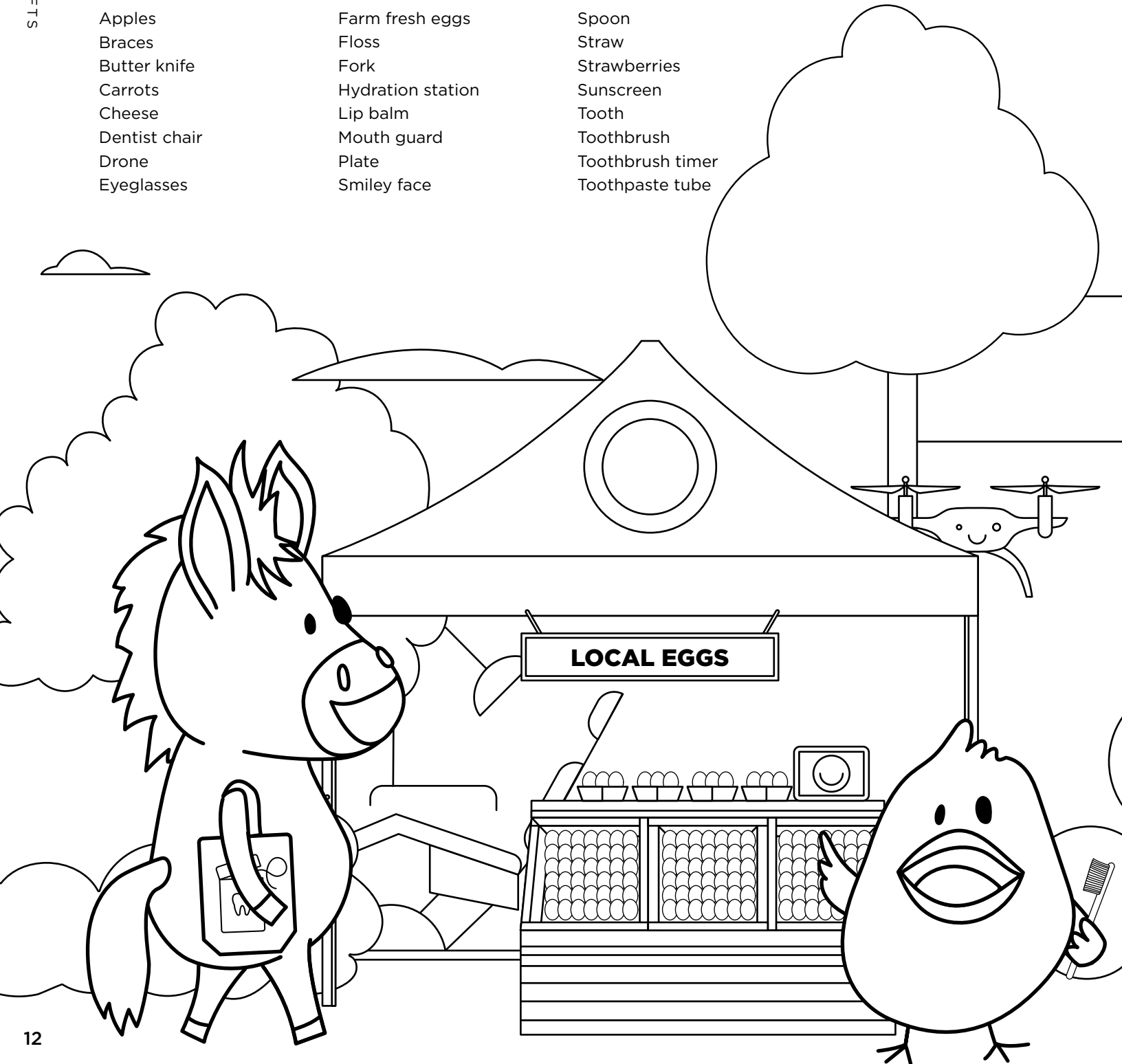
- Bell peppers**
are packed with vitamin C for healthy gums.
- Eggs**
have protein to support muscle growth.
- Turkey bacon**
has less fat than pork bacon and also gives you protein.
- Leafy green vegetables**
like spinach provide calcium for stronger teeth and bones.

Image search: let's visit the farmers market

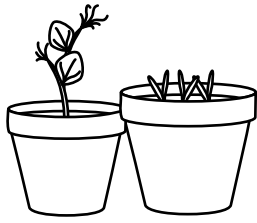
Farmers markets are a great way to connect with your community. They draw a big crowd because they offer something for everyone! During a walk through the market, you can find excited puppies, babies in strollers, fresh fruits and vegetables, delicious snacks, and a whole lot more.

The list below includes things you would find at a typical farmers market, plus hidden oral health care items that help protect your smile. See how many you can find as you color in the image! You can cross out words on the list as you find them.

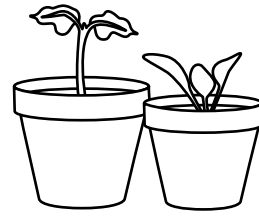
- | | | |
|---------------|-------------------|------------------|
| Apples | Farm fresh eggs | Spoon |
| Braces | Floss | Straw |
| Butter knife | Fork | Strawberries |
| Carrots | Hydration station | Sunscreen |
| Cheese | Lip balm | Tooth |
| Dentist chair | Mouth guard | Toothbrush |
| Drone | Plate | Toothbrush timer |
| Eyeglasses | Smiley face | Toothpaste tube |







Urban gardening



Farming isn't just for wide-open fields. In fact, some foods can be grown almost anywhere! "Urban gardening" is a term for when people grow fruits, vegetables, and plants in a city environment instead of on a farm.

What does an urban garden need?

Your garden will be unique based on where you build it and what you grow. But no matter what, it will need:



Sunlight

Great places to start a garden are apartment rooftops or near windows that let in a lot of sunshine.



Soil

A grown-up can help you research how much soil you need for what you want to grow!



Water

Make a plan so you remember to water your plants! Otherwise, they won't survive.

