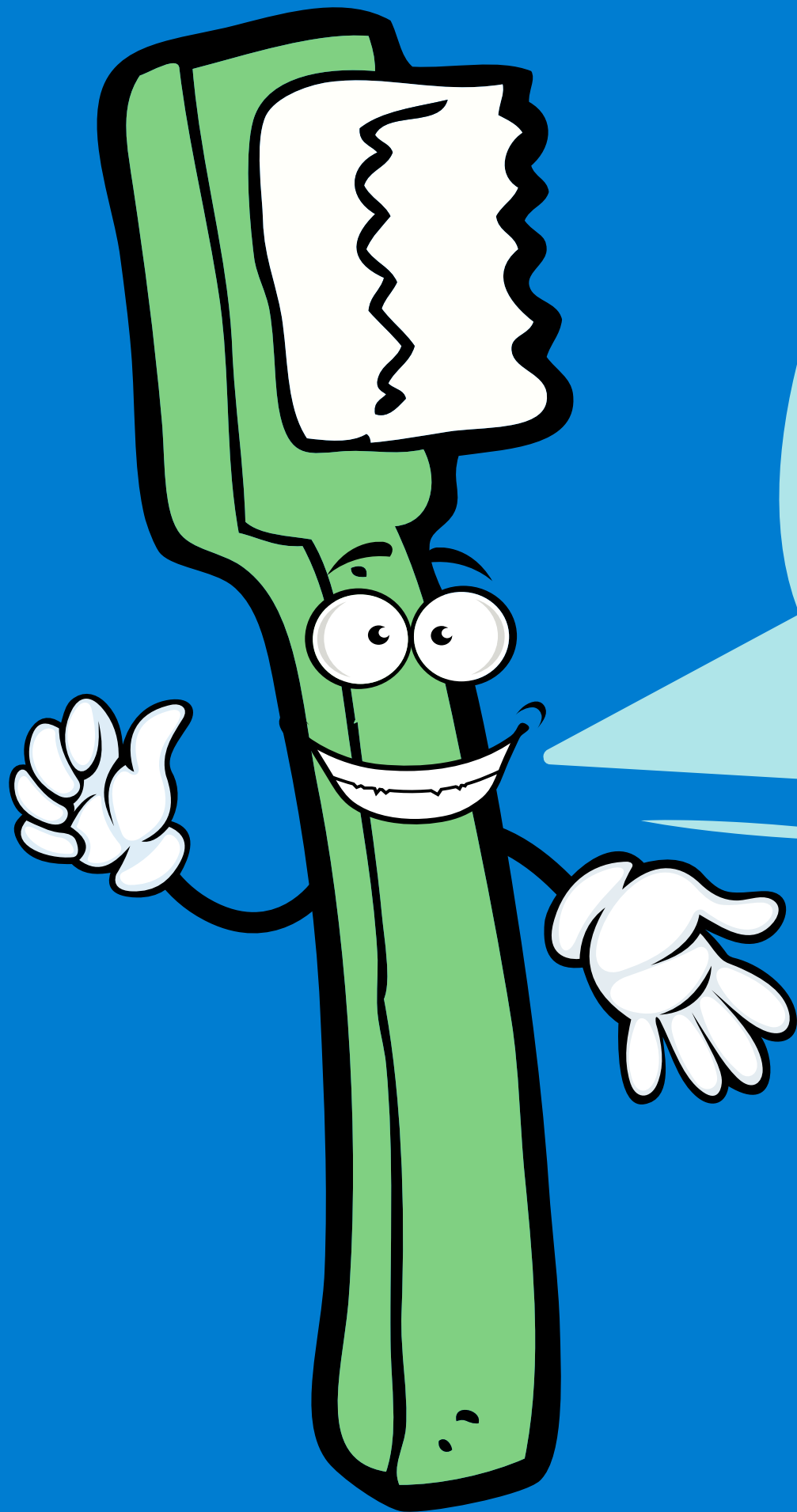


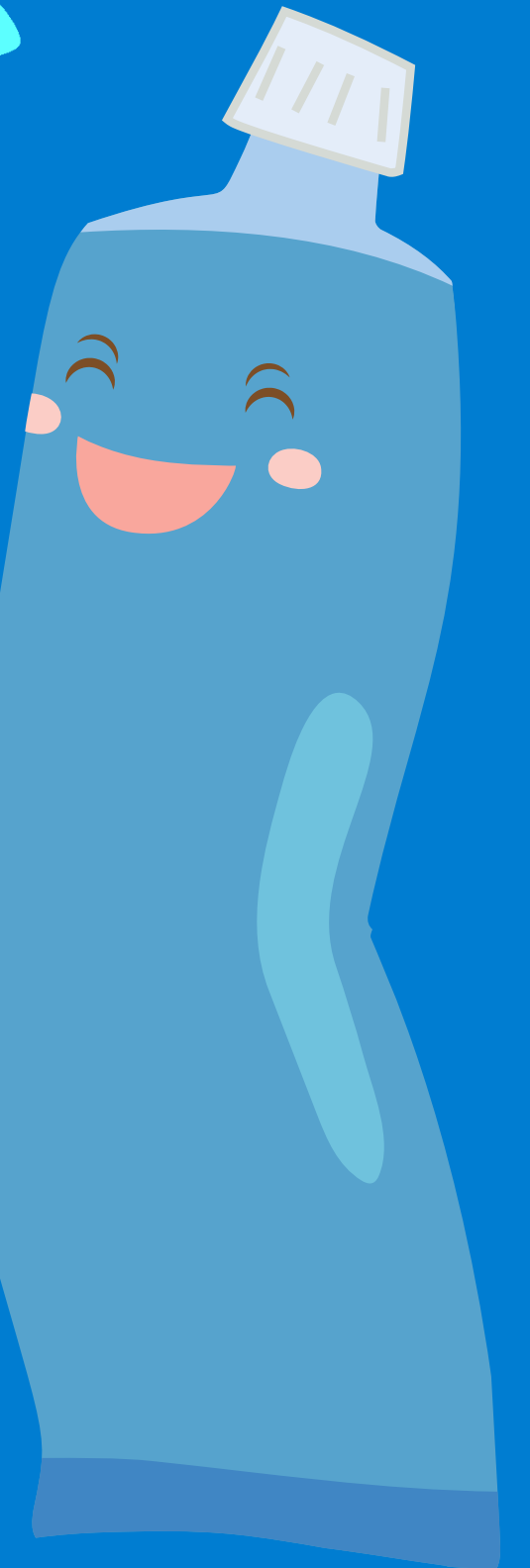
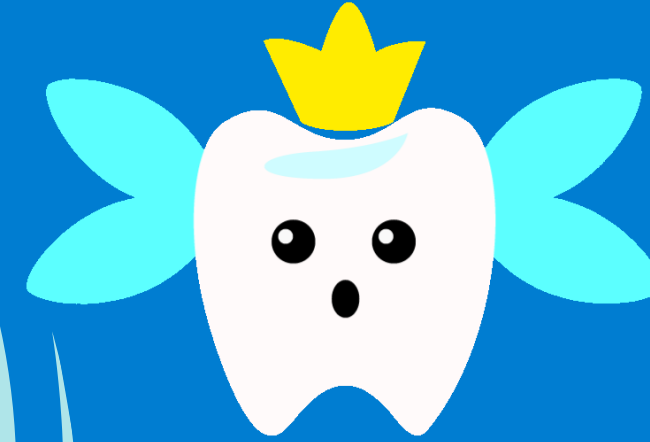
BRISTLE TALKS ABOUT TEETH AND DIET

