

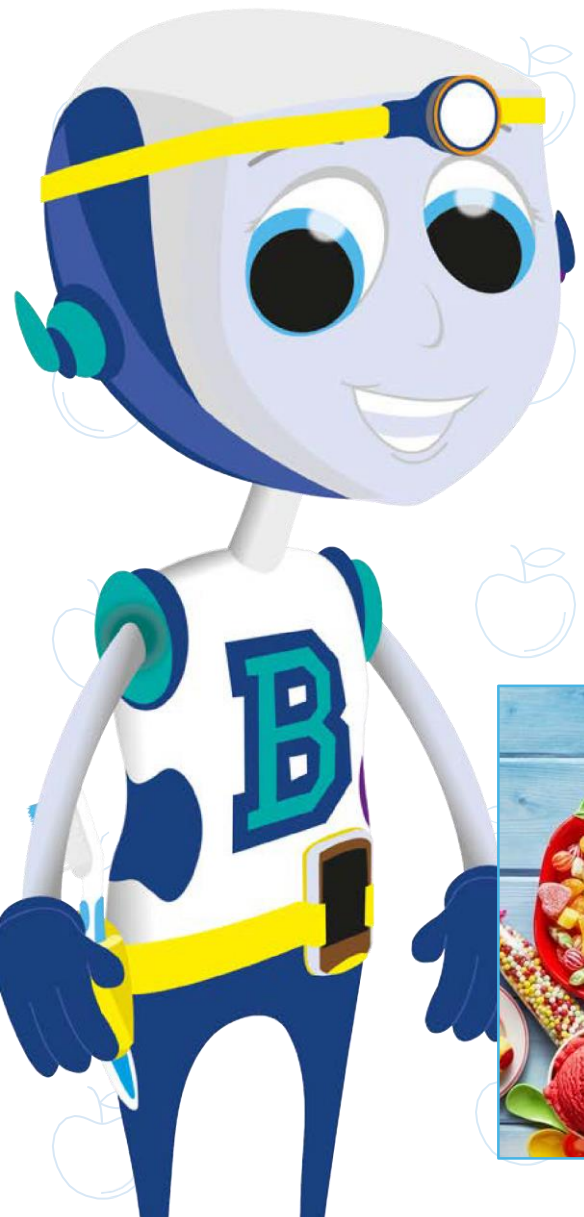
**Food
& Drink**

Some foods and drinks are good for our teeth.

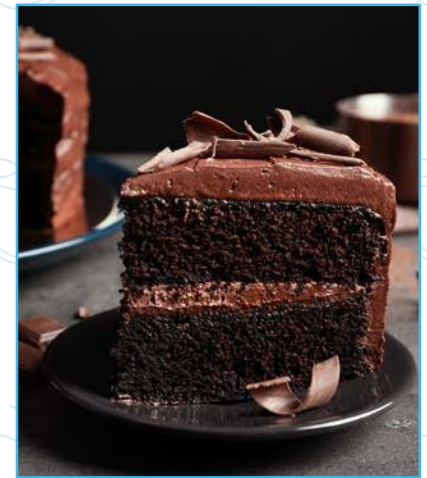
Sugar is not good for our teeth.

We should try not to eat or drink things that contain sugar.

