

Dash to the dentist

John has a dental visit coming up. The clock is ticking! Help him find the fastest path to the dentist and avoid cavity-causing distractions along the way.

START

Brush your teeth before your visit so they're squeaky clean for the dentist.

MARKET

Fresh veggies make great on-the-go snacks that can also help clean your teeth.

Because lemonade has lots of sugar, water is better for your teeth.

LEMONADE

Brush your teeth after eating sweets to get sugar off.

CANDY SHOPPE

Sweets are tasty, but too many can cause cavities.

Mom's
DINER

Be careful when you go out to eat. Choose healthy meals and skip dessert.

Mom's
DINER

Sandwiches Steaks Coffee Burgers Shakes
Mom's **DINER** *Mom's* **DINER** *Mom's* **DINER** *Mom's* **DINER** *Mom's* **DINER**

DENTIST

Dentists can tell what kinds of food you eat by looking at your teeth.

FINISH