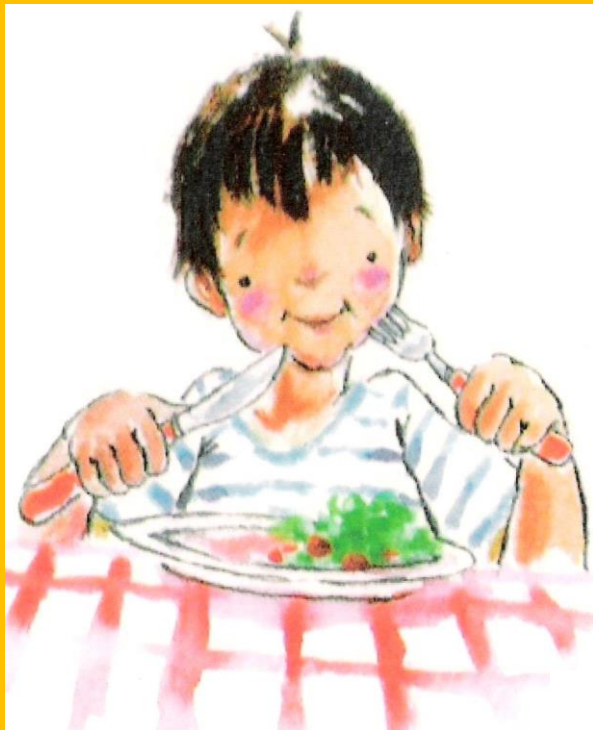


Teeth and your body



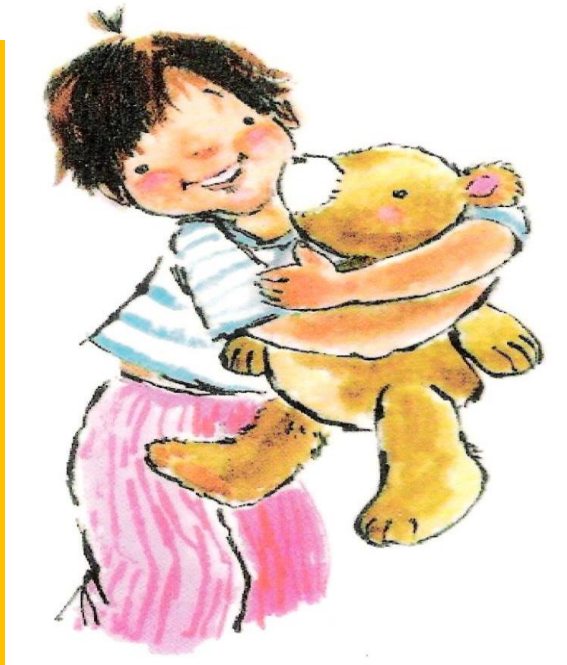
Why do we need teeth?



