



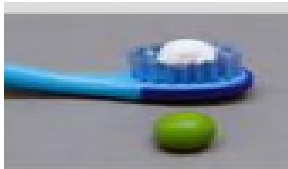
## Brushing Your Teeth



Brushing your teeth cleans away food and germs.



A medium toothbrush with small head is the best.



You only need a small amount of toothpaste.



Remember to spit out the toothpaste after brushing.



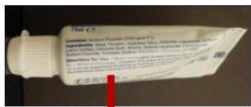
Brush your teeth in the morning and at night.



Toothpaste

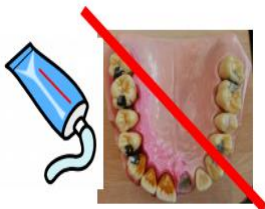


Toothpaste helps to clean your teeth.



Fluoride

It is important to choose a toothpaste with a special ingredient called fluoride.



Toothpaste helps to strengthen your teeth.



Don't rinse your mouth with mouthwash or water after brushing



## Sugar in Food and Drinks



If you eat lots of sugary food and drinks your teeth will go bad.



Don't snack on sugary food. Eat some fruit instead. There is sugar in fruit, but it does not hurt your teeth



The best drinks between meals are milk or water. You can choose tea or coffee without sugar.



Too much fruit juice or fizzy drinks, can make your teeth go bad.

