

Name: _____

Strong and healthy teeth & How to brush your teeth

1. Which person below should you see at least once a year to make sure your teeth are healthy? _____



Person A



Person B



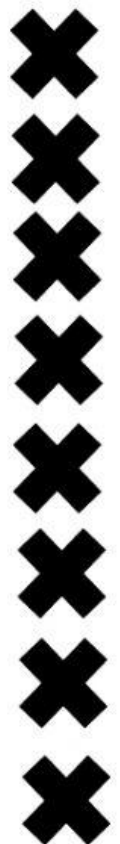
Person C



Person D

2. Tick the box above the food that keeps your teeth healthy and cross out (X) the food that makes your teeth unhealthy. (Students who use the online sheet can drag the shapes into the small boxes above the food.)

☐	 apple	☐	 milk	☐	 Soft drink	☐	 muffin
☐	 carrots	☐	 cheese	☐	 chocolate	☐	 pear



3. Name 3 items you can use twice a day and after eating to keep your teeth clean and healthy.

- i. _____
- ii. _____
- iii. _____

4. Order the steps of brushing teeth by writing the numbers above the pictures. 1 is first, 2 is second and so on.