What can I grow in an urban garden?

All sorts of foods! These are just a few examples of what you could grow and how it helps you:



Black beans

are great for your heart, stomach, muscles, and more!



Squash

is rich in calcium for strong teeth and bones.



Garlic

can help you fight tooth decay. It can also cause bad breath, so don't forget to brush!



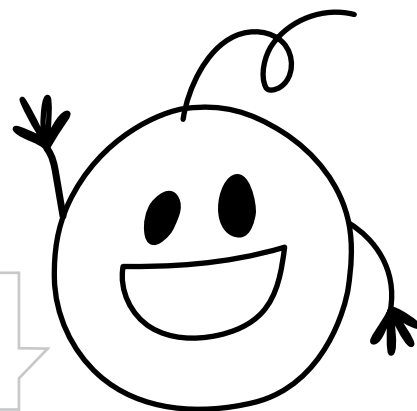
Spinach

offers vitamin E, which is great for healthy eyes.



Sugar snap peas

That's me! I give you iron and vitamin K for healthy blood, teeth, and bones.



EXPERIMENT

Grow a pineapple from a pineapple

It's crazy but true — you can use a pineapple to grow another pineapple! It's easy to do at home if you have a little space and a lot of patience.



A fresh pineapple from the store



A mason jar full of water



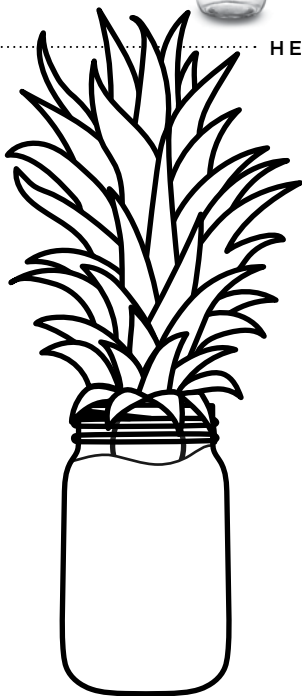
Well-draining soil in a 6-inch pot



A window that gets direct sunlight

A grown-up to help

HERE'S HOW TO DO THE EXPERIMENT



PART ONE

- 1 With a grown-up's help, gather the items you need.
- 2 Grab the pineapple with one hand and the base of the leaves with the other.
- 3 Twist the leaves and pull to remove the crown of the pineapple. (You may need an adult to help with this step. If the crown does not twist off, ask an adult to cut the top off for you.)
- 4 Place the pineapple crown upside down in your kitchen until it is fully dry. This can take up to a full week!
- 5 Put the now-dry stem in a jar of warm, clean water, with only the bottom submerged. (The leaves should be facing up.)
- 6 Over the next few weeks, watch as new roots begin to grow from the stem!



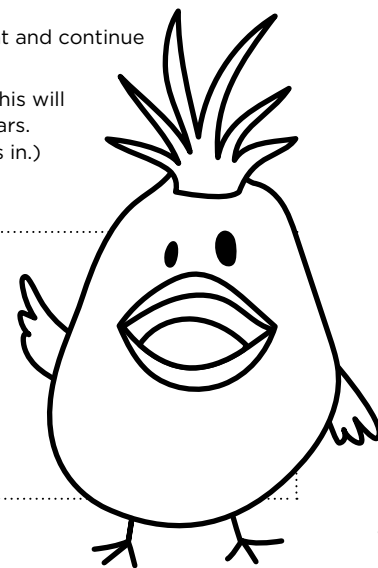
PART TWO

Once the roots are at least 3-inches long, plant the pineapple in soil.

- 1 Fill the 6-inch pot with well-draining soil.
- 2 Plant the pineapple crown. The roots should be below the soil and the pineapple leaves should be above.
- 3 Place your pineapple plant in indirect sunlight for two to three weeks and water it once a week.
- 4 Move the plant into direct sunlight and continue to water it once a week.
- 5 Wait for the pineapple to grow! This will be done in about two to three years. (That's where the patience comes in.)

