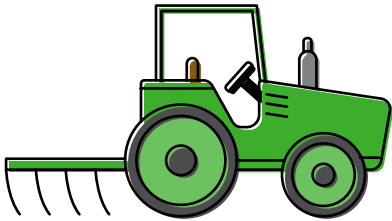


Your job: a healthy smile

It takes a lot of hard work to keep a farm running. By comparison, it makes brushing and flossing seem pretty simple! Let's check out what's needed for a healthy farm and a healthy smile.

For a healthy farm:



Till and fertilize
the soil.



Plant and water
the crops.



Feed and water
the animals.



Wash laundry
and fold clothes.

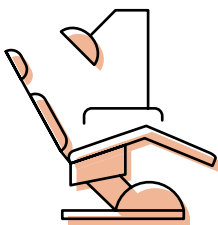


Clean the barn
and maintain farm tools.



Come up with silly names
for every animal.

For a healthy smile:



Visit your dentist
regularly for checkups
and cleanings.



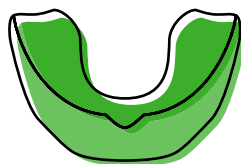
Brush twice a day,
for two minutes each time,
and floss daily.



Use fluoride toothpaste
and a soft-bristled toothbrush.



Replace your toothbrush
every three months or earlier
if it starts to fray.



Wear a mouth guard
when you play sports and other
physical activities.



Stay hydrated.
Water is great for you and helps keep
your mouth clean!