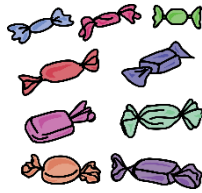




Chocolate



Sweets



Fizzy drinks



Fruit juice



Sweet cereal



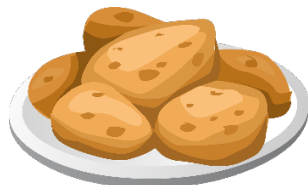
Ice cream



Jam



Water



Potato



Crackers



Strawberries



Apples



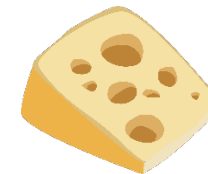
Cucumber



Bananas



Plain yoghurt



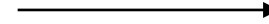
Cheese

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



4. Brush on the outside of teeth



5. Brush on the inside of teeth



6. Spit out toothpaste after brushing