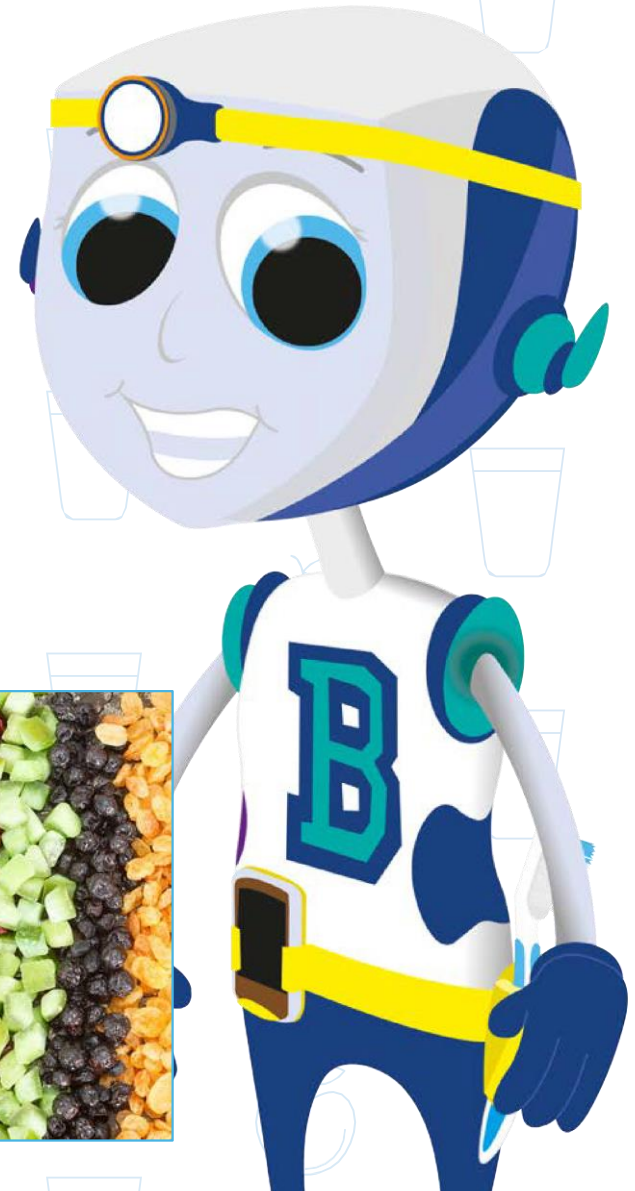




Things that are **not**
good for our teeth:
Sweets • Chocolate
Biscuits • Cakes



More things that are
not good for our teeth:
Fizzy Drinks • Fruit Juice
Squash • Dried Fruit



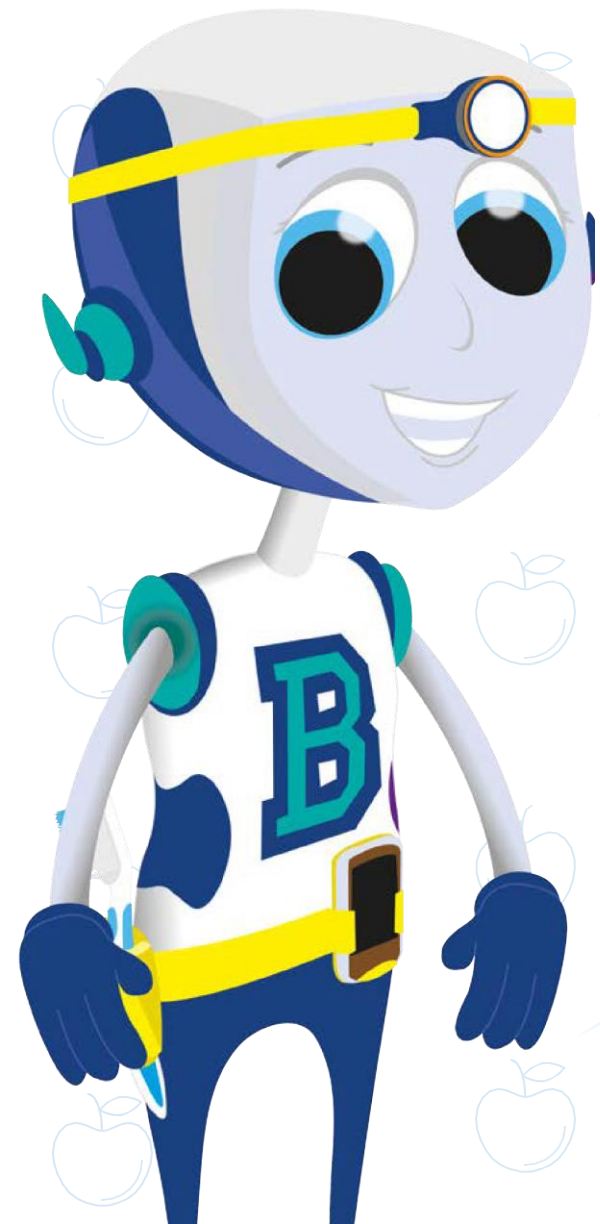


Things that are
good for our teeth:
Rice Cakes • Bread Sticks
Cheese



More things that are
good for our teeth:
Toast & Crumpets • Milk
& Water • Fruit & Veg