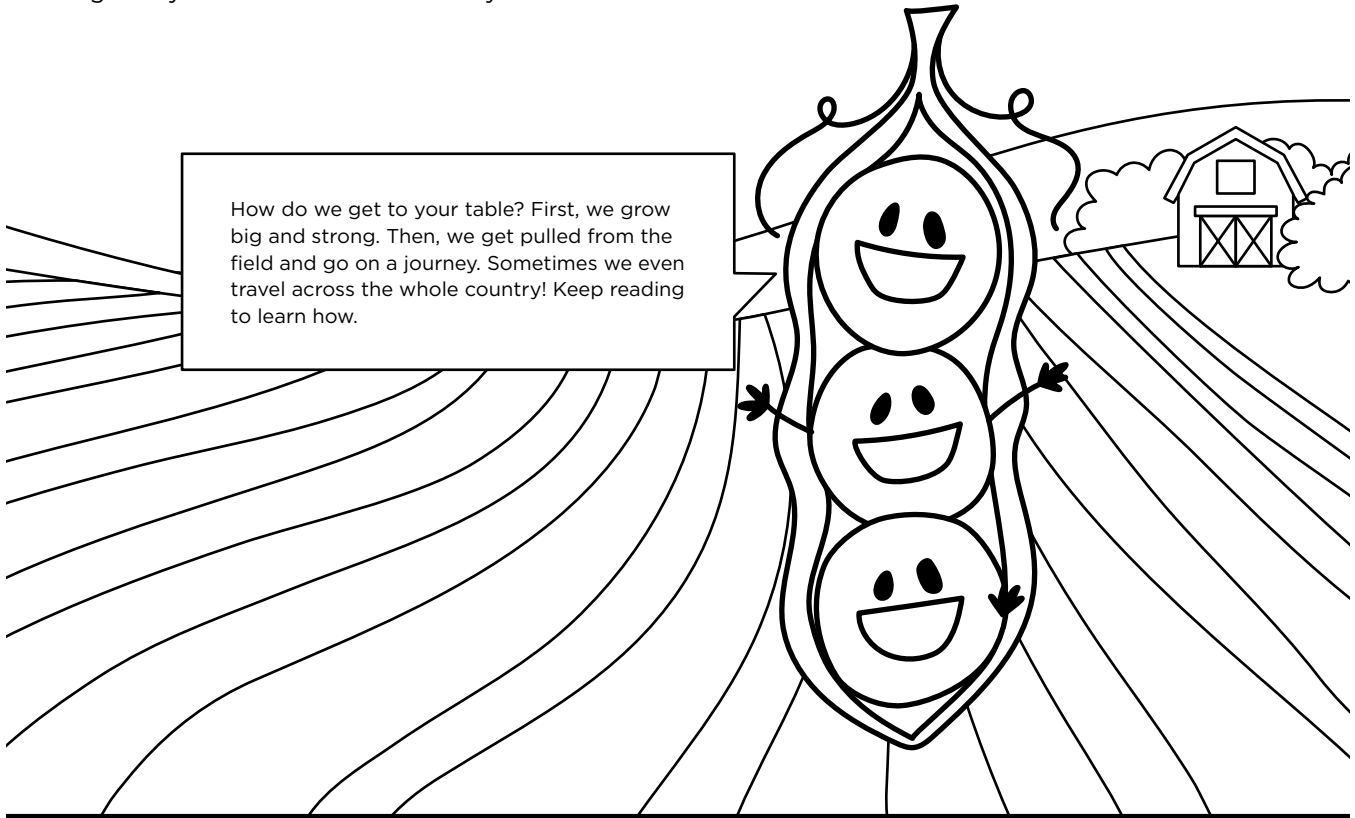
The pros and cons of pineapple

Pineapple is high in vitamin C, which is good for your oral and overall health. But it's also acidic and can harm your teeth. That's because it can weaken your tooth enamel, which is the hard outside layer of each tooth. When you eat pineapple, drink water to wash away the acid.



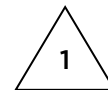
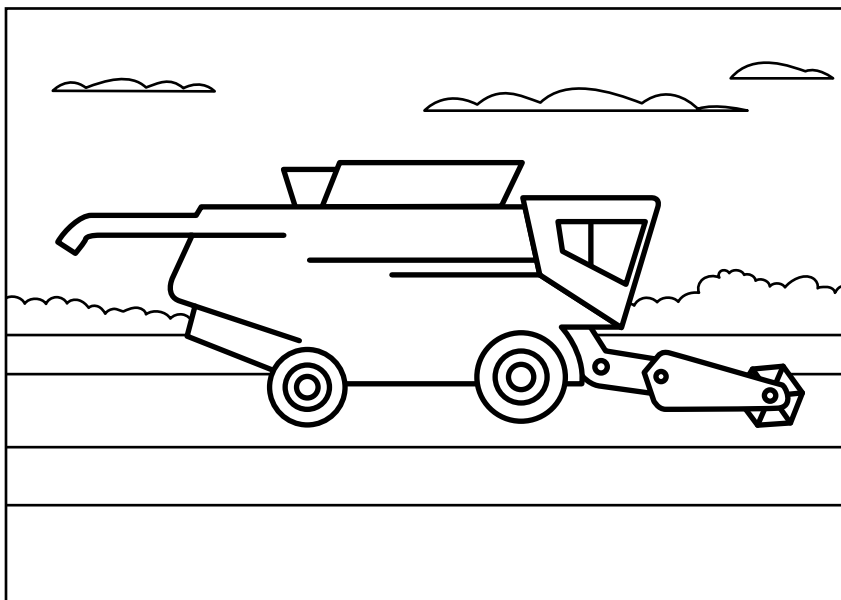
How does food get to me?

All this time on the farm may make you wonder — how does food get from the field to my dinner table? It's a great question with a big answer. It takes a lot of careful planning and teamwork to transport food to grocery stores all over the country.

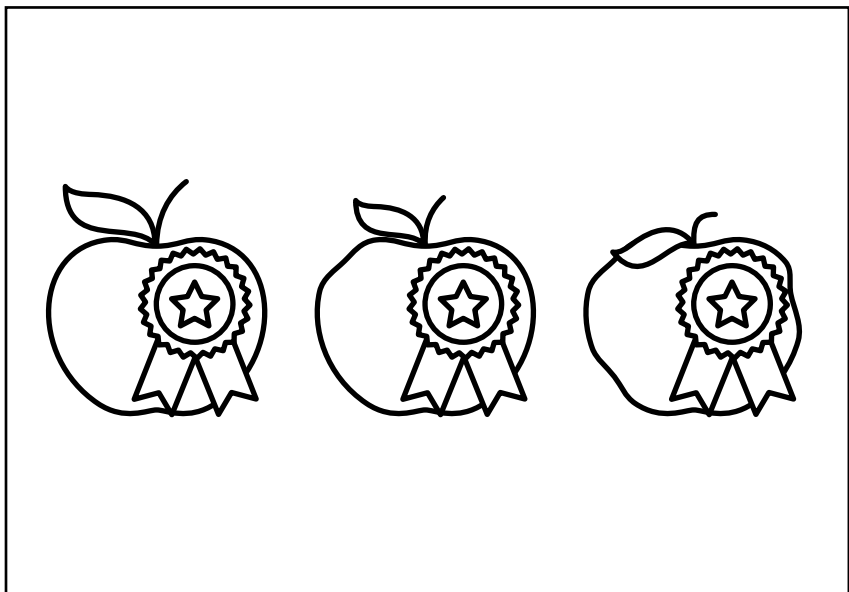


Fresh fruits and vegetables, here we come

Let's take a quick look at how food gets all the way from a farmer's field to your dinner plate.



Crops are harvested. Smaller farms may harvest crops by having people walk the fields and pick the food. Bigger farms might use artificial intelligence (AI), which is a very smart computer program, to control the heavy machines that do the picking for them.

