

For a HEALTHY MOUTH



Water is my best friend.

Water is the best “tooth-friendly” drink. It is good for the health of teeth.

To make water more fun, add some flavour to it:

- Choose a flavor without added sugar;
- Limit the addition of citrus fruits (lemons, limes, oranges and grapefruit), as they can be harmful to the health of your teeth due to their acidity.

Flavored water recipe

- blackberries and mint
- strawberries and fresh basil
- raspberries and cucumber
- chopped apples and a cinnamon stick
- sliced pears and a drop of vanilla extract



Milk is also a “tooth-friendly” drink.

Activity 1



Would you like to play with me?

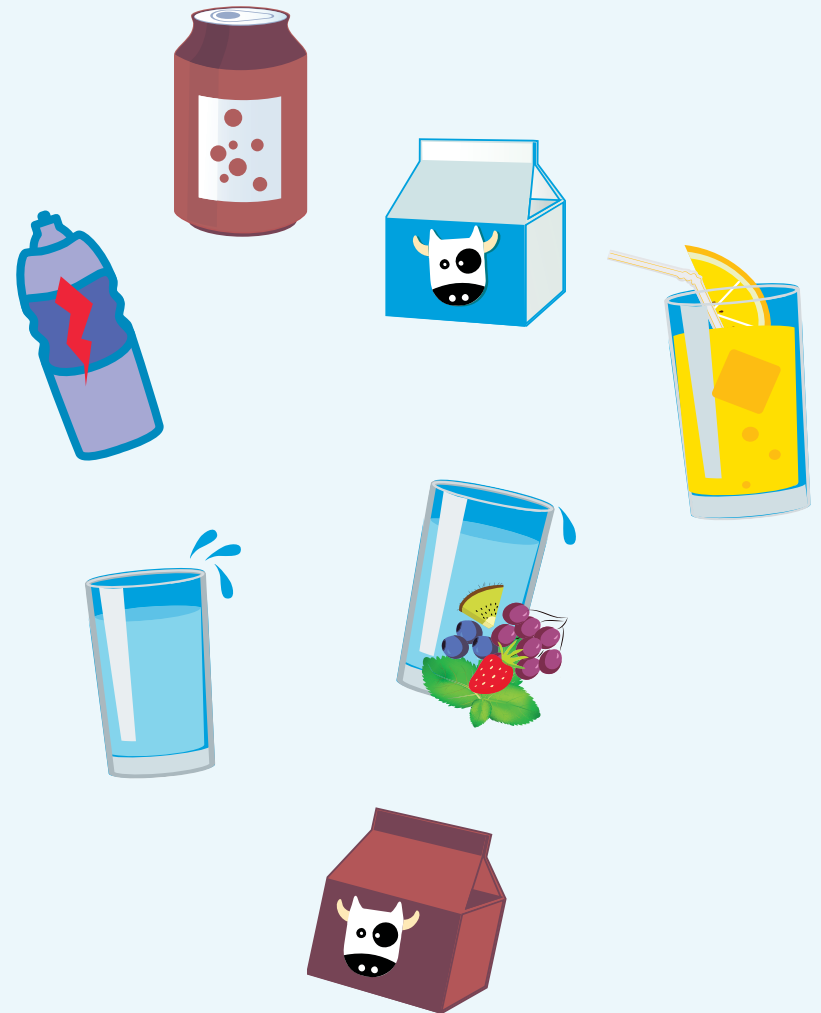
Draw an arrow to the correct answer

For the health of your teeth:

At mealtime, you drink this yummy white liquid.

At any time of day, you drink this colourless liquid, often from a fountain or faucet, tap, gourd or glass.

On occasion, for more fun, you can add fruits and herbs to make this drink.



Activity 2

Spot the 7 differences in the second picture.



Answers

Activity 1

At mealtime, you drink this yummy white liquid.

At any time of day, you drink this colourless liquid, often from a fountain or faucet, tap, gourd or glass.

On occasion, for more fun, you can add fruits and herbs to make this drink.



Activity 2



Sad tooth with no thumbs up, sweet drink in hand, no spark on the tooth, wireless dental floss, the toothpaste tube without the fluoride mark and the drop of water coming out of the tap.