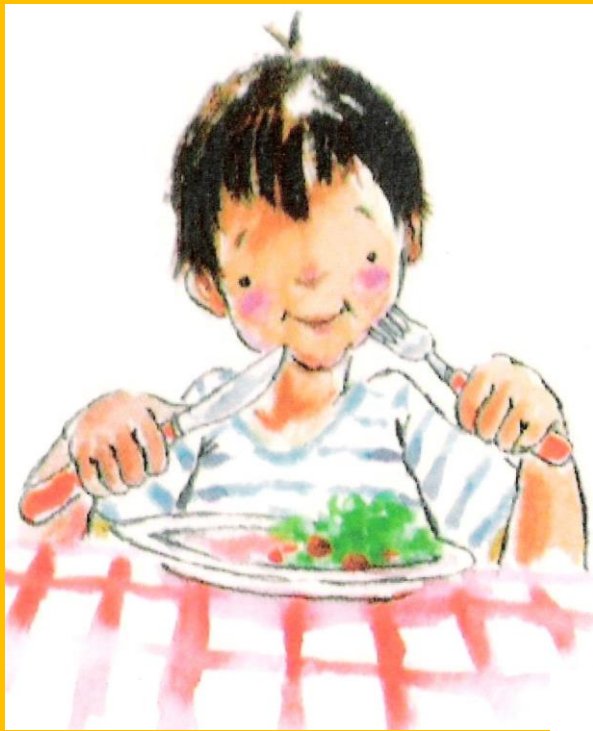


# Teeth and your body



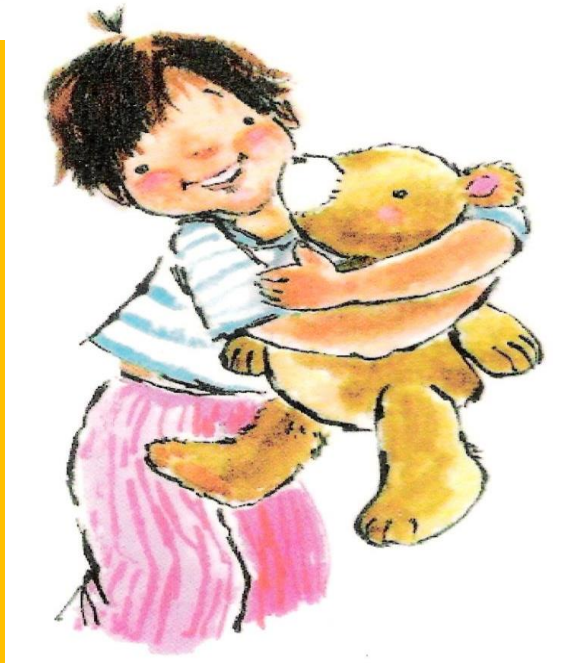
Why do we need teeth?



