

Note to Parents: Today we learned that sugary snacks and drinks can lead to tooth decay. We also learned that calcium helps our teeth grow stronger. As a reminder, please help your child complete this page.

FIGHT PLAQUE WITH HEALTHY SNACKS!

Help Super Tooth stay strong! Put an X through the foods that promote plaque and decay. Circle the foods that are healthy snacks. Put a star by the foods with calcium in them.

Celery



Fat Free Yogurt



Apple



Soda



Candy



Low Fat Milk



Bananas



Cake



Carrots

Answers: Put an X through the cake, soda and candy. Circle the celery, yogurt, apple, milk, bananas and carrots. Put a star by the yogurt and the milk.