



How can you care for your teeth?

How often should you brush your teeth and floss?



How can you take care of your children's teeth?



## CARING FOR YOUR TEETH

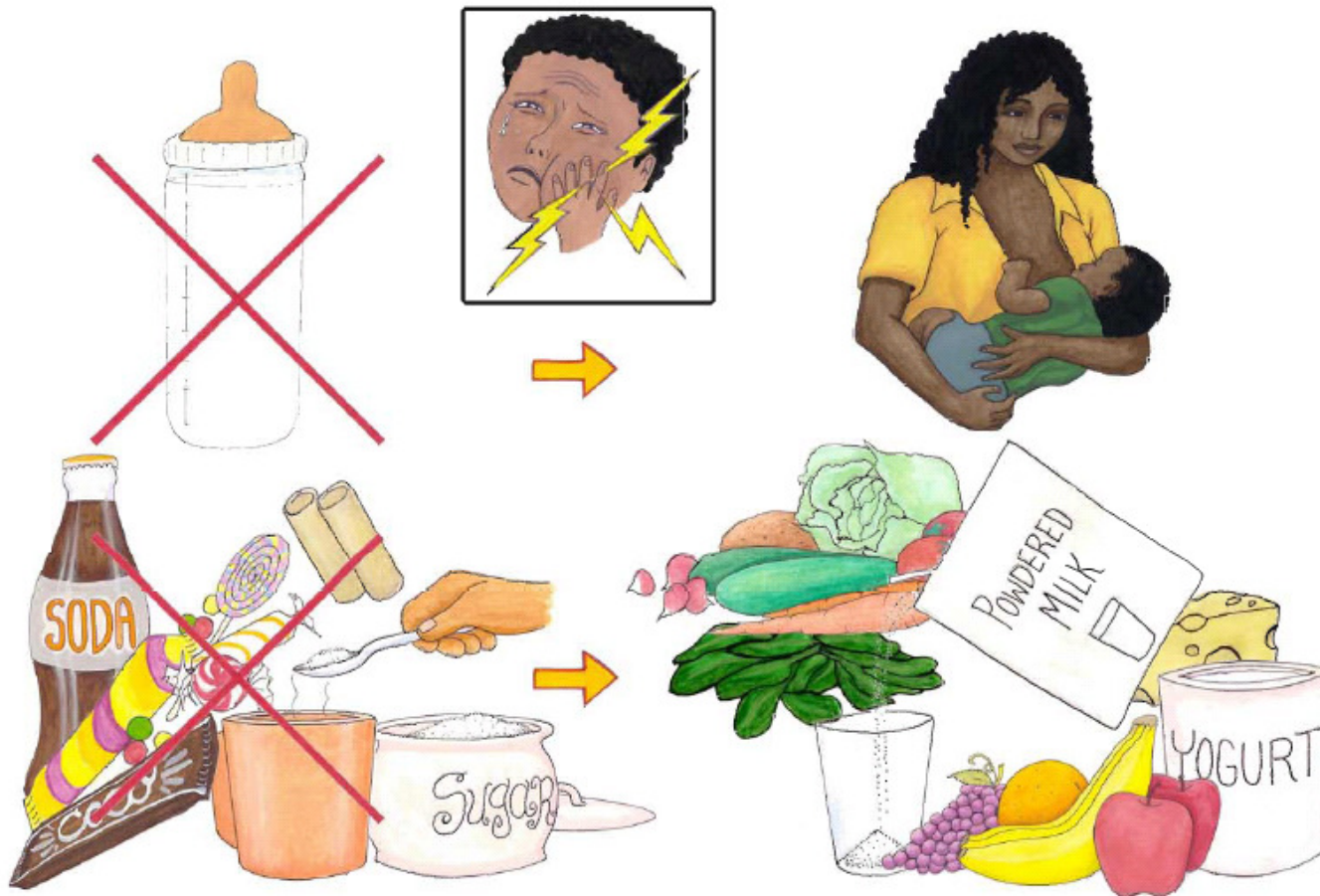
What do smoking and drinking do to your teeth?

# EATING THE RIGHT FOODS

What foods are good for your teeth?

What can happen if you eat the wrong foods?

Which is better—breastfeeding or bottle feeding? Why?

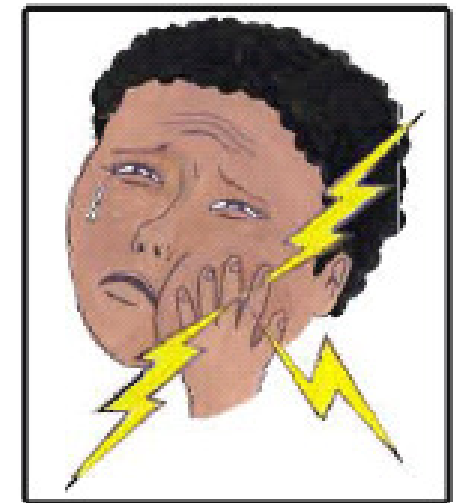


How do milk, yoghurt and cheese give you strong teeth?

How do sugar, soda, and candies harm your teeth?

What should you do after you eat sweets?

# CARING FOR YOUR TEETH



What causes tooth decay?

How can you have healthy teeth?