

Name: _____

Good For Teeth?

Instructions: Draw a circle around the things that help your teeth stay strong and healthy.



"Too much sugar can hurt our teeth, and make us act all crazy.
Too much can ruin our energy, and make us tired and lazy."



Answer Key: Grapes, Carrot, Glass of Water, Milk, Tooth Brush & Tooth Paste

Bay Area Nutrition & Physical Activity Collaborative