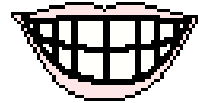
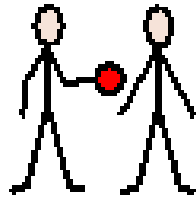
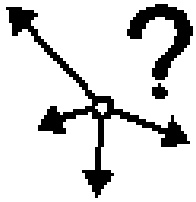


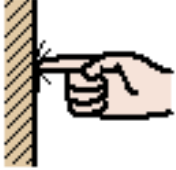




Your teeth are in your mouth.



Where are your teeth?



  =   
Healthy teeth are hard, white and strong.



  =    
Unhealthy teeth are brown, not strong and can hurt your mouth.



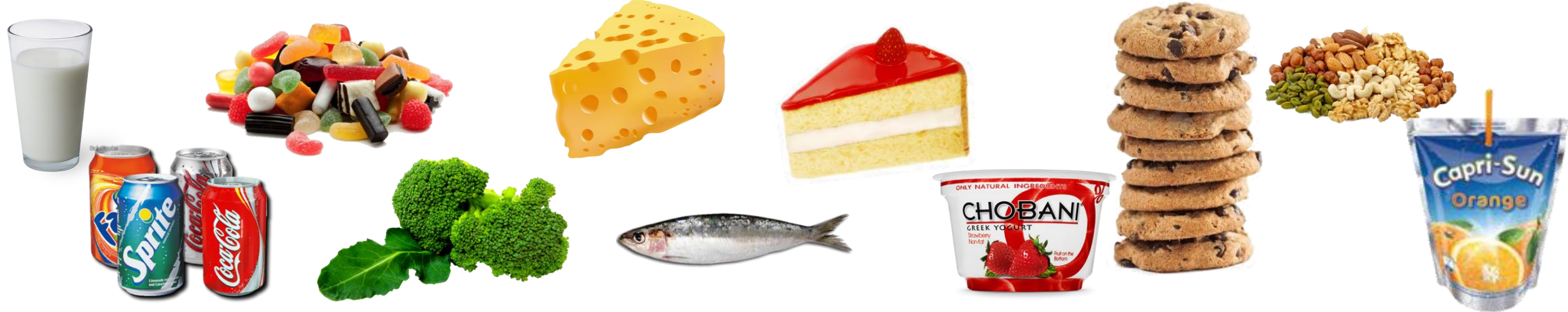


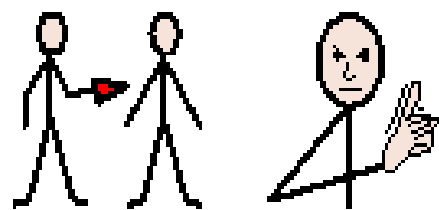
Some foods are good for your teeth.



Some foods are bad for your teeth.

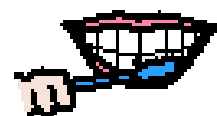




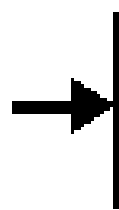


You

must



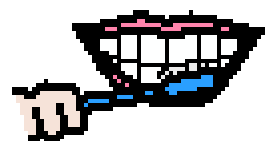
brush your teeth



to keep them

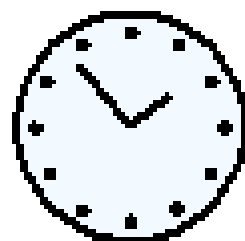


healthy.

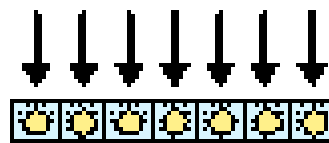


Brush your teeth

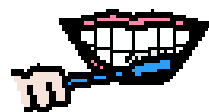
2



times



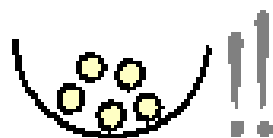
every day.



Brush your teeth

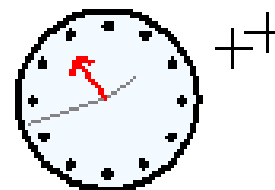
for

at



least

2



minutes.

?

How to brush your teeth:



1

1.



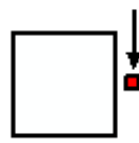
Before



you begin,



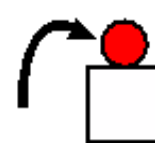
squeeze



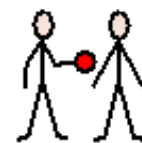
a tiny bit of



toothpaste



onto



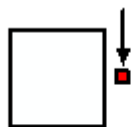
your



toothbrush.



for children:



just a tiny bit of



toothpaste



for adults:

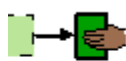


a pea sized bit of

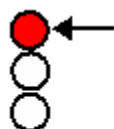


toothpaste

2



2. brush the front of your teeth with little circles. Move your toothbrush along, brushing all your teeth



top and bottom.

3



=



3. brush the back of your teeth the same as the front

4



4. flick the back of your front teeth

5



5. gently scrub the top of your upper and lower teeth

6



6. spit the toothpaste into sink. Finished!