eating

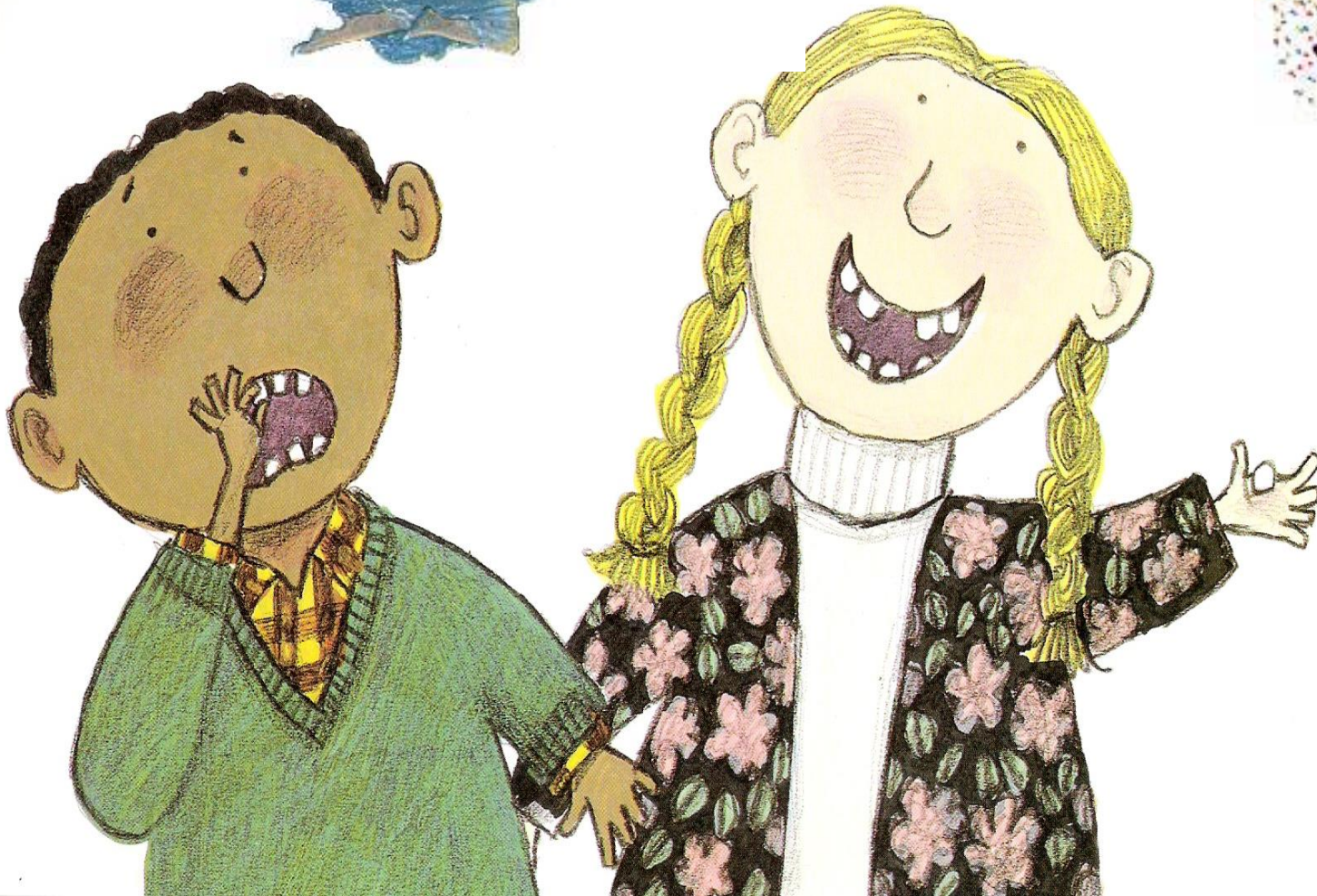


talking

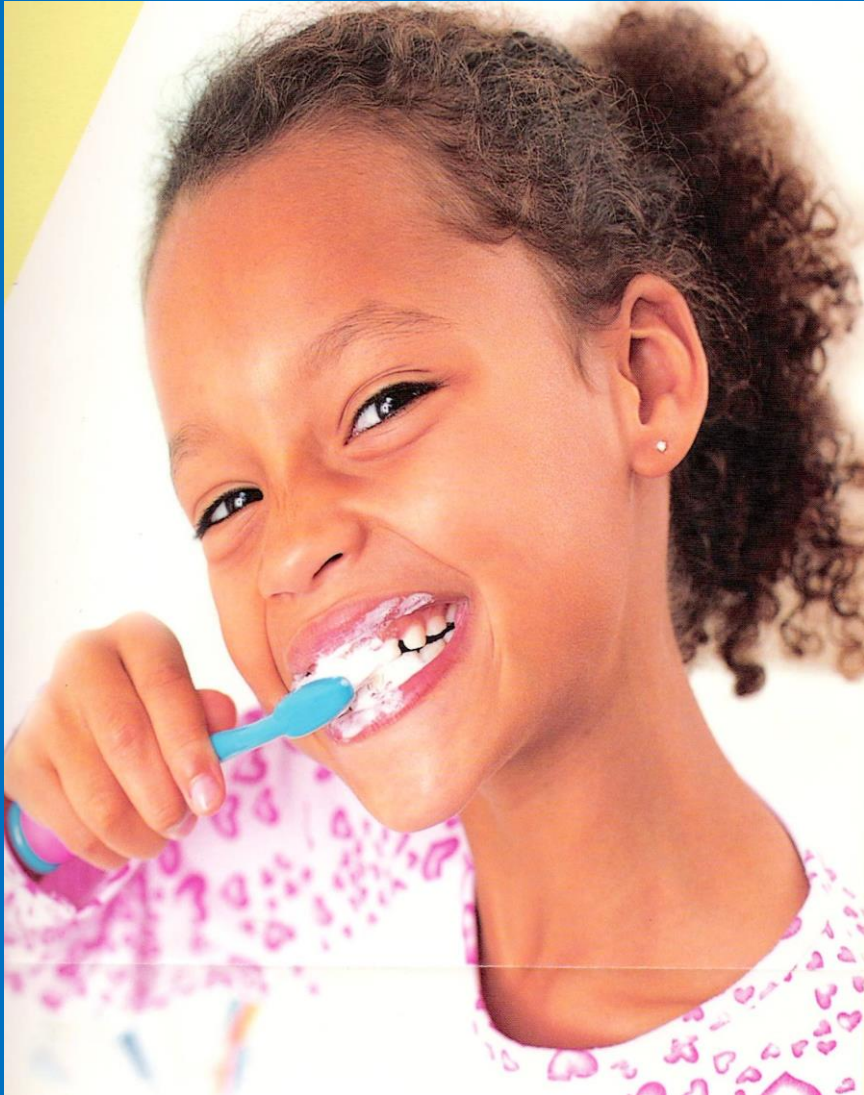


smiling









toothbrush

toothpaste

mirror







