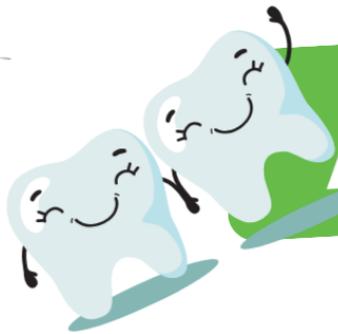


Arkansas Foundation

**ORAL HEALTH****ACTIVITY****PAINT-A-SMILE****Objective**

The goal of this activity is to highlight the benefits of sealants and how they can aid in preventing cavities.

**What is a sealant?**

Sealants are “armor” for the teeth as they can help prevent cavities. They can be applied to your first and second molars. Sealants are applied on your molars by your dentist. It’s painted on as a liquid, and then they harden with the help of a special light. Once hardened, they prevent foods from getting stuck in the grooves of your teeth. Our activity today is to show how a sealant is placed on a molar.

**Directions**

1. Pick a tooth.
2. Paint the top of the tooth with white-out. The white-out is like the sealant.
3. Use the floss to make it into a necklace.

**Trivia**

1. How many molars do we have?
2. At what age do you get your last set of molars?
3. How many sets of teeth do human have?

Answers: 1. Twelve. 2. Seventeen to twenty-one 3. Two. One as kids and one as adults.