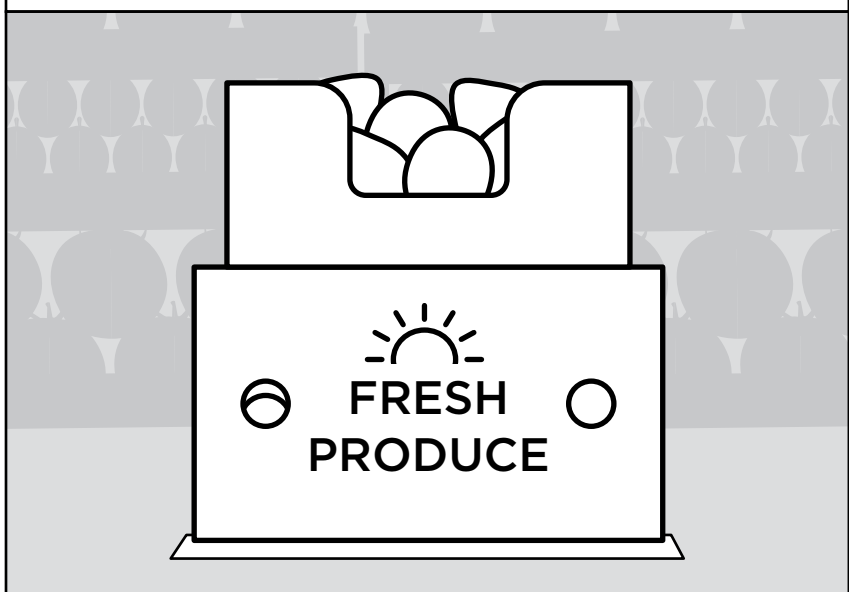


2

Fruits and vegetables are sorted and graded.

This includes reviewing the size, shape, and color of the produce. It is also checked for bugs and to make sure it is ripe.

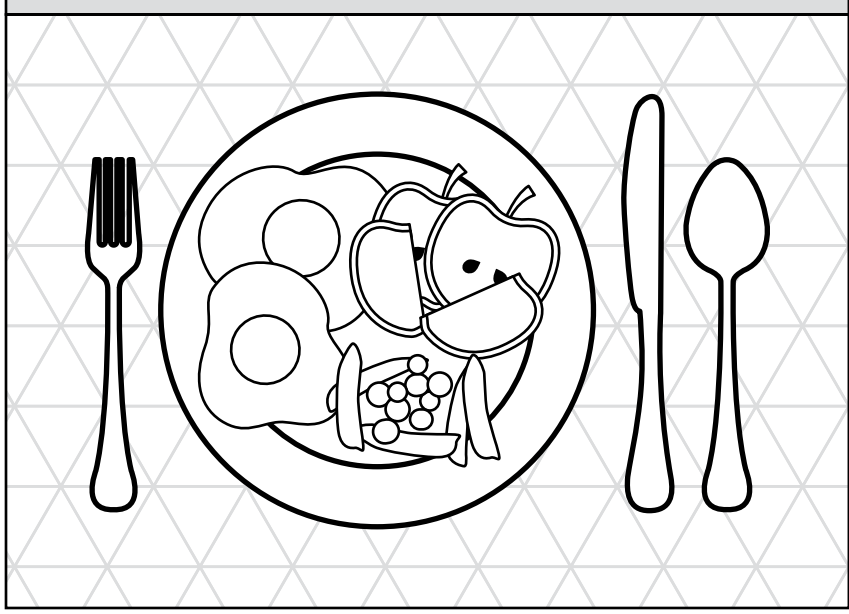
Reviewing the food now helps prevent problems later. You may have heard your parents talk about insurance. Well, dental and vision insurance plans help prevent problems for your teeth, gums, and eyes! Insurance helps pay for the cost of going to the dentist and eye doctor, so you can find and fix any issues right away.



3

Produce is packaged and delivered to stores.

Once they have passed inspection, fruits and vegetables are carefully packaged to protect them from bruises and decay. Next, they are loaded into trucks and delivered to grocery stores! Small farms may also deliver and sell their produce at farmers markets.



4

You shop and eat.

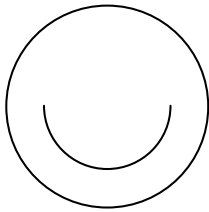
Next time you bite into an apple or snap a piece of celery, think about all the farmers, truck drivers, and grocery store workers who helped bring it to you.

Water, water, everywhere!

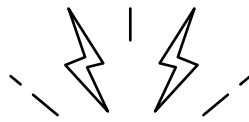
After running, playing, and working outside, nothing beats a tall glass of ice-cold water. Sip, sip, aah! But drinking water is more than just refreshing. It helps keep you — and a farm — healthy and productive.

Water is the healthy choice.

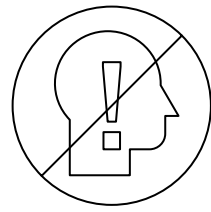
Drinking water instead of juice or soda helps you avoid extra sugar and it is great for your health. Being hydrated:



Puts you in a better mood.



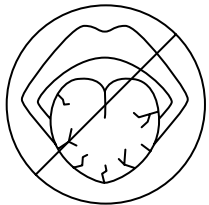
Gives you more energy.



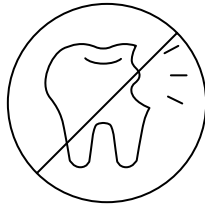
Can help prevent headaches.

Cheers! Water is great for your smile.

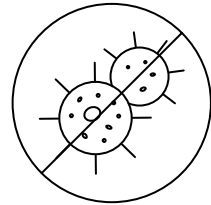
Choosing water also keeps your smile strong. That's because water:



Prevents dry mouth and bad breath.



Is sugar free and may have fluoride to help prevent cavities.



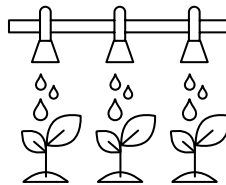
Washes down food (that means less bacteria in your mouth).