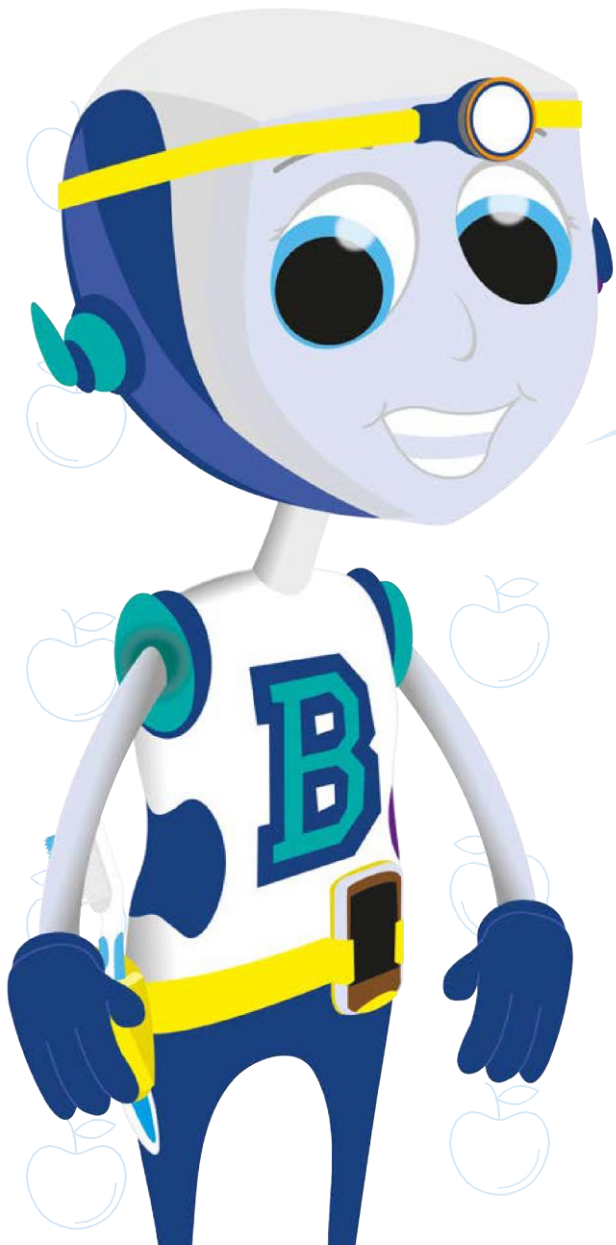
The bugs that live
in our mouth,
love to eat sugar.

When they eat sugar,
they get big and strong
and make acid which
can start to make holes
in our teeth.

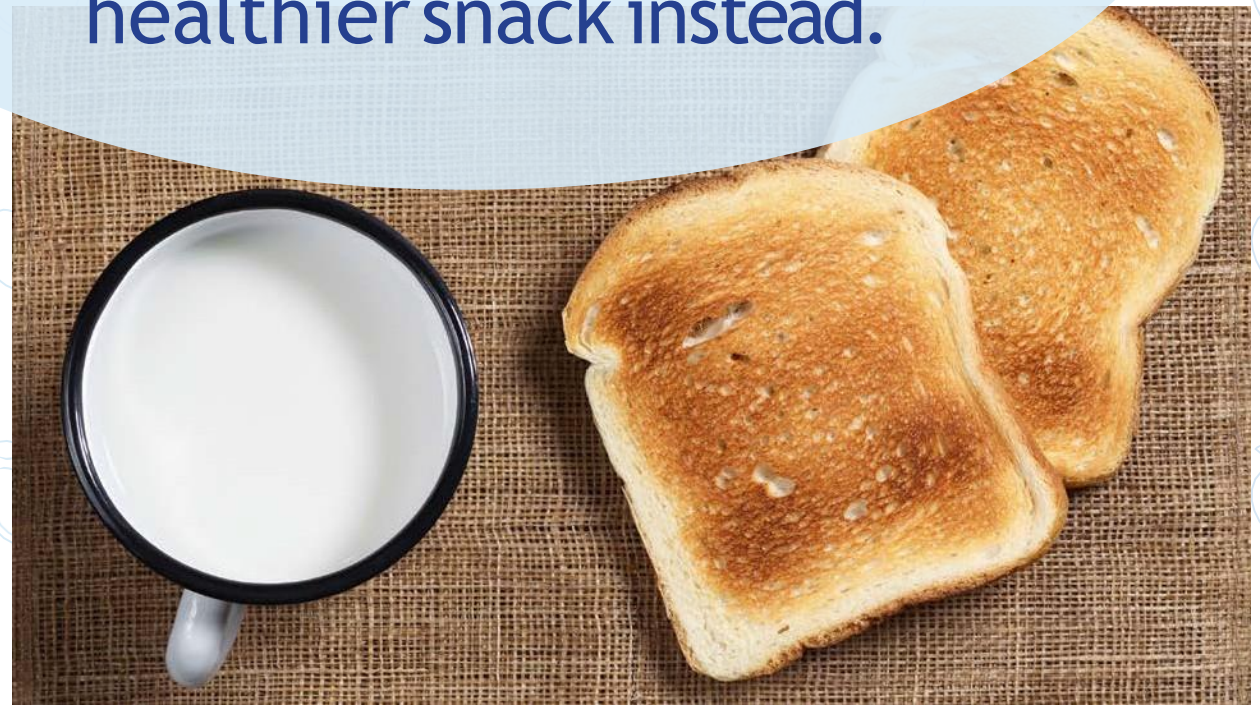
If we have too much sugar, too often, the dentist will have to fix the holes in our teeth.

This is called having a filling.





So it is important to cut down how often we have sweet and sugary snacks and drinks and choose a healthier snack instead.



And it's also important
to clean away the
bugs on your teeth by
brushing every day.

Did you
remember
to brush this
morning?





For strong and healthy teeth: You should brush your teeth for 2 minutes, at bedtime and at least one other time during the day, with a fluoride toothpaste.

