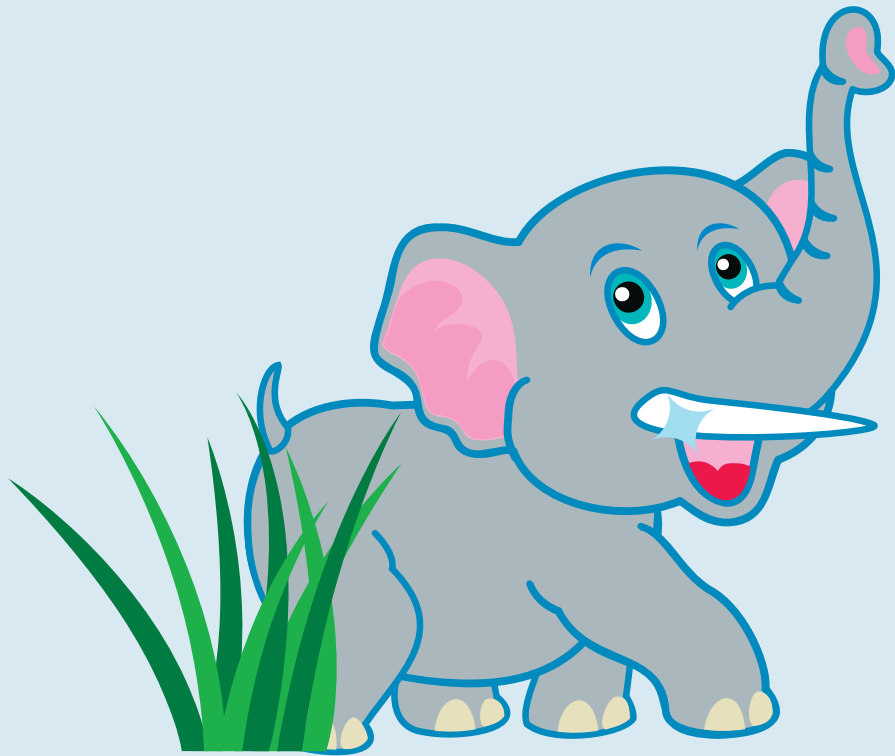


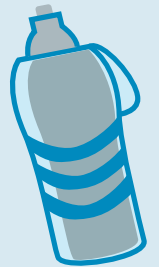
For a HEALTHY MOUTH



**Water is my beverage of choice!
When I'm thirsty, I always drink water.**

I am the largest living animal on earth and I drink water when I am thirsty. I use my trunk as a straw.

You can use your water bottle. Water is good for your health and for your teeth. Your body needs water, like me.



At school, drink from water fountains or your water bottle when you're thirsty. Drink throughout the day: at recess, and during and after physical activity.

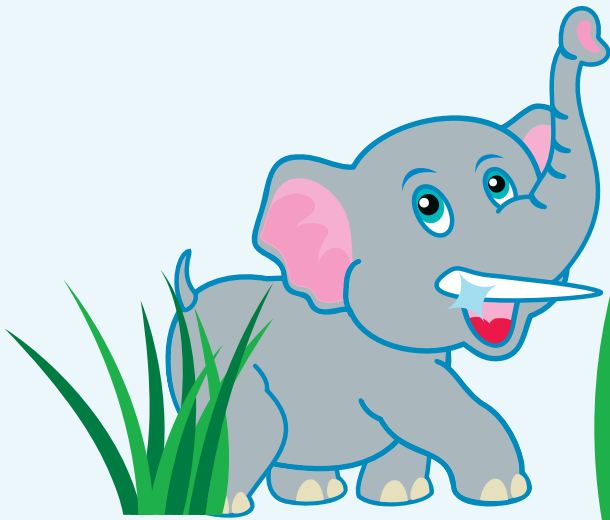
At home, drink tap water. You can keep your water bottle in the refrigerator — water is so good cold!