Oral Health Advice

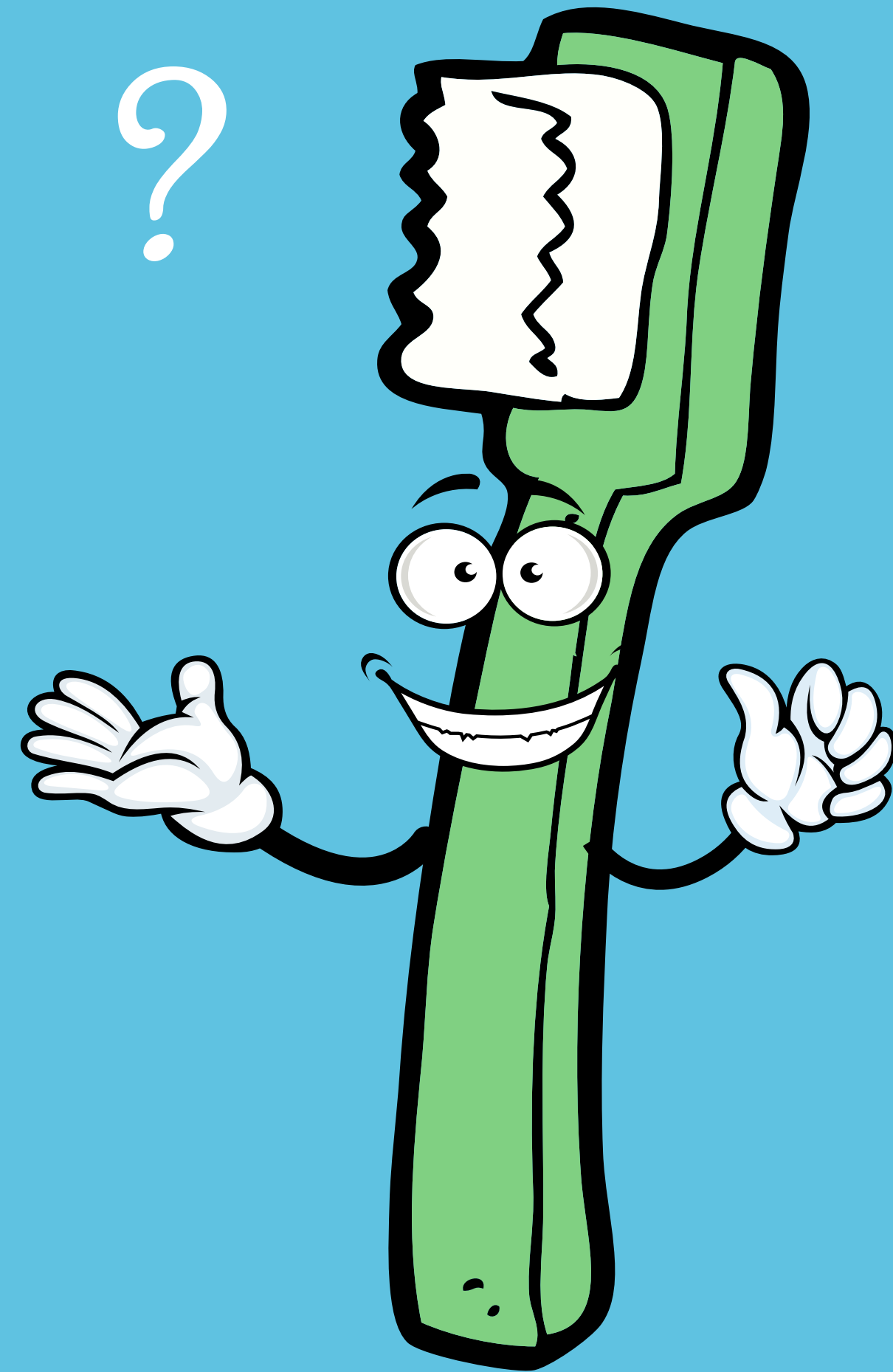




With the help
of my friends I
am going to
teach you
about teeth
and how our
diet can effect
them



? WHY DO YOU THINK
KEEPING OUR TEETH
CLEAN IS IMPORTANT?



We use our teeth
to...



EAT
TALK
SMILE



SUGAR IS ADDED TO SOME FOODS TO
MAKE THEM TASTE NICER HOWEVER
SUGAR IS BAD FOR OUR TEETH.



?

?

?

WHICH FOODS ARE BAD
FOR OUR TEETH?

?

???



These foods and drinks are bad for our teeth as they contain high levels of sugar.