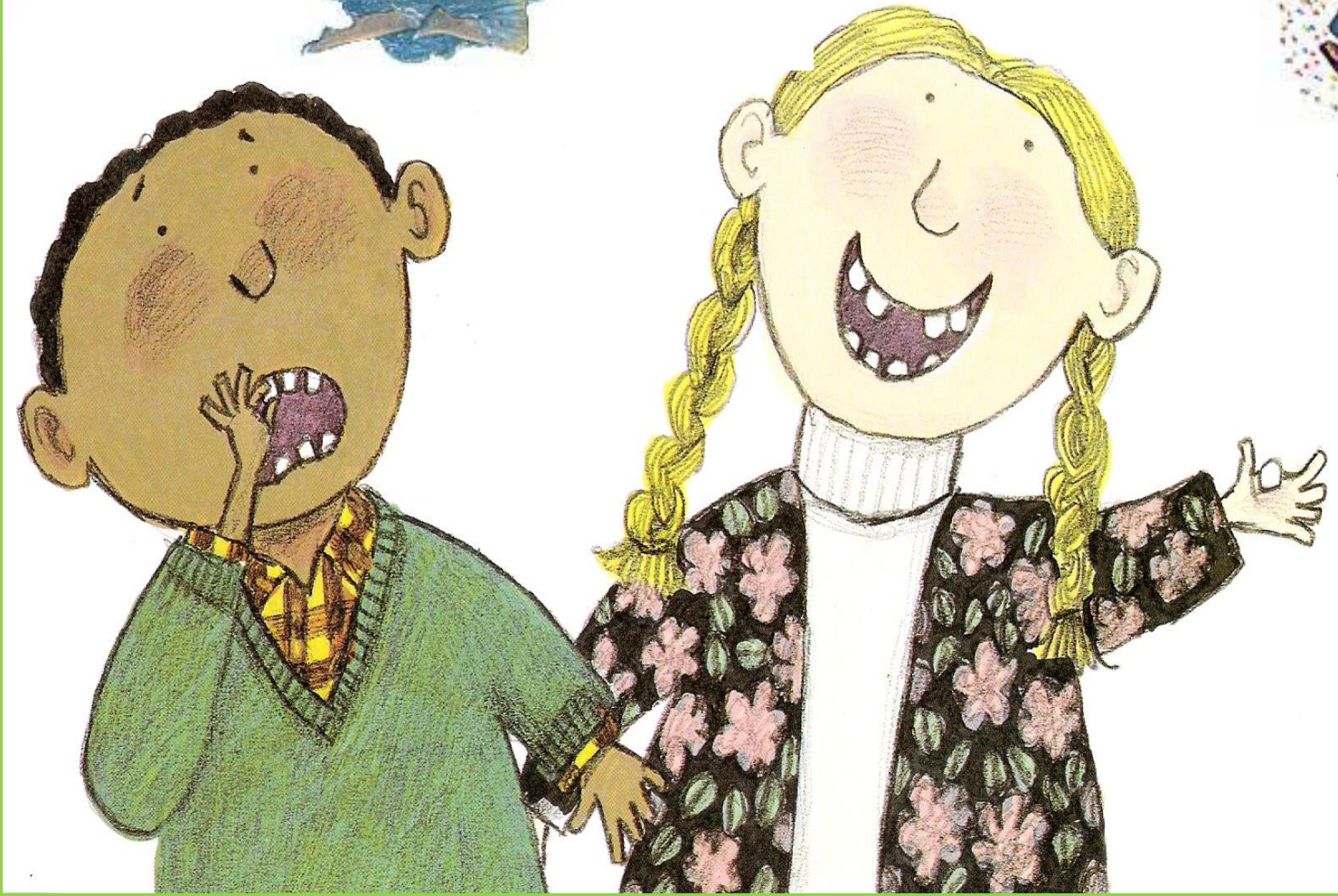
eating

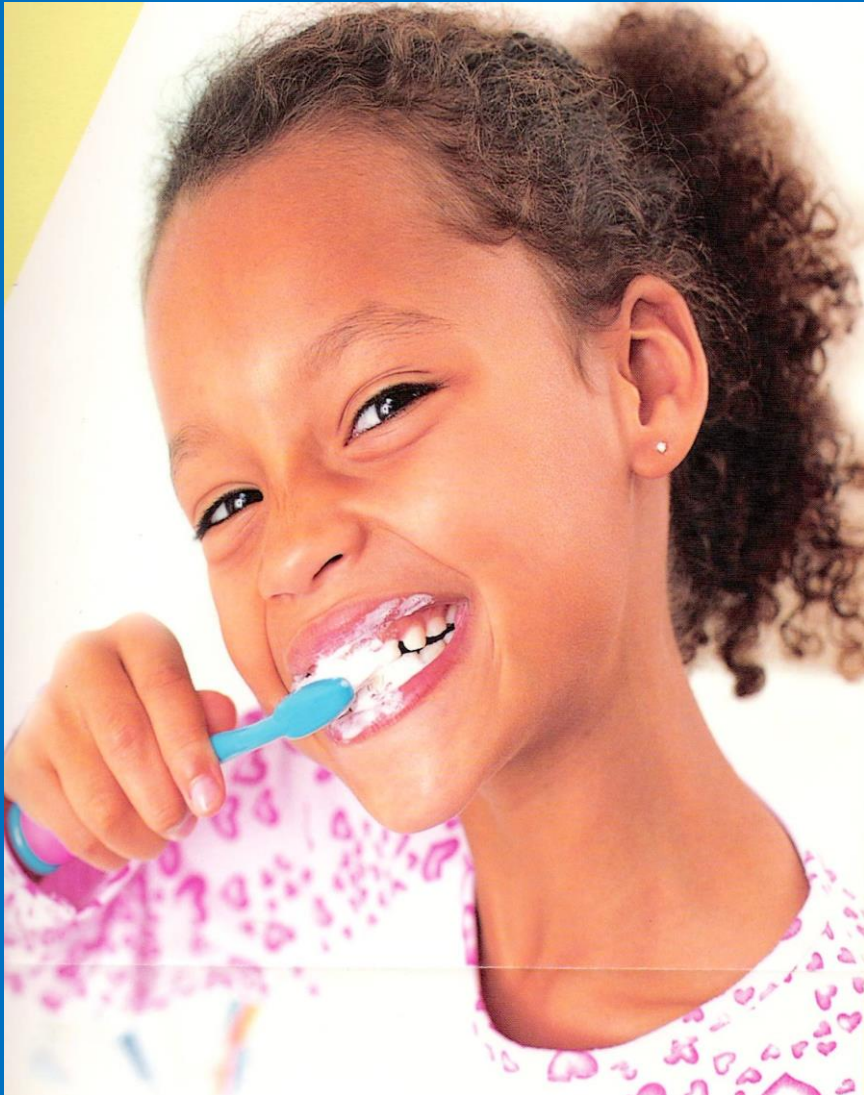


talking



smiling





