

Name: _____

Class: _____

1



2



3



4



Write four steps of a healthy teeth routine.

1. _____
2. _____
3. _____
4. _____

We should brush our teeth before bedtime.

We should eat rice every day for healthy teeth.

We should limit taking sweet foods or drinks in the evening.

We should brush our teeth every morning.

We should rinse our mouth after eating lunch.