Sweets



Biscuits

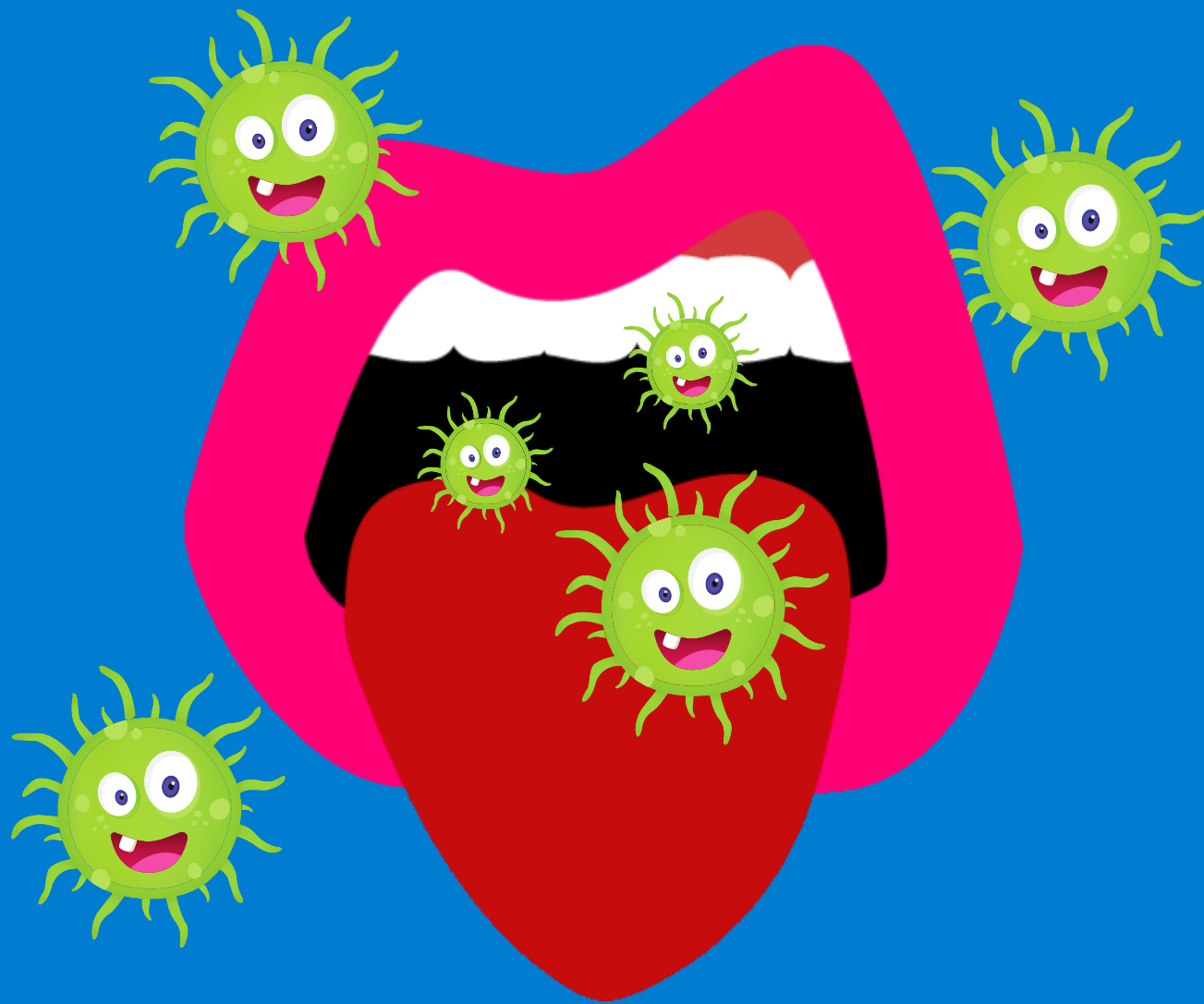


Chocolate

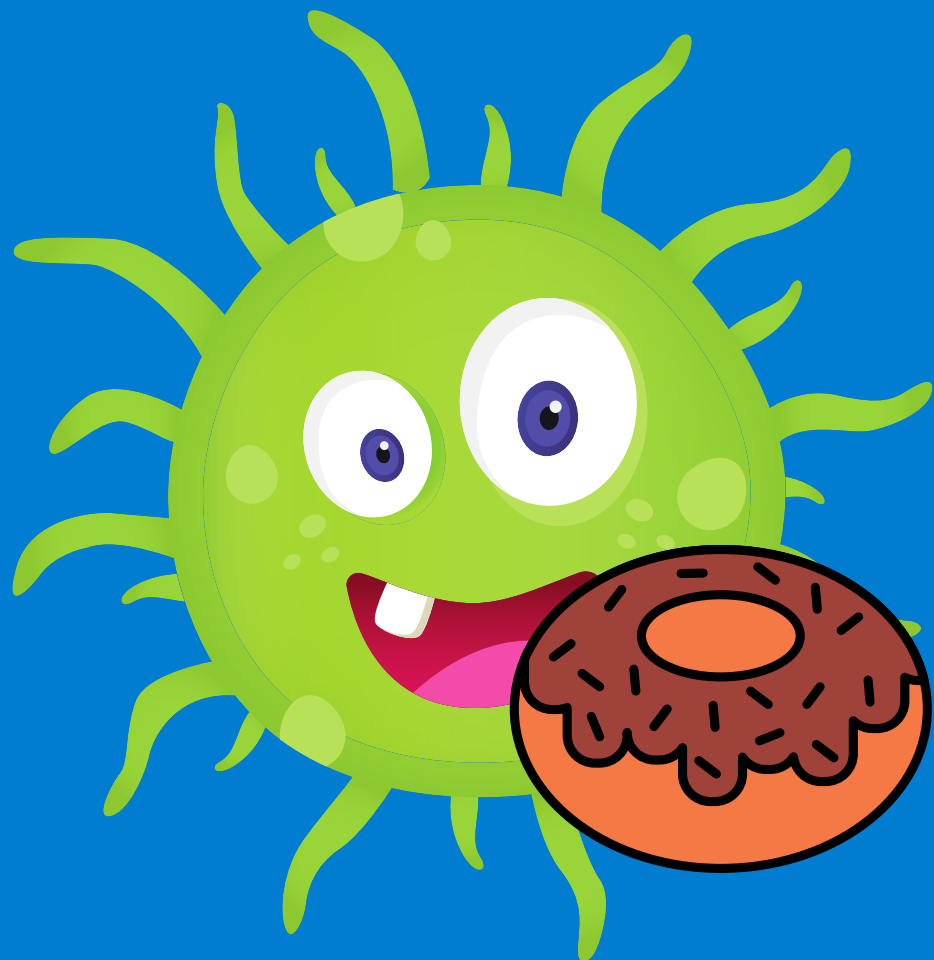


Fizzy drinks

When we don't brush our teeth or miss parts of our mouth bugs start to grow and stick to our teeth.

