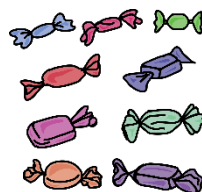




**Chocolate**



**Sweets**



**Fizzy drinks**



**Fruit juice**



**Sweet cereal**



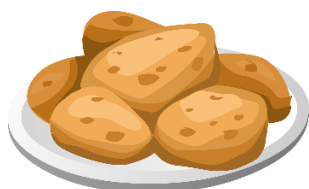
**Ice cream**



**Jam**



**Water**



**Potato**



**Crackers**



**Strawberries**



**Apples**



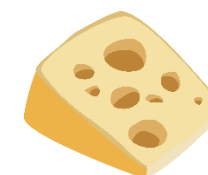
**Cucumber**



**Bananas**



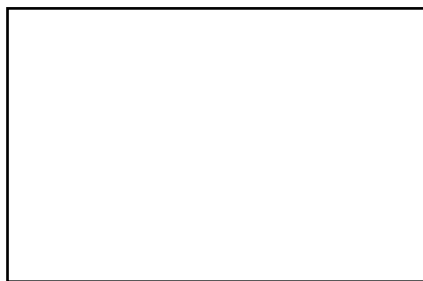
**Plain yoghurt**



**Cheese**

**Resource 2: Steps to brushing teeth**

1. Use a small amount  
of toothpaste (e.g.  
about the size of a pea)



2. Tilt the brush  
up to the gum



3. Brush in circles and  
flick down over the teeth



6. Spit out toothpaste  
after brushing



5. Brush on the inside of teeth



4. Brush on the outside of teeth

