

Teeth and your body



Why do we need teeth?



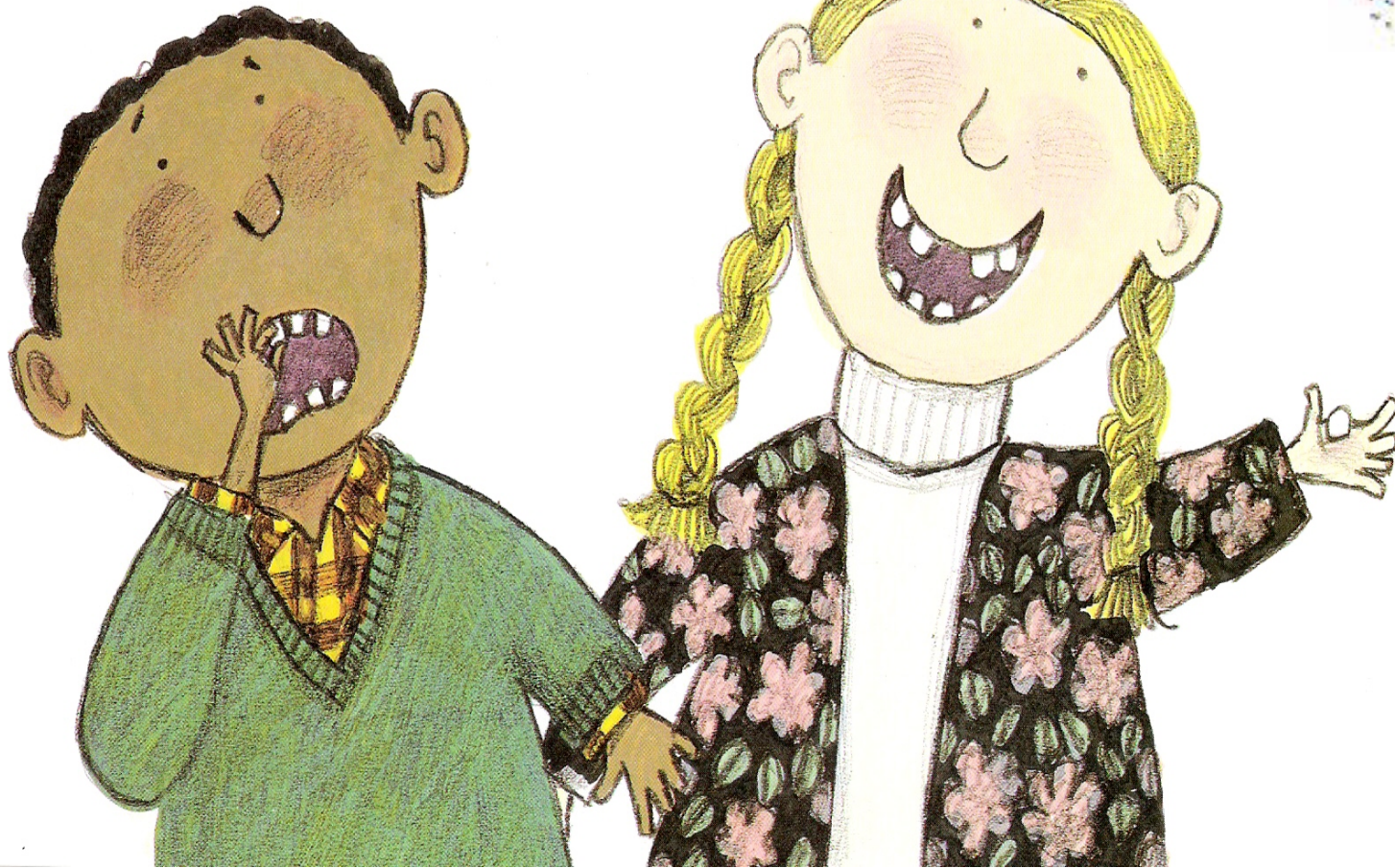
eating



talking



smiling



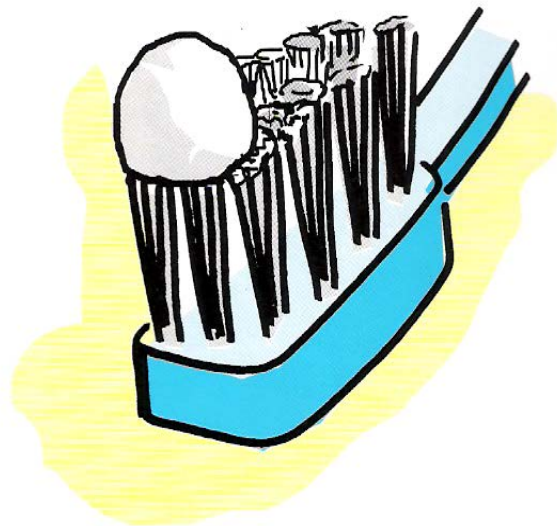