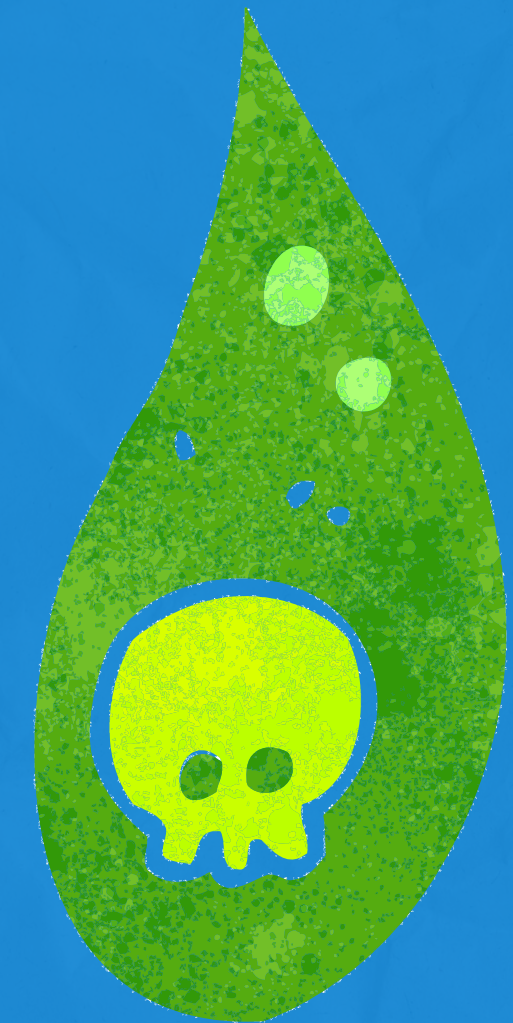


These bugs love to eat sugar. When they eat the sugar the bugs produce acid which can damage our teeth .





