

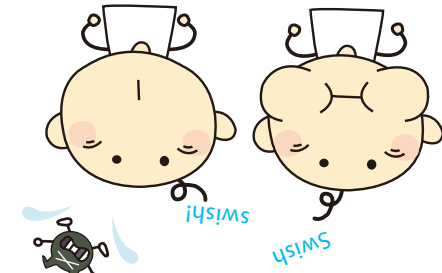
2



When you are sleeping, little pieces of food can turn into big cavities. So, before bed, always brush well.

Morning and night, brush those teeth right!

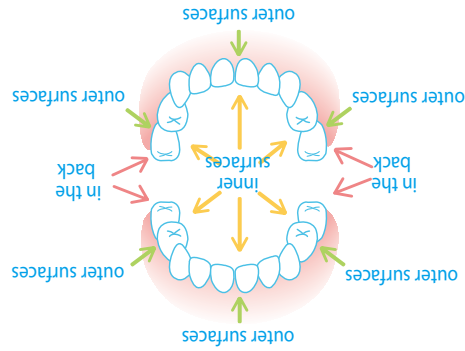
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Why? Germs love leftovers, and they'll drill little holes in your teeth. Ouch! Brush those germs away after every meal, snack, or sweet drink. No tooth brush? No problem. Let's gargle those germs away!

Always brush after you eat!

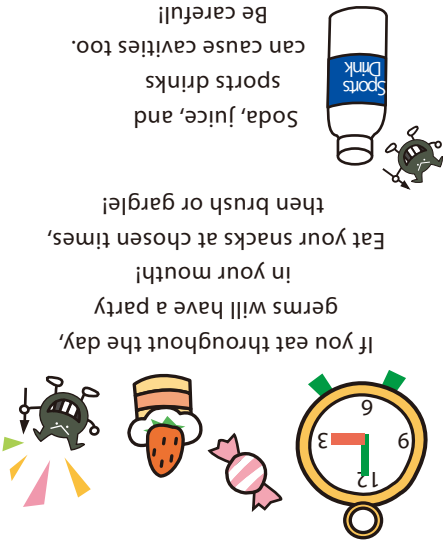
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Front teeth and back teeth, brush all around! And remember to brush between your teeth and gums... Don't forget any corners!

How to brush well!

5



If you eat throughout the day, germs will have a party in your mouth! Eat your snacks at chosen times, then brush or gargle!

Soda, juice, and sports drinks can cause cavities too. Be careful!

Don't snack all the time!

1



Brushing well can make your teeth shiny and smooth.

Let's stop cavities!



How to make the mini book

- 1 Fold 8 equal parts
- 2 Fold in half. Cut along the blue line.
- 3 Open and fold as shown.
- 4 When folded it should look like a book.

8

7

Food for your teeth.

- Foods high in calcium: milk, cheese, small fish, nuts, green vegetables.
- Foods high in vitaminD: eggs, dried mushrooms, salmon.
- Sunlight is good for your teeth too.



Ask an adult.

Did you brush well? Ask an adult to check. Good Job!



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