Crops and farm animals love water, too.

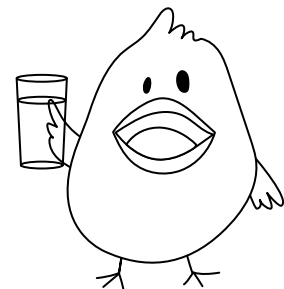
Fresh water helps almost every part of a farm:



Rainfall nourishes plants and soil.



Watering systems help crops grow healthy and strong.



Animals need to stay hydrated to thrive and survive, just like you.

Mad lib: wild day on the farm

From the rooster's morning wake-up call until it's time to hit the hay, a day on the farm can be wild. You never know what might happen! Fill out this mad lib (be as silly as you'd like!) to create your own unique day on the farm.

When I woke up and brushed my teeth this morning, I felt very _____. That's because I'm going to work at _____ Farm!

FEELING
NAME OF FARM

It will be so much fun. They have _____s and they also grow healthy foods like _____s and _____s!

NUMBER FARM ANIMAL
FRUIT VEGETABLE

To do my job right, I'll need the right tools. So, I go to the big _____ barn and grab my _____ and _____.

COLOR
FARM TOOL FARM CLOTHING

I was about to leave the barn when a _____ came out of nowhere! It made _____ noises and smelled like _____.

FARM ANIMAL NOISE
SMELL

"Hey, _____!" I shouted. "Get back here!"

NAME

I started to run after her. But that's when I noticed a _____ stole my _____.

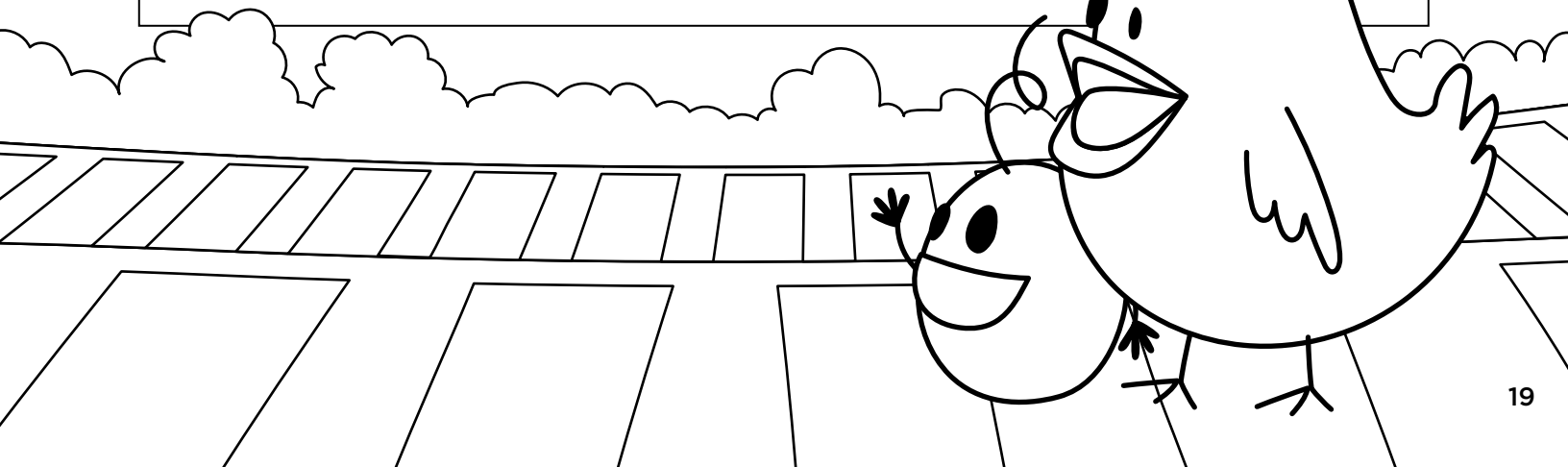
FARM ANIMAL PIECE OF CLOTHING

I chased the _____ animal for hours until I distracted it by singing _____.

SIZE FAVORITE SONG

Then I got my clothes back — but the sun was already setting!

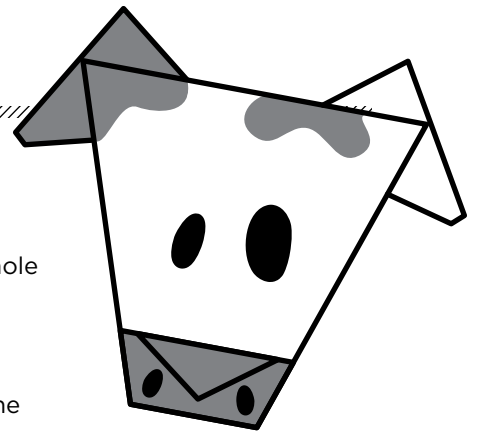
As I brushed and flossed before bed, I knew I'd have another fun day tomorrow.



The art of origami

Did you know there are over 9 million dairy cows in the United States? That's a whole lot of milk! And milk is great for you — it has calcium for strong teeth and bones, vitamin A for healthy eyes, and protein to help your muscles grow.

Let's use origami, or the art of paper folding, to make our own cow face. Every time you look at it, you will remember how milk boosts your health!



HERE'S WHAT YOU NEED

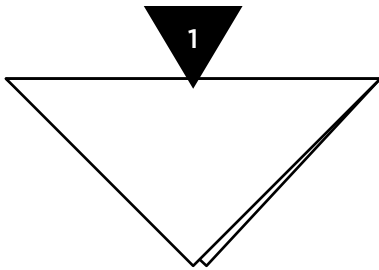
- A square piece of paper to fold



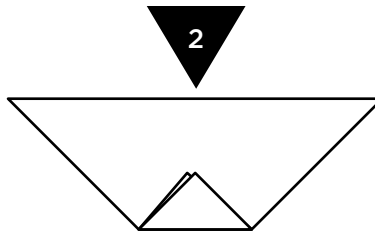
- *Optional: colored pencils, markers, or crayons to draw on your cow*



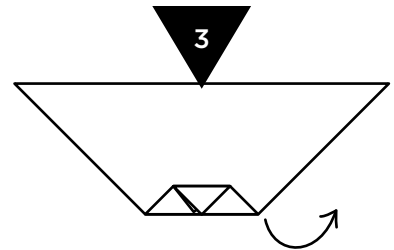
HERE'S HOW TO MAKE IT



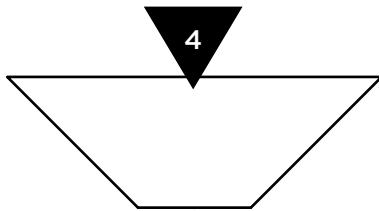
Fold the square into a triangle by connecting two opposite corners.