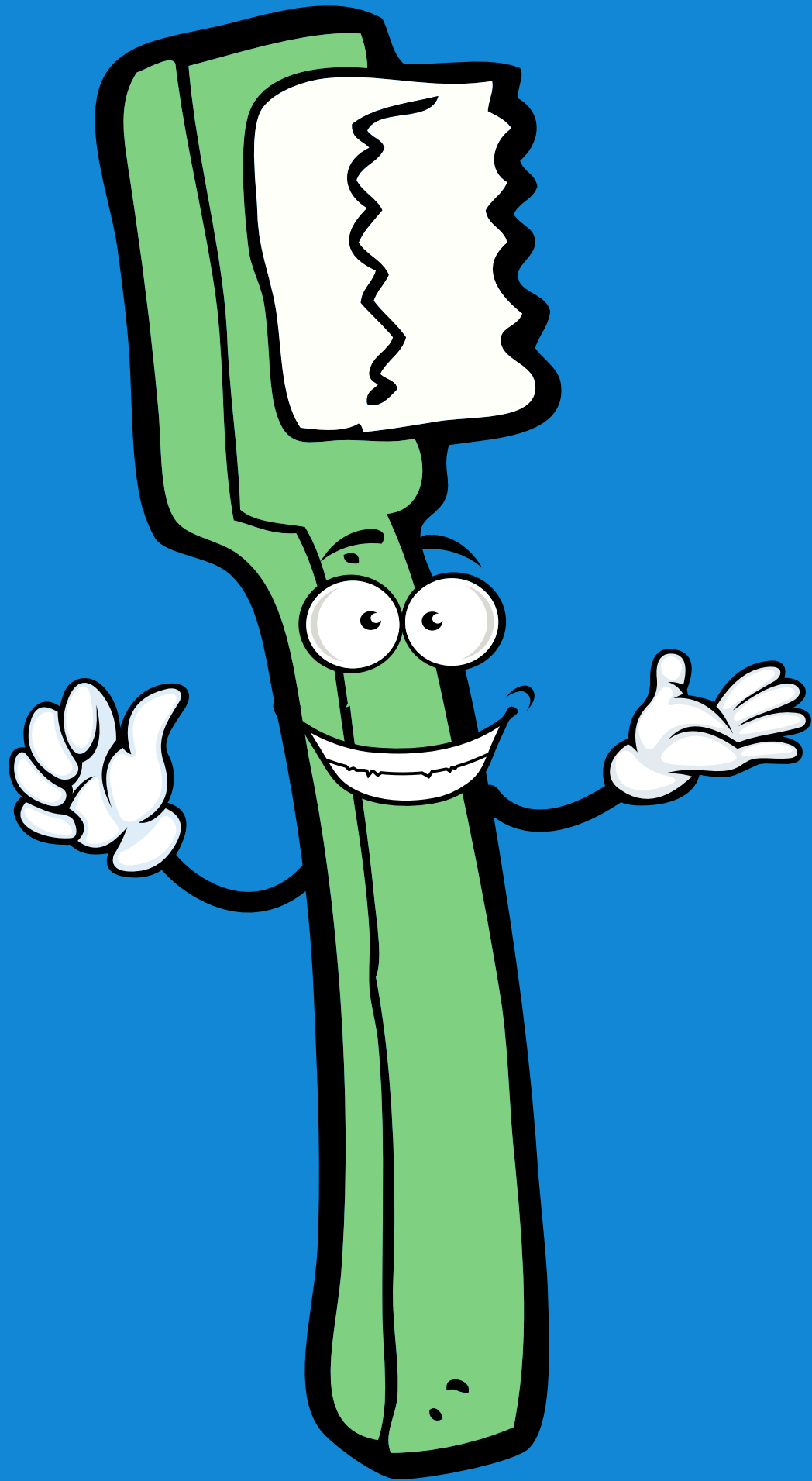
Acid



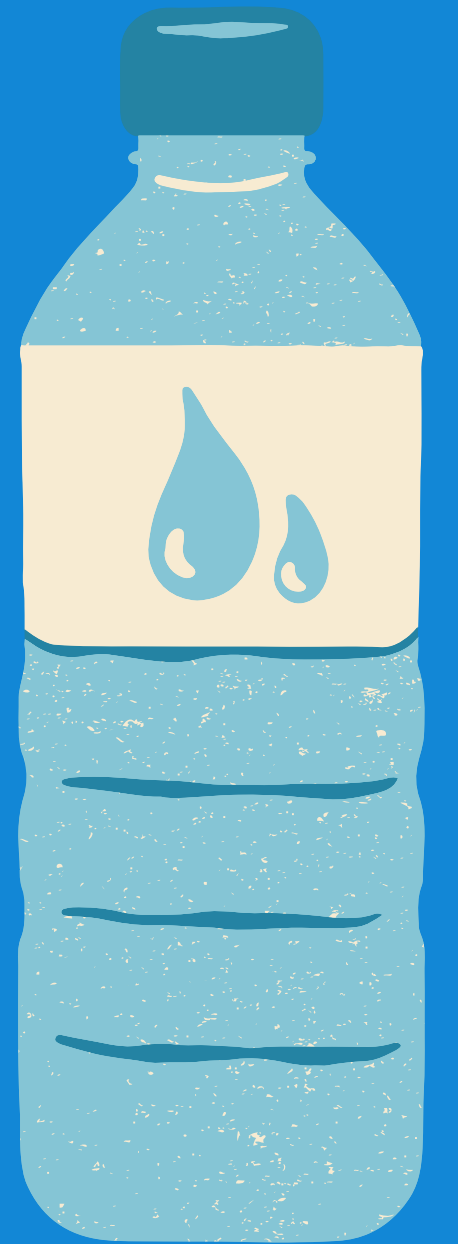
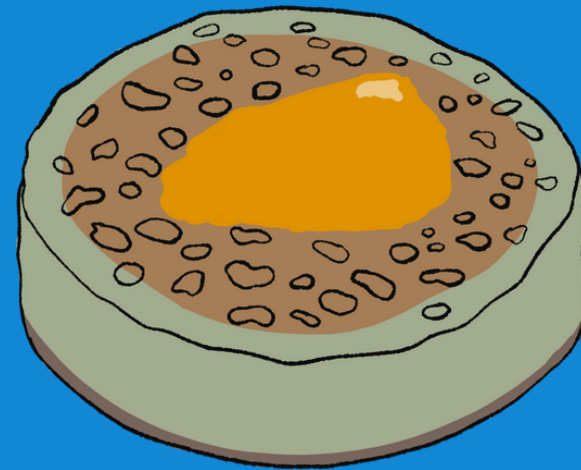