toothbrush



toothpaste

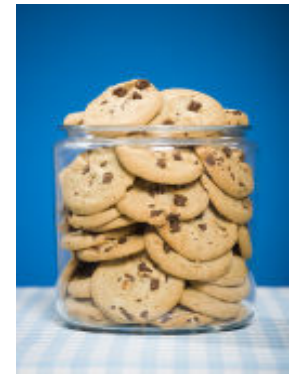
mirror





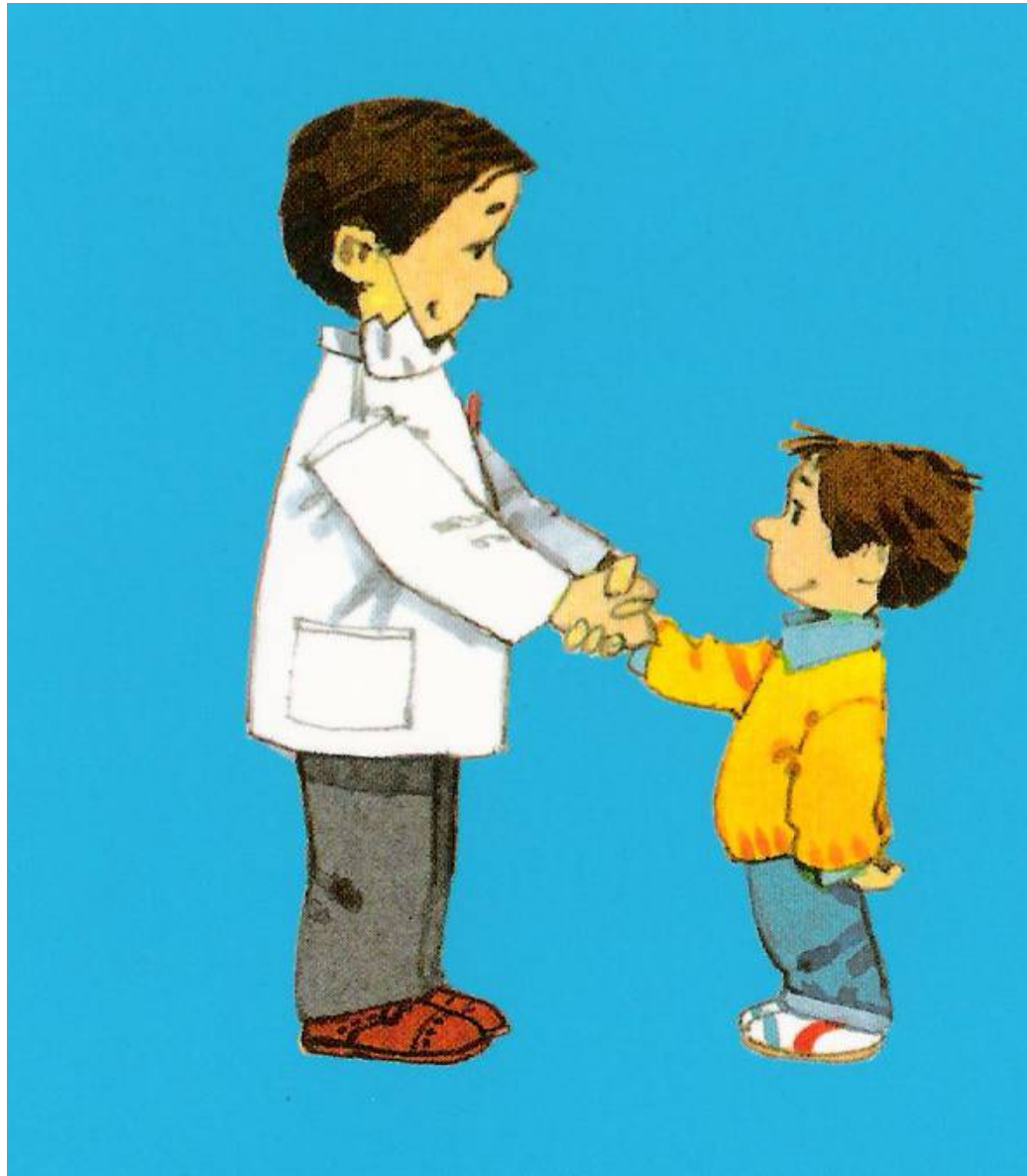
Let mummy or daddy
help you when you
brush