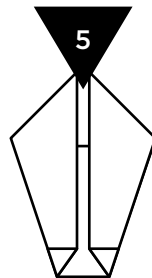
Fold the bottom corner up.



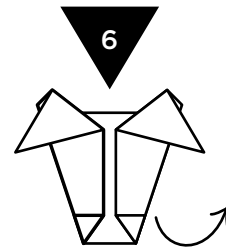
Fold the tip of the same corner back down, so the point is facing down.



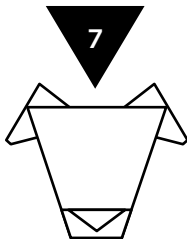
Flip the paper over.



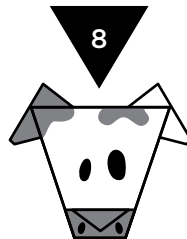
Fold the corners in toward the middle, so that the edges touch one another.



Fold the upper corners down to create the cow's ears.



Flip the paper over.



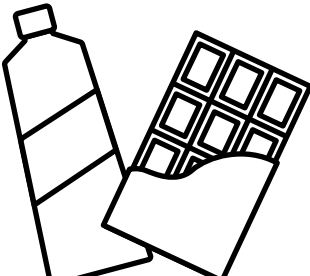
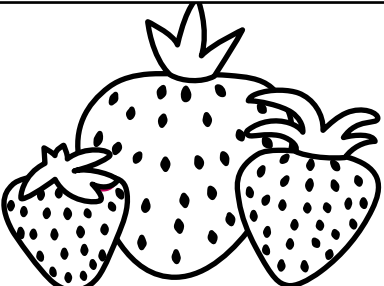
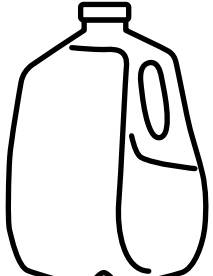
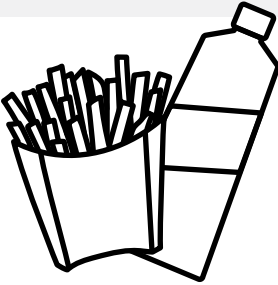
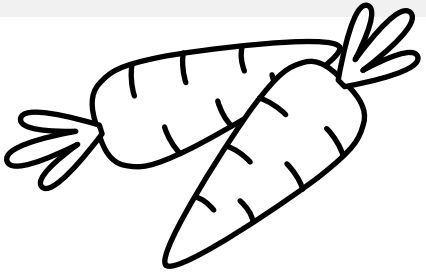
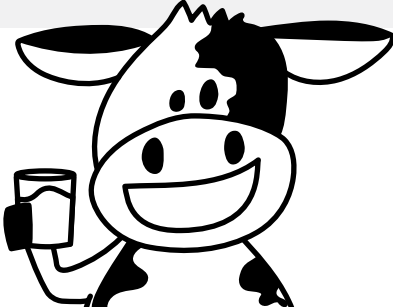
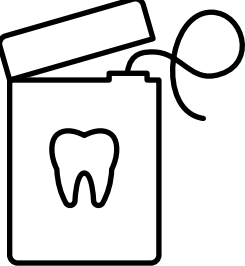
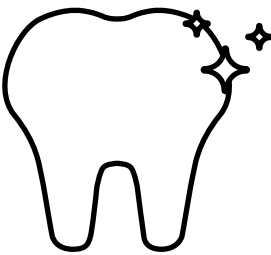
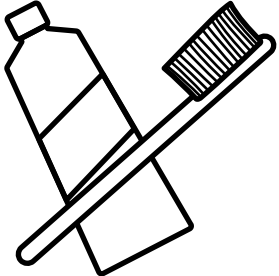
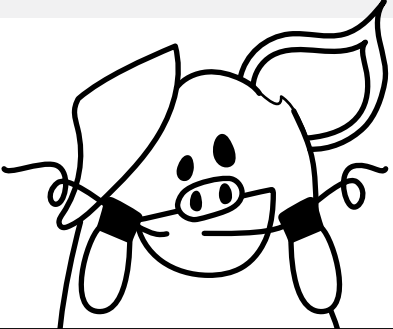
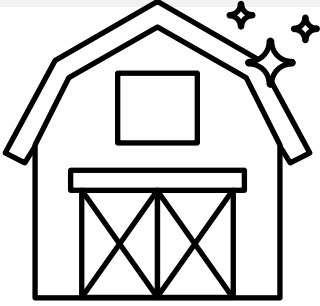
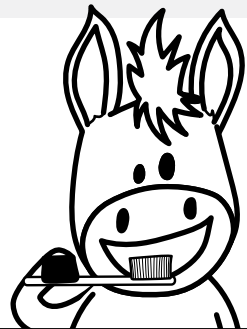
Draw the eyes, nose, and spots on your cow!

Black and white spotted cows are called Holstein cows. But not all cows have spots! They can also be brown, white, red, or other colors.