Let mummy or daddy  
help you when you  
brush

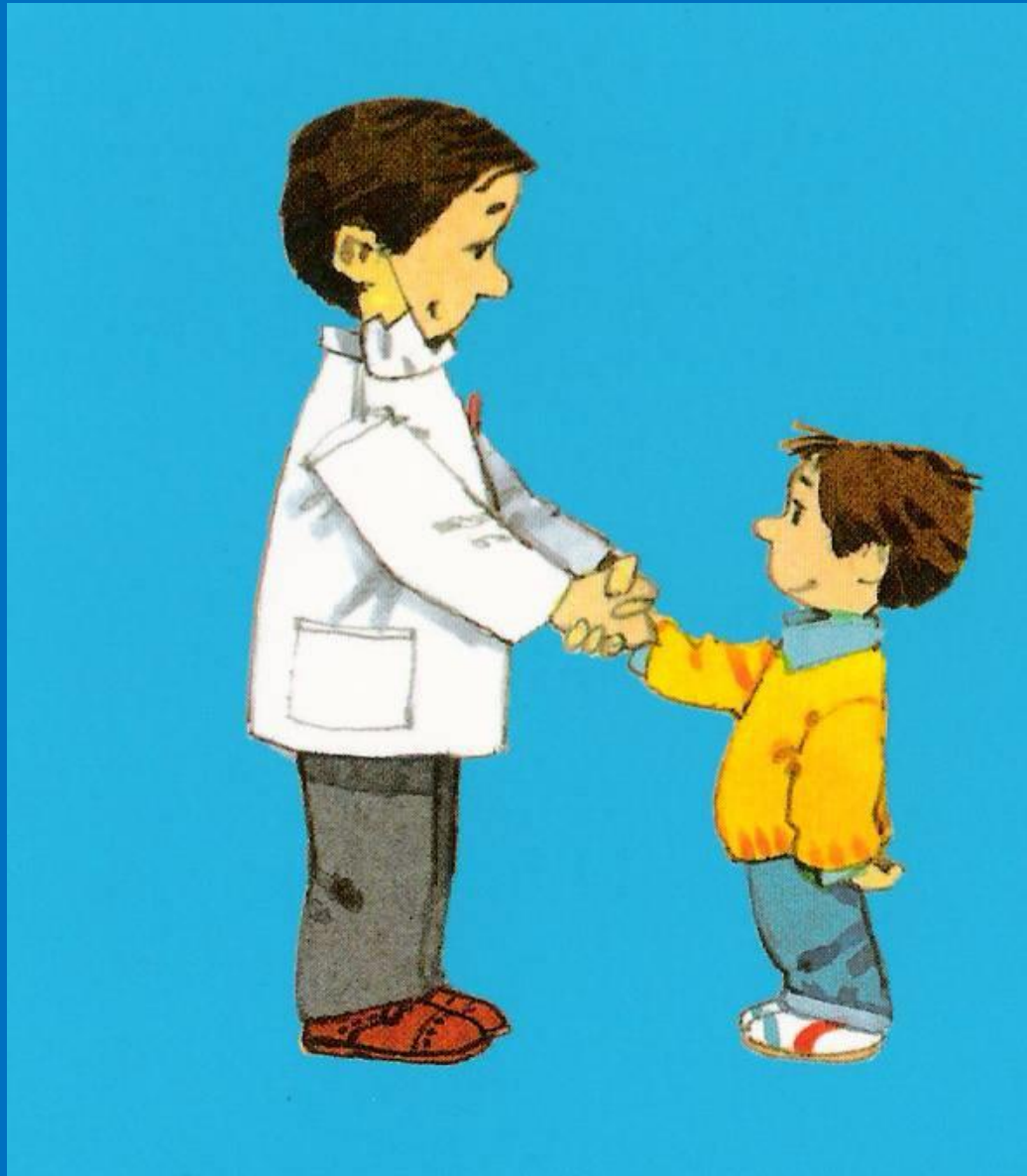
Some foods and drinks are not kind to our teeth and can make them go bad