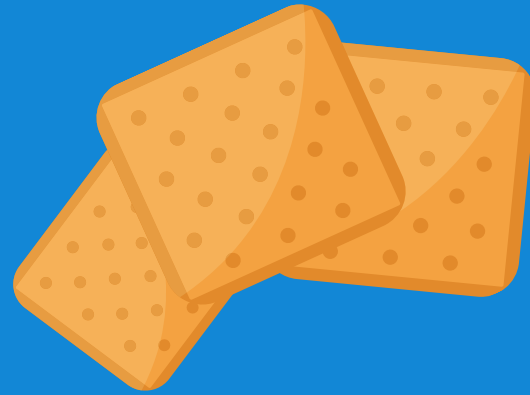
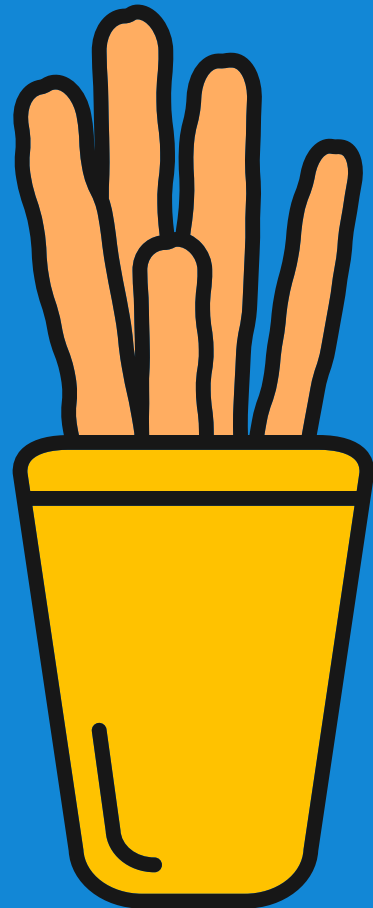
Acid can damage
our teeth by making
holes in them.