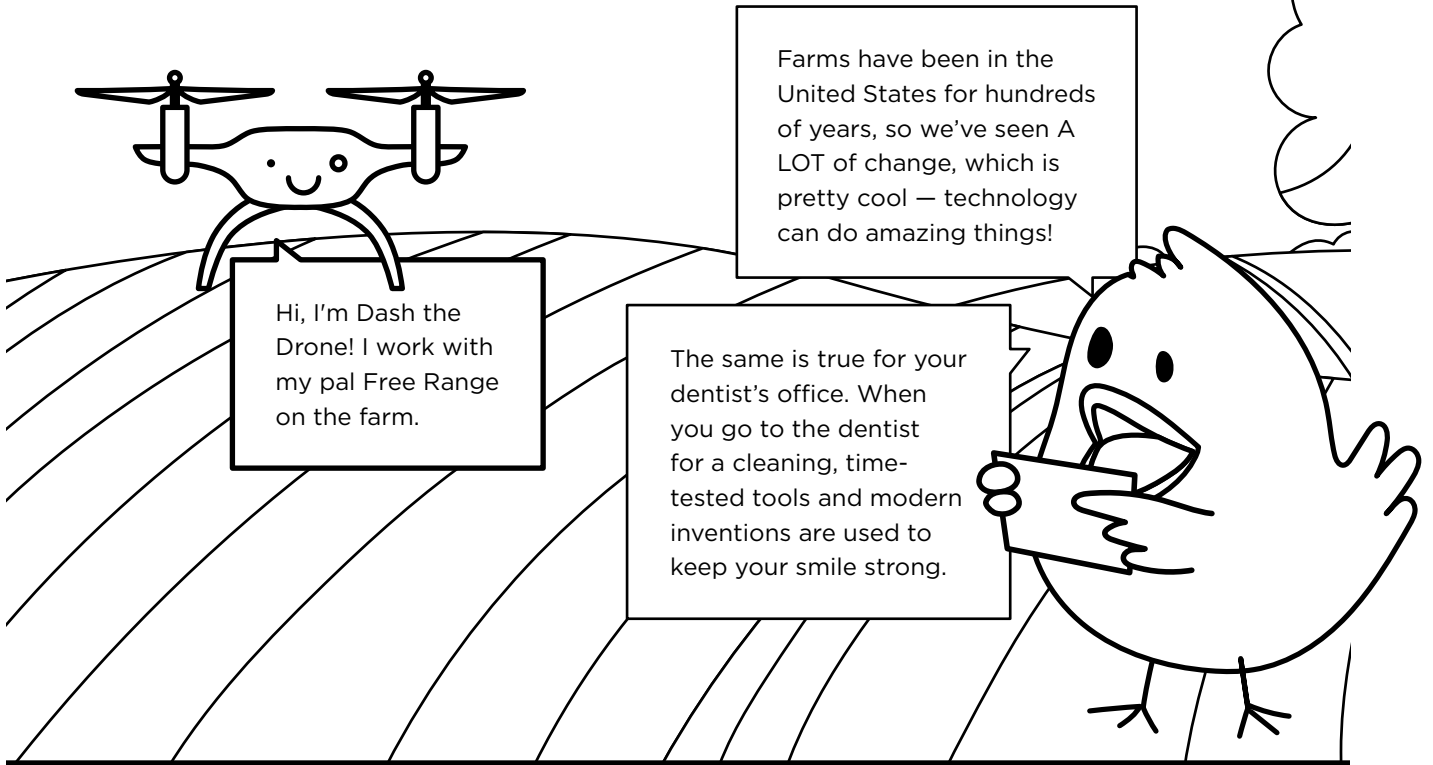


Would you rather: farm life edition

It's imagination time! Find a friend or family member and ask each other these questions. You'll learn more about each other and about yourself as you talk about what your answer would be and why.

| Would you rather ... | | |
|---|--|---|
|  |  |  |
| <p>Have toothpaste that tastes like chocolate OR french fries? (It still cleans your teeth either way!)</p> | <p>Eat a juicy strawberry (with vitamin C for gum health) OR a crisp carrot? (with vitamin A that helps with night vision)</p> | <p>Drink milk for strong teeth and bones OR milk a cow?</p> |
|  |  |  |
|  |  |  |
| <p>Floss your teeth OR floss a pig's teeth?</p> | <p>Clean your teeth OR clean a barn?</p> | <p>Brush your teeth twice a day OR brush a horse's teeth twice a day?</p> |
|  |  |  |

Cool tools for farmers and dentists



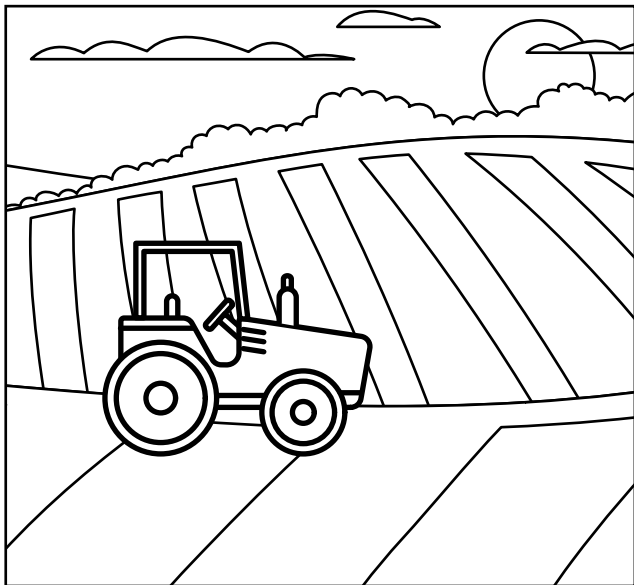
Let's look at some old and new equipment that farmers and dentists use to do their job.