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







Visit the dentist



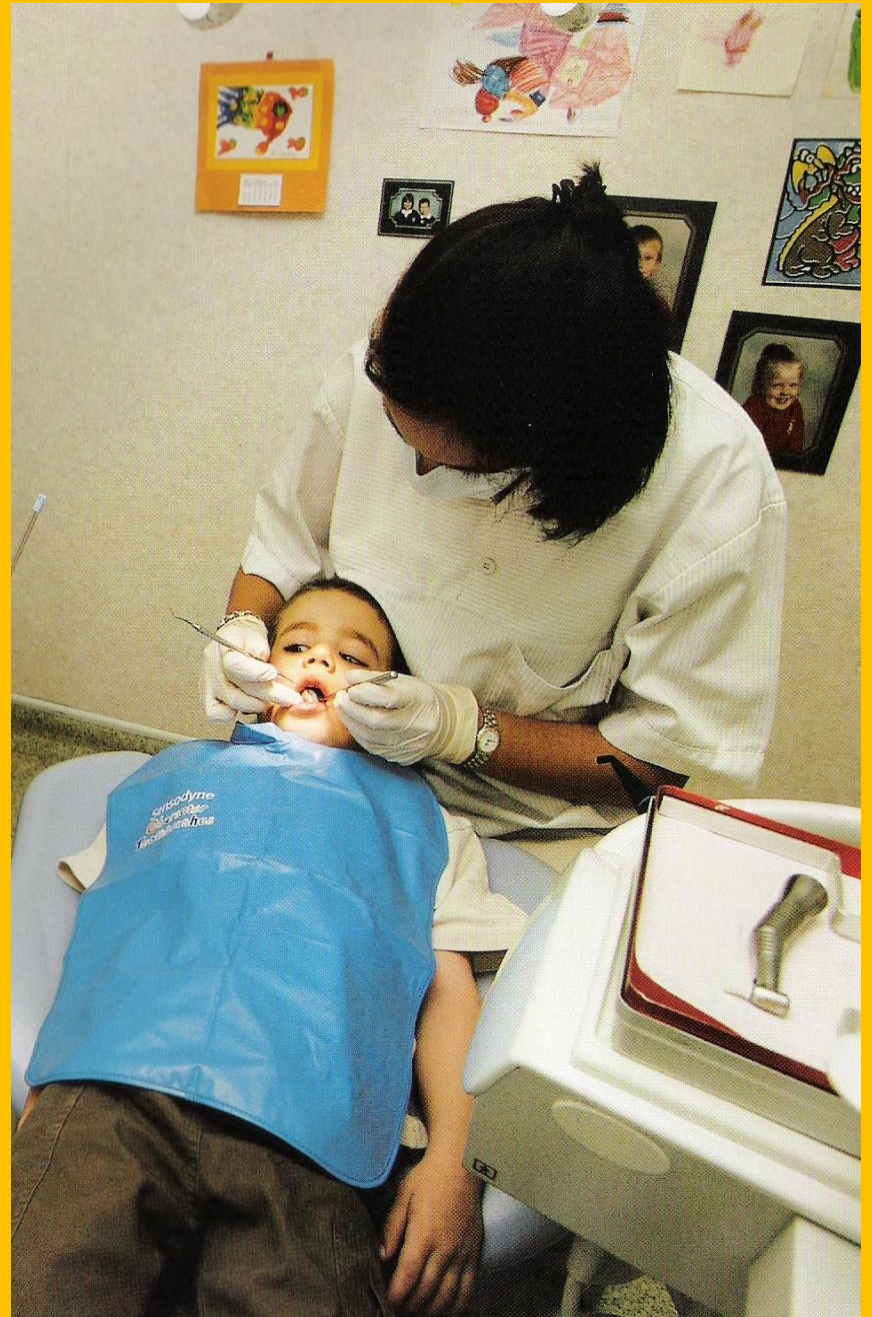