toothbrush

toothpaste

mirror





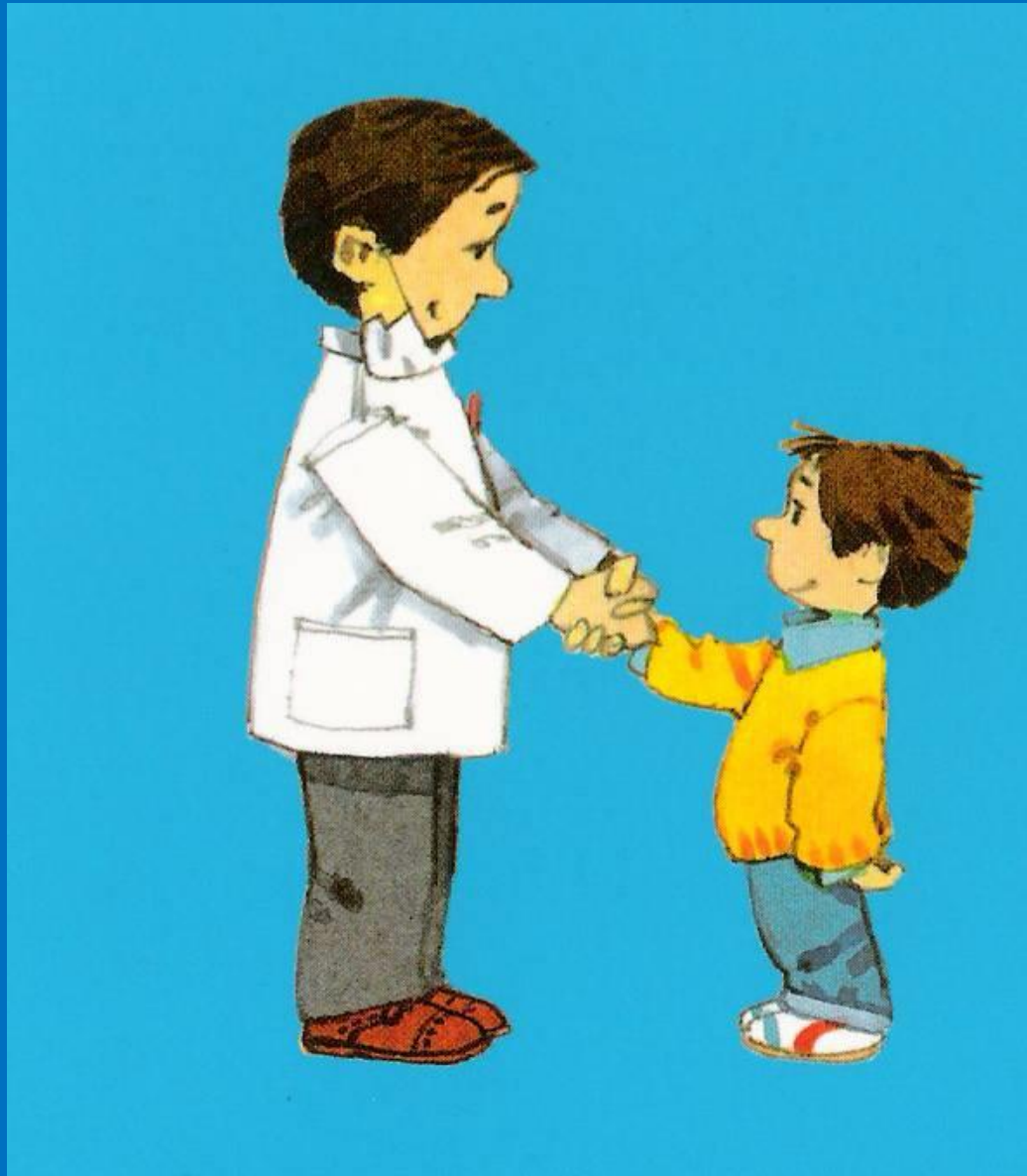
Let mummy or daddy
help you when you
brush