It's best to save sugary
foods and drinks to
mealtimes.



FOODS/DRINKS THAT ARE GOOD FOR OUR TEETH



Brushing your teeth is very important as it gets rid of the bugs that like to stick to our teeth.



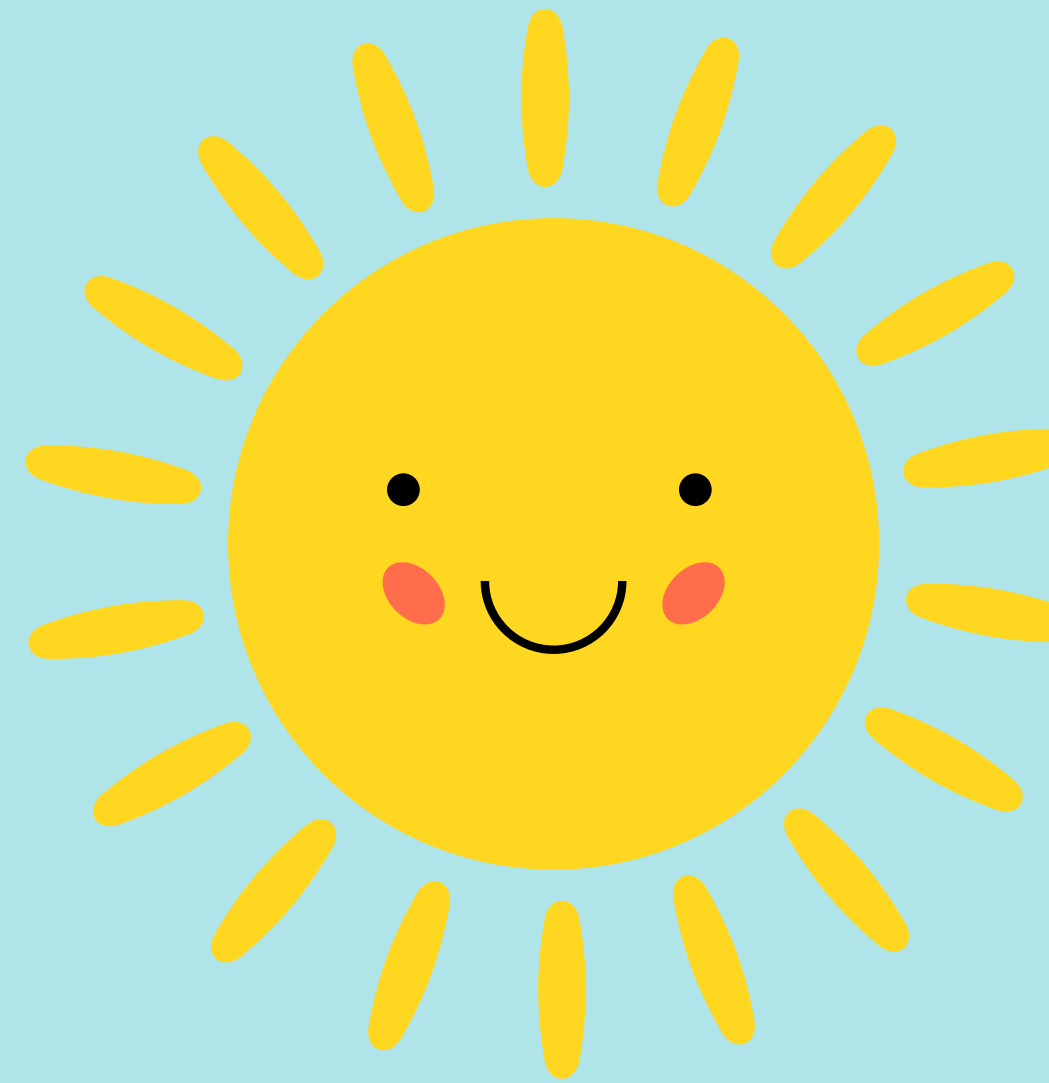


You should brush your
teeth for 2 minutes!