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

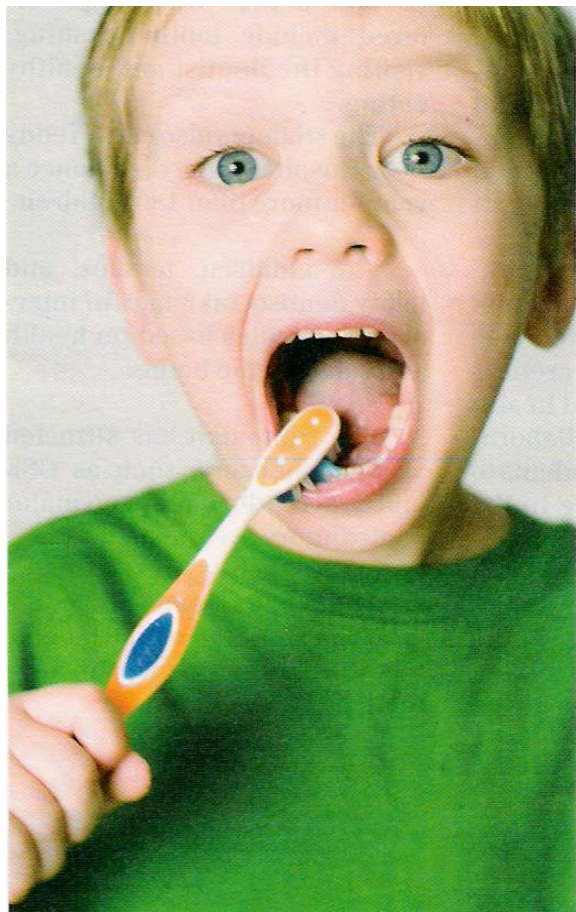












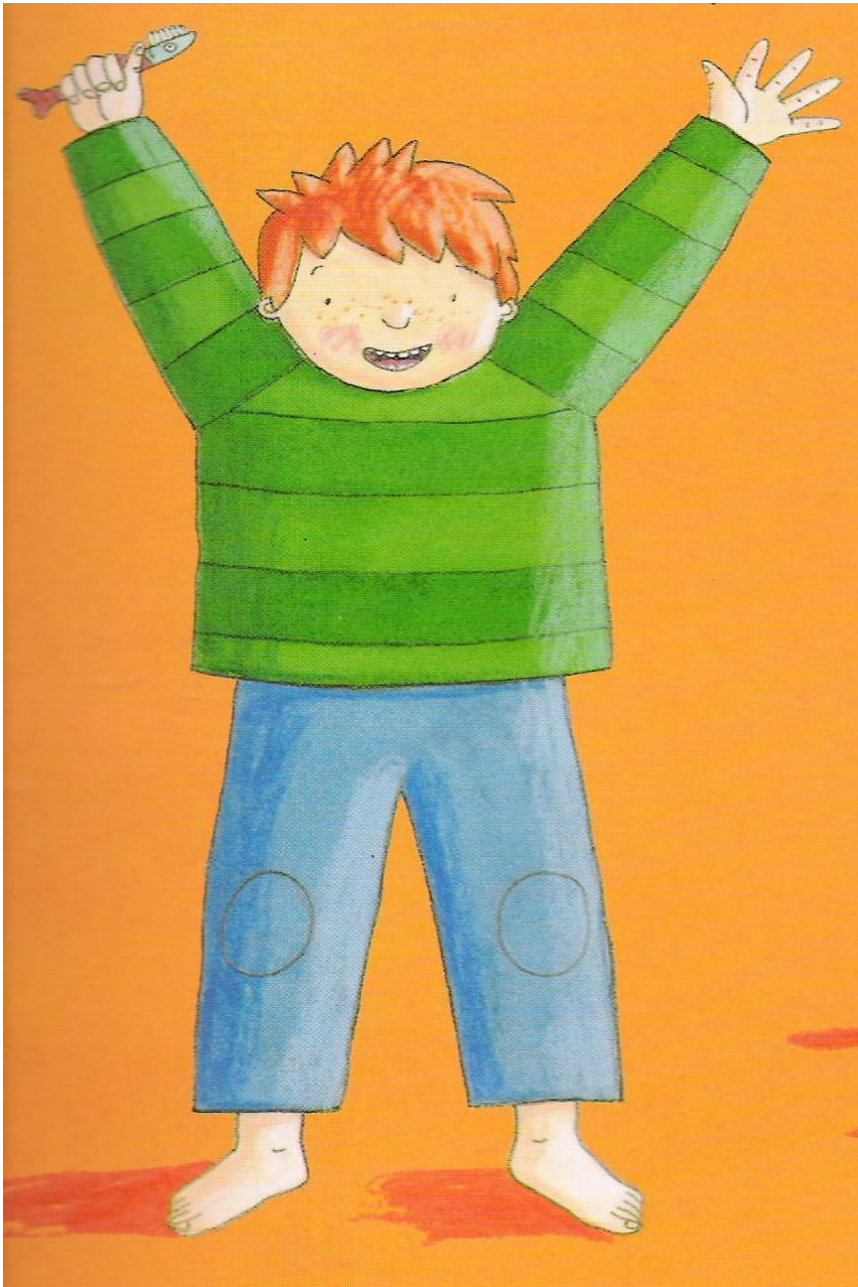
Brush your
teeth twice
every day



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 !