Some foods and drinks are not kind to our teeth and can make them go bad



Some foods and drinks are kind to our teeth and are healthy for your body





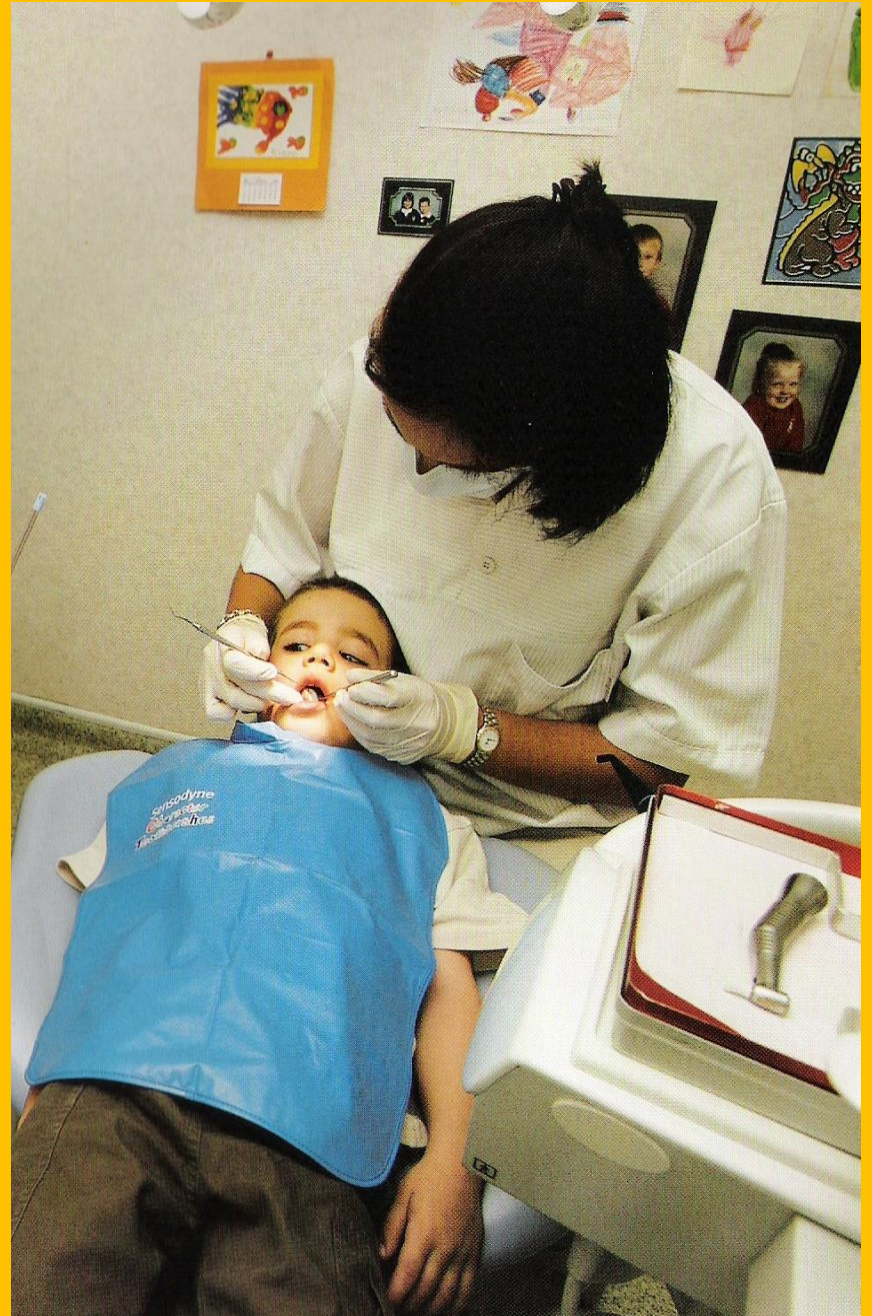
