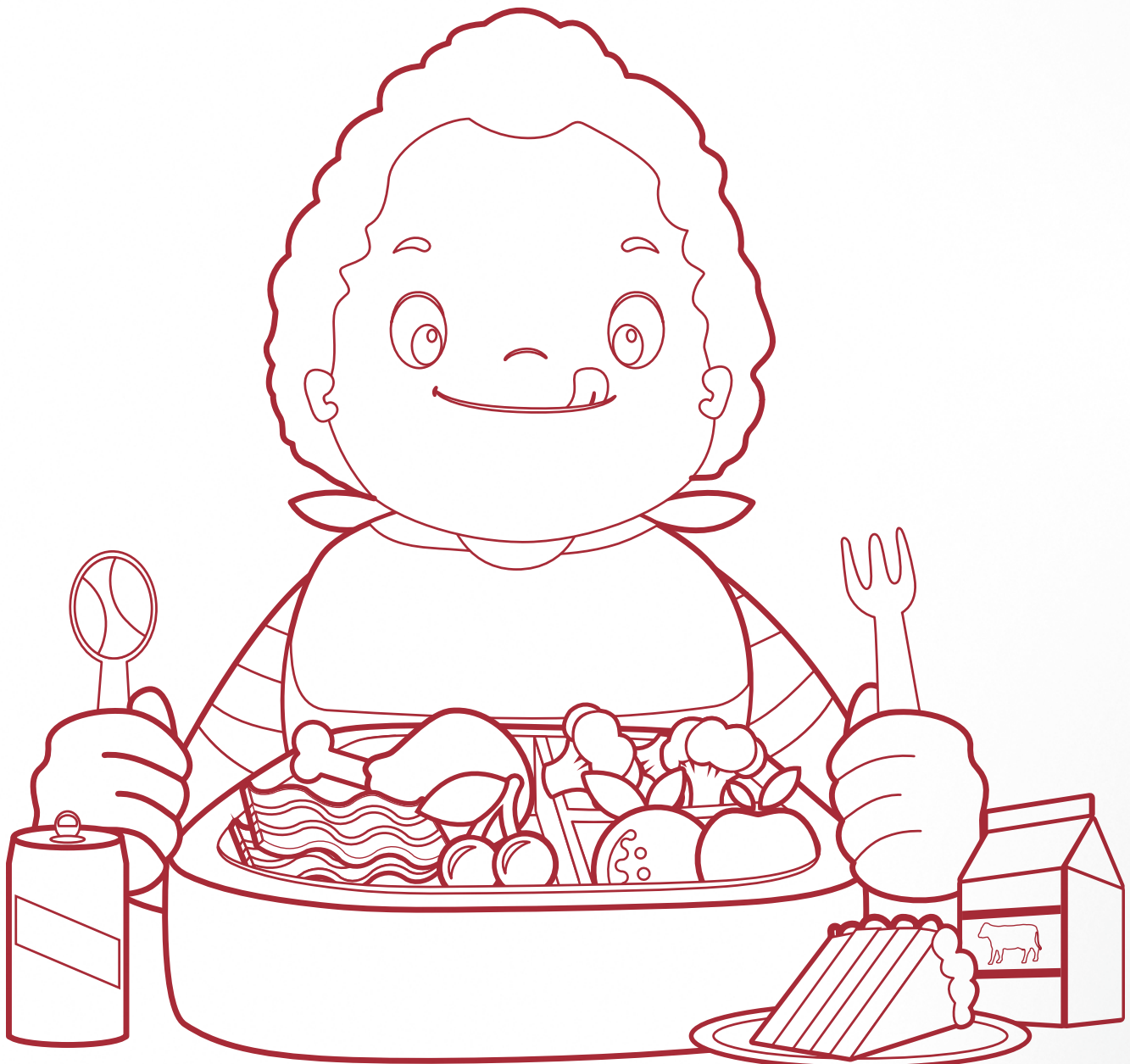




healthy foods, healthy smile!

Eating fruits, veggies, dairy and whole grains will keep you healthy by providing vitamins and nutrients that help your teeth stay strong. You should still brush your teeth twice daily – even if you eat only healthy foods! **Circle the mouth-friendly foods in the picture below.**



Answer key: Apple, broccoli, cherries, milk and orange.