

For a HEALTHY MOUTH



Water is my best friend.

Water is the best “tooth-friendly” drink.

- Drinking water, during the day or after physical activity is good for your body and your teeth: it should be consumed throughout the day, when you are thirsty.
- When you drink sugary drinks or acidic drinks, your teeth are sad. Consumed often, these drinks can harm your teeth.



Milk is also a “tooth-friendly” drink.

Activity 1

Associate, with an arrow, the following drinks with each of the tooth.

- Water



- Milk



- Chocolate milk



- 100% pure juice



- Soft drink



- Energy drink



- Lemonade



Activity 2

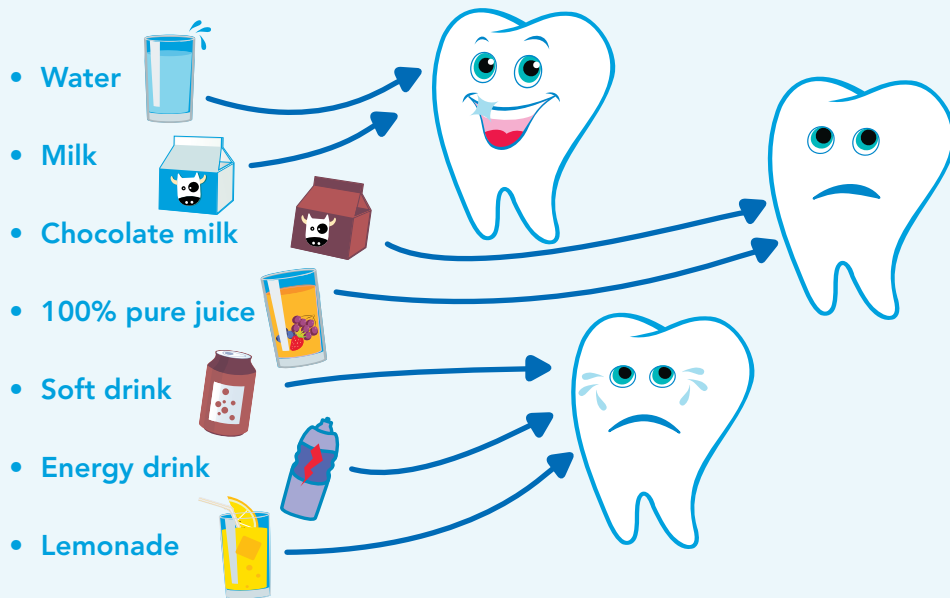
Draw an arrow between the tooth-friendly drinks and the tooth.



Can you explain why these drinks are good for the health of the tooth and why the other drinks are not "tooth friendly"?

Answers

Activity 1



Activity 2



Can you explain why some drinks are good for healthy teeth and why others are not?

- Water is the best «tooth-friendly» drink. It should be consumed whenever you are thirsty.
- Milk is also a “tooth-friendly” drink. Drinking milk can help keep your teeth healthy.
- Chocolate milk and 100% pure fruit juices can be consumed **occasionally**. Consumed more often, they could adversely affect the health of your teeth.
- Sugary drinks are not “tooth-friendly” drinks because they are sweet and sour. Consumed often, they can harm the health of your teeth. These drinks can **only be consumed in exceptional circumstances**.

