



I Can Look After My Teeth



Everyone has teeth.

Teeth are important for biting and chewing my food.

It is important to look after my teeth.



I can look after my teeth by eating healthy foods.

Healthy foods also help my body to grow and to stay strong.



Fruit and vegetables are healthy foods I can eat.



Dairy food like milk, cheese and yoghurt are healthy foods I can eat.



Cereals like bread, pasta and rice are healthy foods I can eat.

I can care for my teeth by eating healthy food.



My teeth do not like food that is high in sugar.

If I eat food high in sugar I need to drink some water or milk or clean my teeth.



My teeth do not like drinks that are high in sugar like fizzy drink or juice.

If I drink a high sugar drink I need to drink some water or clean my teeth afterwards.



If I do not keep my teeth healthy they can feel sad.



When I eat healthy food I am helping to keep my teeth healthy.

When I drink water after I eat, I am helping to keep my teeth healthy.



I also clean my teeth twice a day to keep them healthy.

I clean them for two minutes each time.

I always clean my teeth before I go to bed.



I am great at keeping my teeth healthy.

I am proud I have healthy teeth.