FARMING EQUIPMENT

Tractors

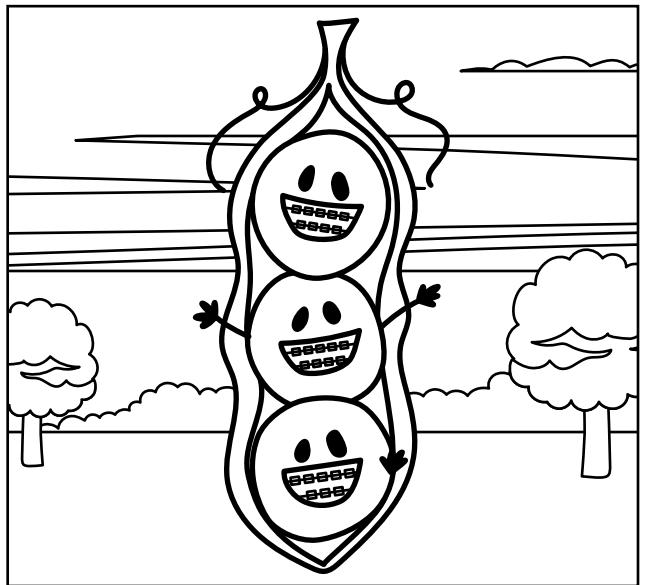
From the earliest tractors in the mid-1800s to modern tractors that use computers, this classic farm vehicle has helped farmers produce more food, generation after generation.



DENTAL EQUIPMENT

Dental braces

Like tractors, braces have been around for a long time. The first wire braces were invented in 1819! Braces have also gotten better over time. Today, they are more comfortable, easier to care for, and come in a variety of colors.

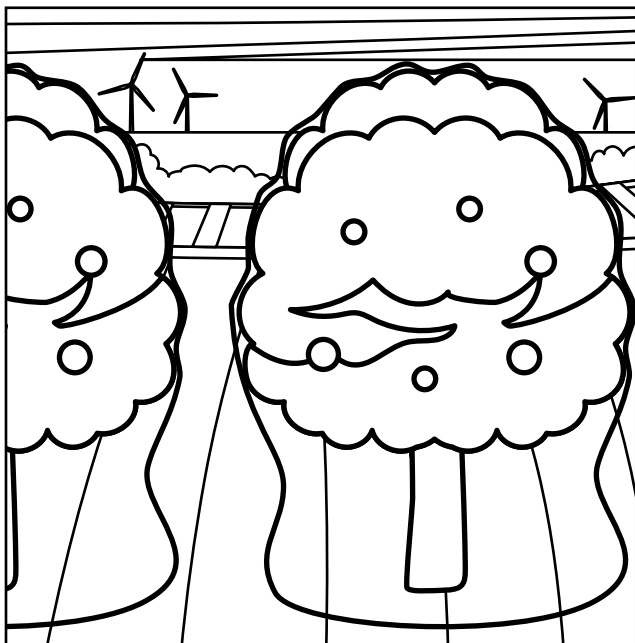


2

FARMING EQUIPMENT

Agricultural netting

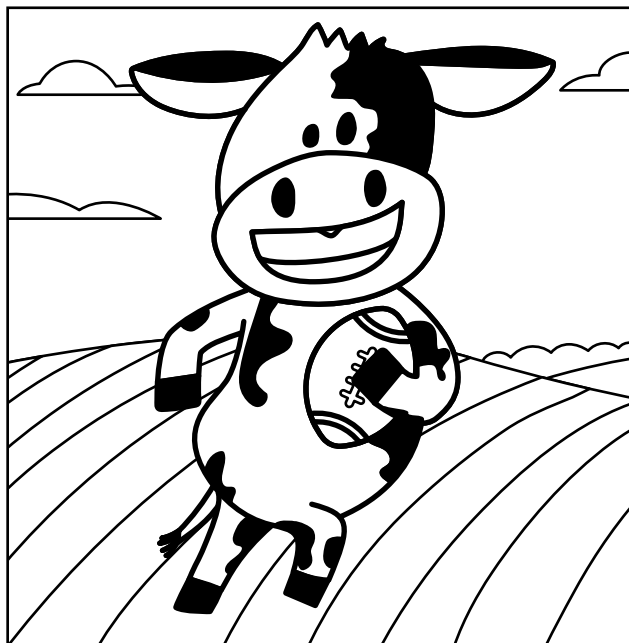
Farmers may use netting to protect plants and crops from heat, harsh weather, and hungry animals. It's a simple technology with many practical uses!



DENTAL EQUIPMENT

Mouth guards

A mouth guard can protect you from many oral health risks. Wear one when you play sports or other physical activities. It will shield your teeth and gums, stop you from biting your tongue, and more.

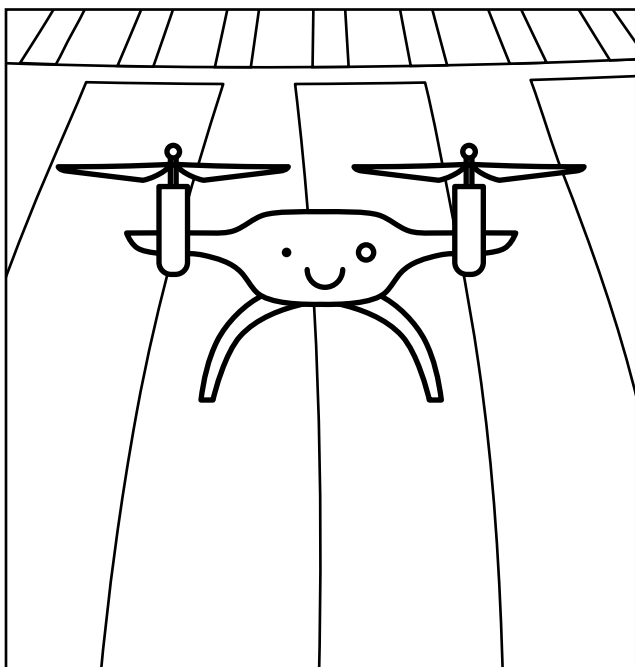


3

FARMING EQUIPMENT

Drones

Modern farmers can use flying drones to do all sorts of things. They can check on their animals and crops, collect water or soil samples, and map their fields.



DENTAL EQUIPMENT

Artificial intelligence (AI) and virtual reality

Your dentist's office also uses advanced technology. For example, virtual reality programs can help with training, and AI can be used to schedule visits. It's like living in the future!