Waiting room





Dentist













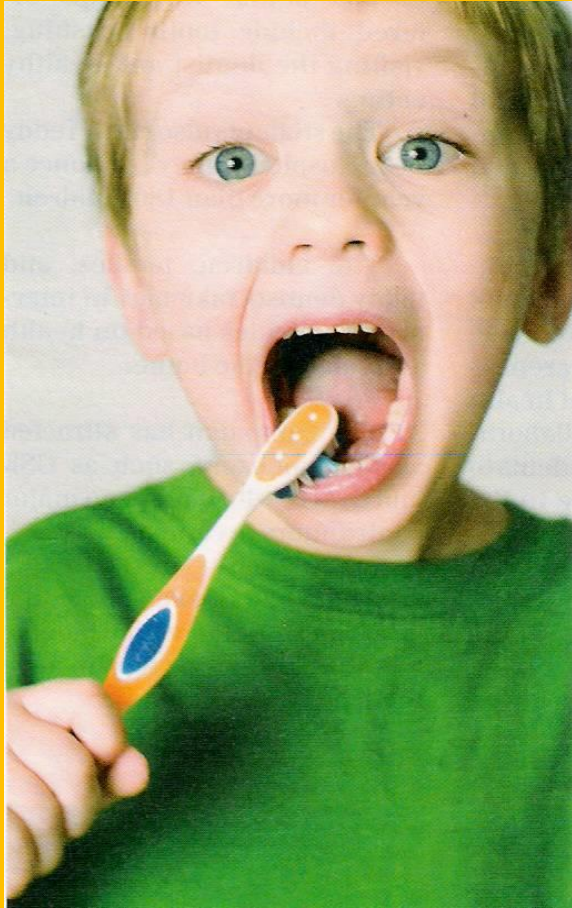








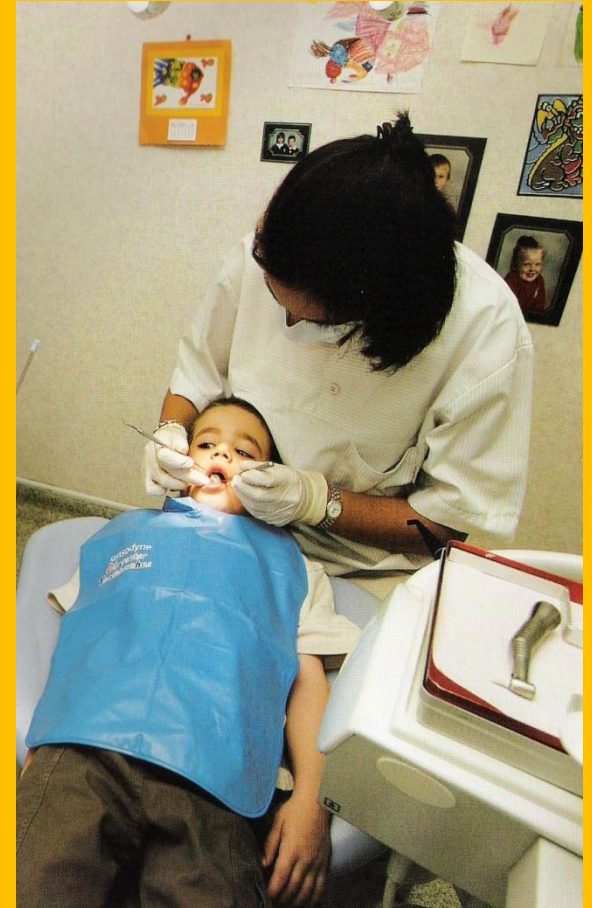