**Water is the best "tooth-friendly" drink.
It can help you have healthy teeth!**



Activity 1

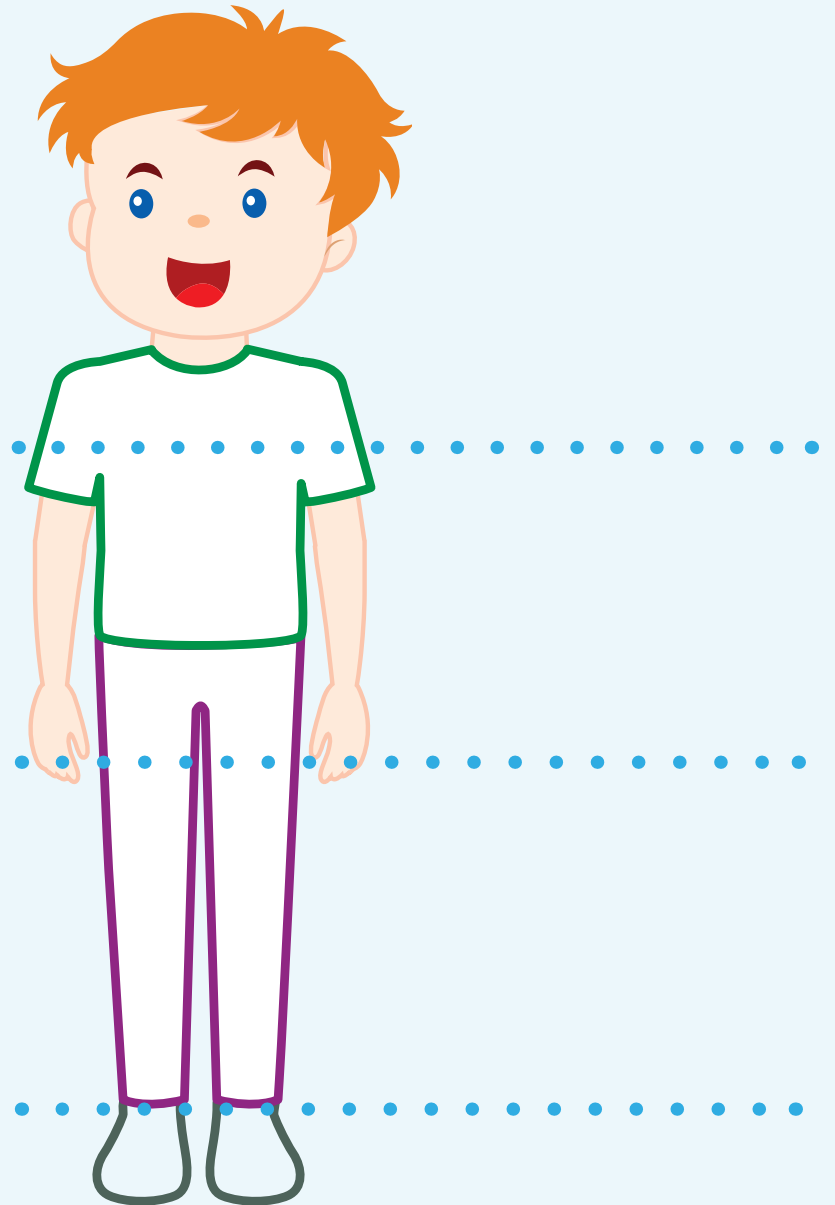
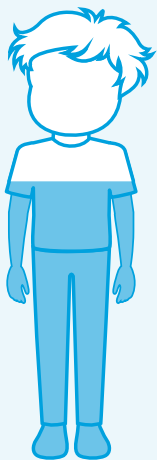
Can you help me get to the water source? I'm thirsty!



Activity 2

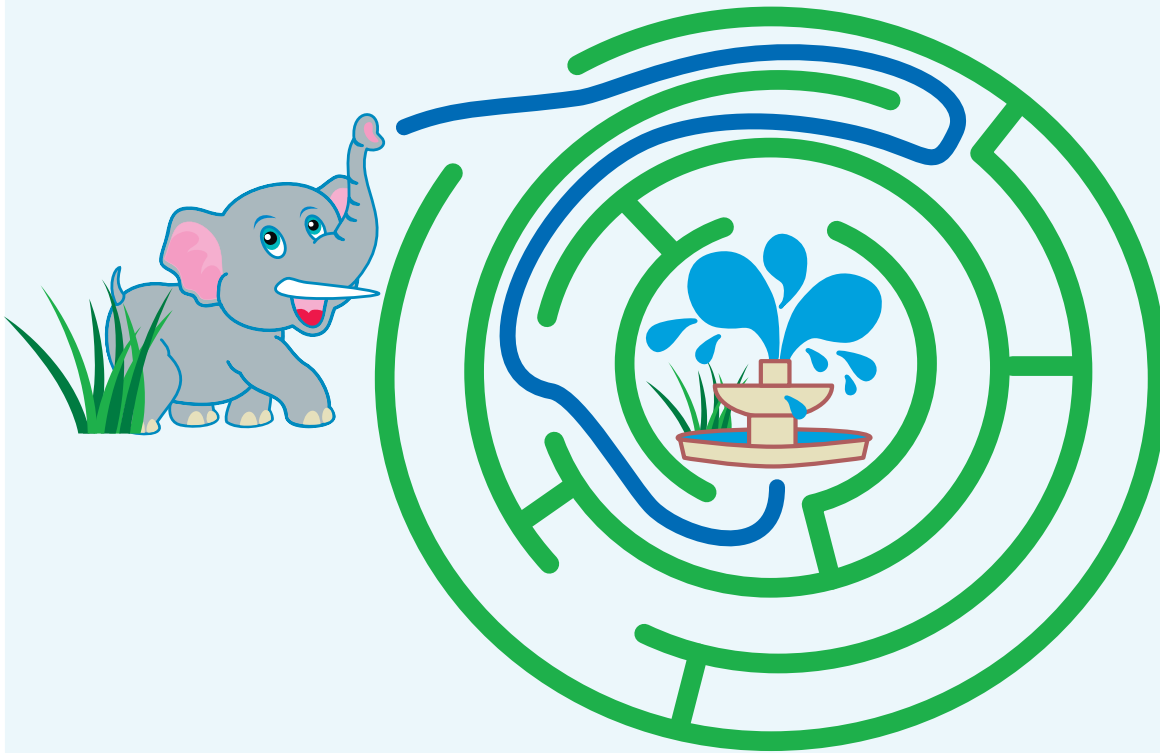


Your body is full of water.
Try to guess how much water
your body contains.
Colour up to the corresponding
height.



Answers

Activity 1



Activity 2