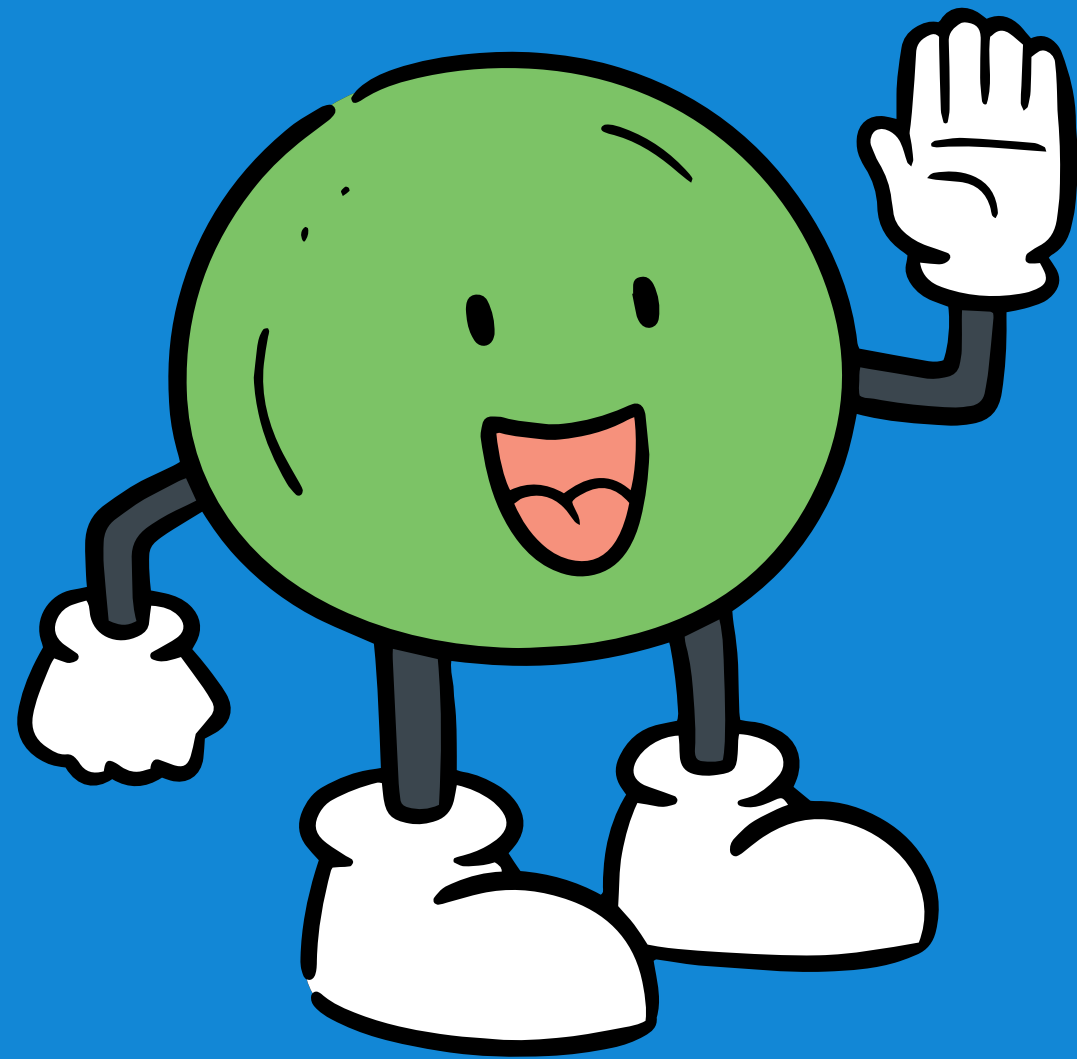




We should brush our teeth twice a day. Once before bedtime and at one other time of the day.



If you are over 3 years old use
a pea sized amount of Fluoride
toothpaste on your brush.



Fluoride is the magic ingredient
in our toothpaste which helps
to protect our teeth and make
them strong.

Fluoride

is the magic ingredient in our toothpaste which helps to protect our teeth and make them strong.



Activity time

Teeth and Diet
activities.

Good/Bad snacks
game

Colour in the good
food choices

Brush the bugs
away