Visit the dentist



Waiting room



Dentist

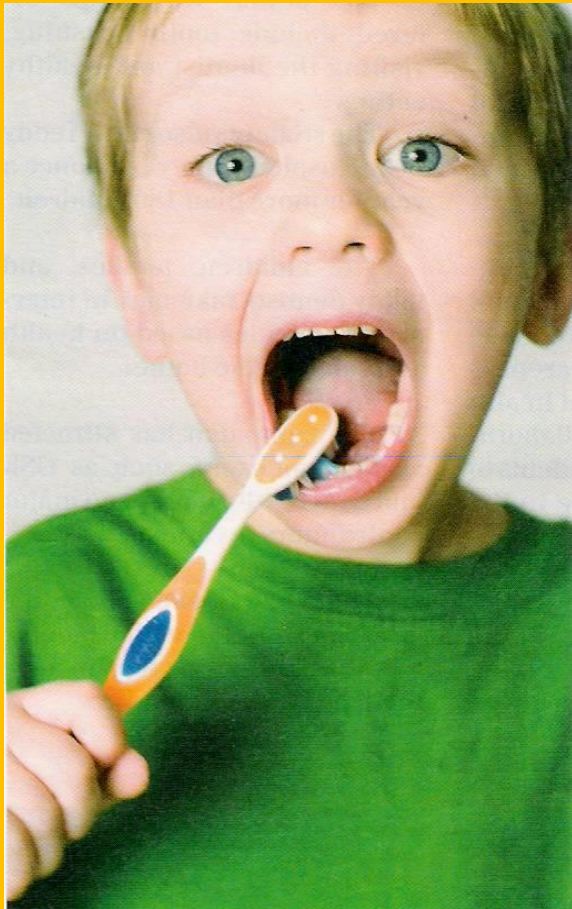








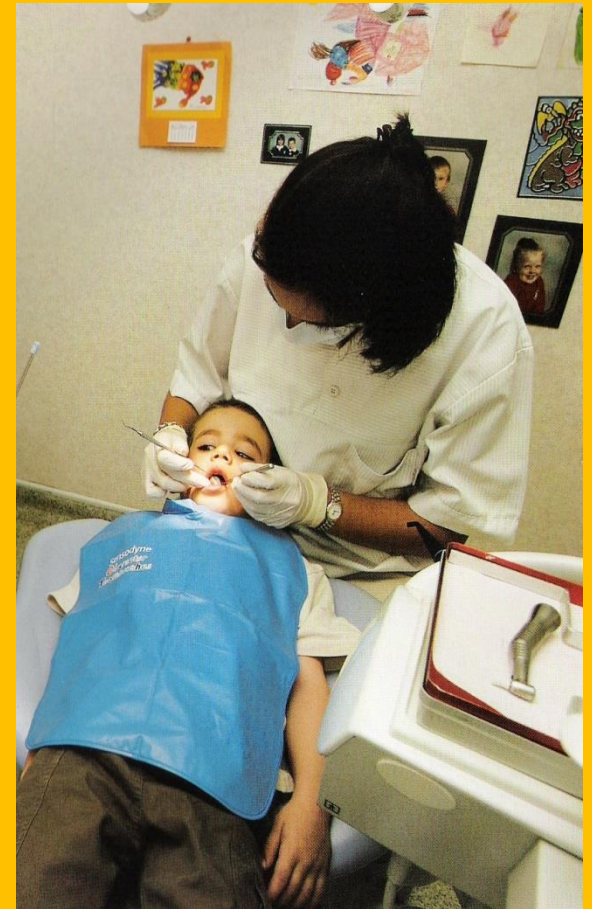




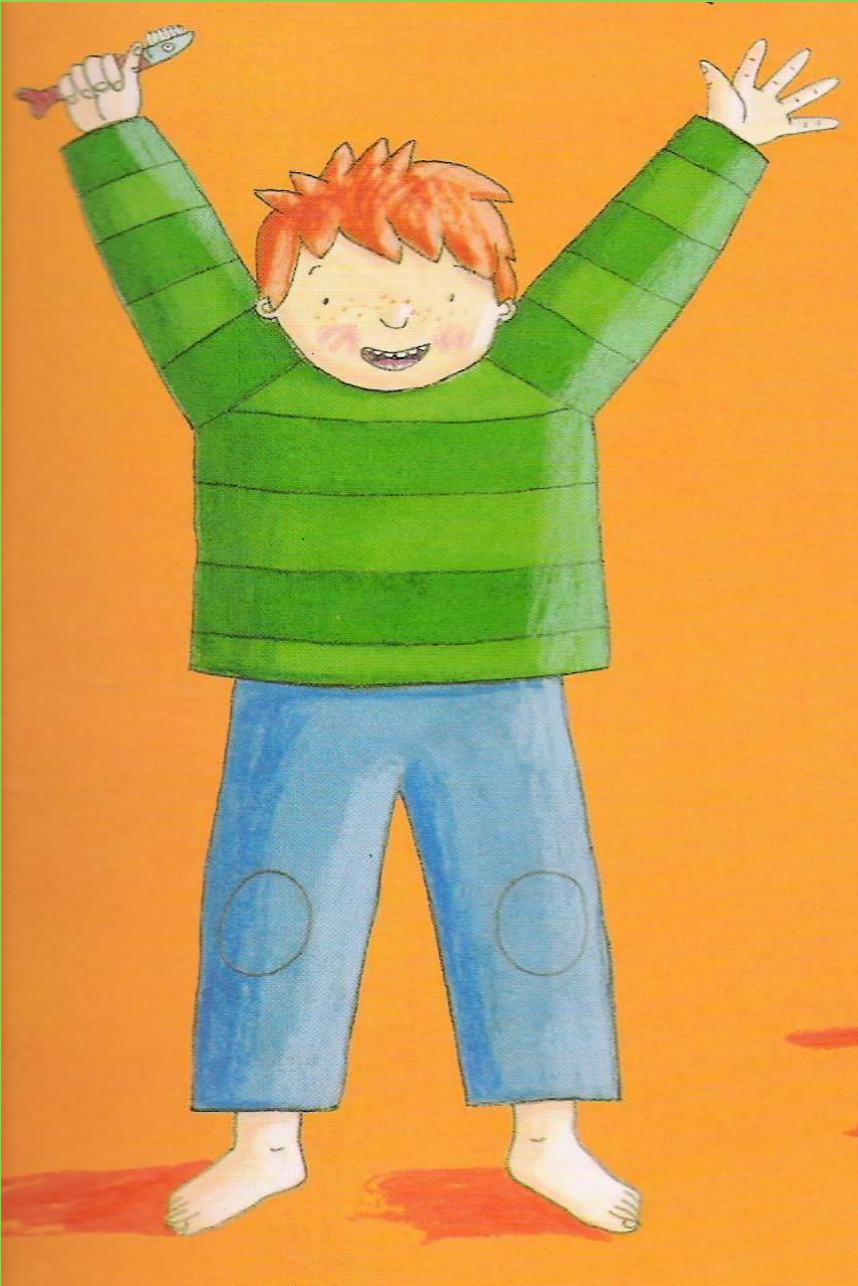
Brush your
teeth twice
every day



Try to choose
healthy snacks
and drinks in
between meals



Ask mum or dad
to take you to
the dentist for a
check up



Look after
your teeth
they are
amazing !