



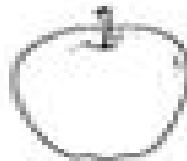
## Be kind to your teeth

### Observations

Some of the things that you eat and drink, such as milk, help to build strong teeth and bones. However, some small bits of food are left on and in-between your teeth when you eat. Sugary foods and drinks can harm your teeth, which may then need to be fixed by a dentist. Fruits and vegetables are healthier meals because they contain less sugar than cookies and candy. Brushing and flossing your teeth after every meal helps keep them clean. Fluoride from water, vitamins, and toothpaste also help protect your teeth.

### Science activity

Which of these foods will help keep you healthy and are better for your teeth? Color them in.



### Science exploration

Learn how to care for your teeth. Practice what you learn.