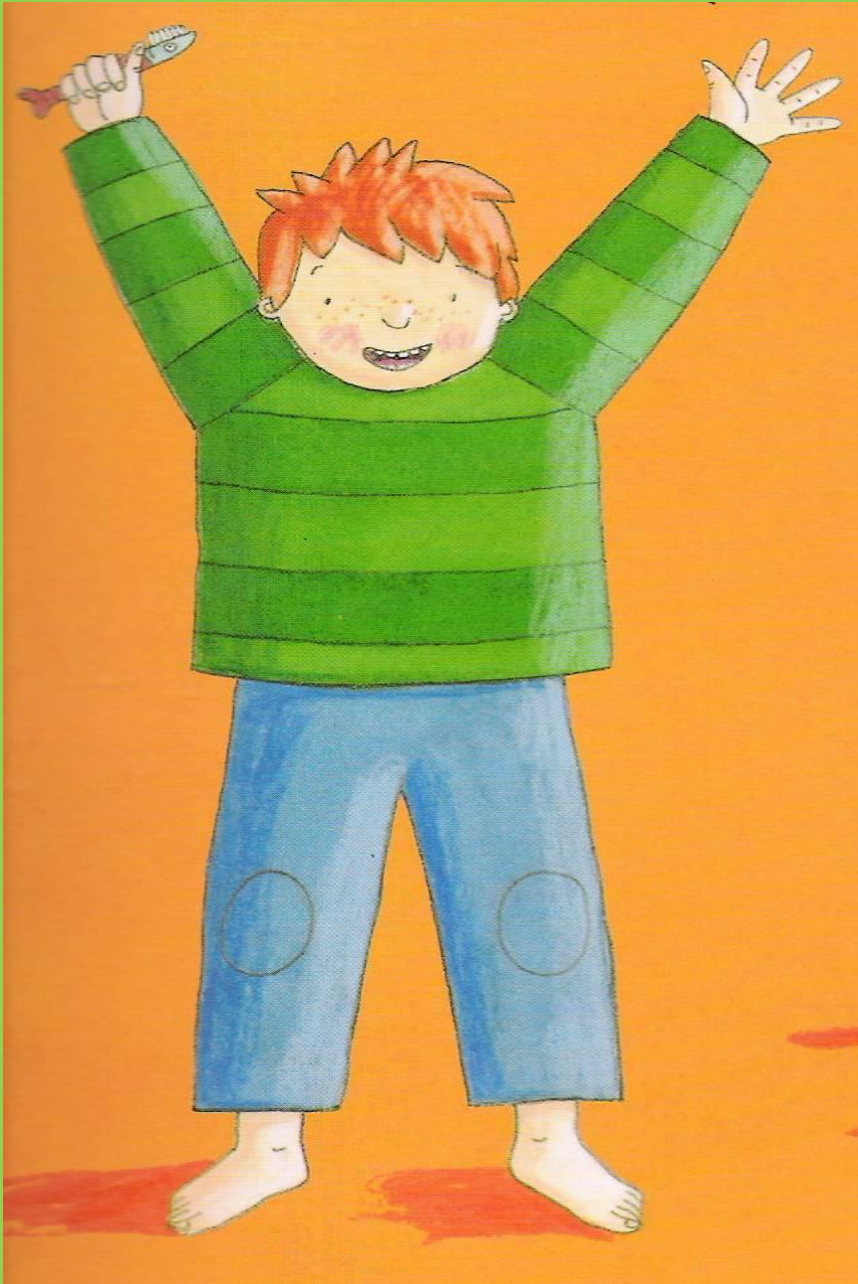
Brush your  
teeth twice  
every day



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 !