

# time for healthy teeth

*You may not realize it, but you take care of your mouth from the time you wake up to the time you go to sleep. Draw hour hands and minute hands on the clocks below to show what time you do each healthy activity.*



Brush your teeth  
before school.



Have milk with  
your lunch.



Wear a mouthguard  
at practice.



Eat a healthy snack.



Eat veggies at dinner.



Floss your teeth.



Have fruit and eggs  
at breakfast.



Brush your teeth  
before bed.



Visit the dentist  
after school.