

MOO CREW SCHOOL MILK DENTAL HEALTH

Taking care of your teeth is really important.

It helps to prevent tooth decay, sore gums and tooth aches.

Here are some Top Tooth Tips for your dental care!

Brushing your teeth

1

Always brush your teeth twice a day, at night time and one other time.

2

Get help to brush your teeth.



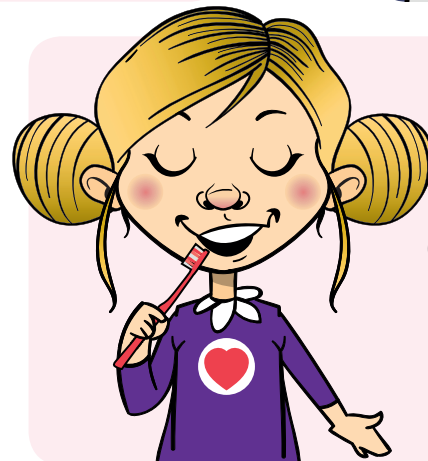
3

Use a toothbrush and **pea-sized amount** of fluoride toothpaste (at least 1000ppm).



4

Clean every tooth. It should take 2-3 minutes (about the length of a song).



5

Spit out after brushing, don't rinse.



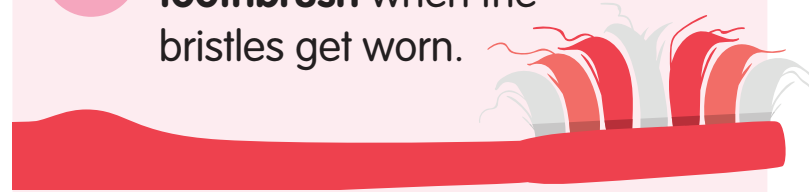
6

Never eat or swallow toothpaste.



7

Remember to **change your toothbrush** when the bristles get worn.



What is best to eat and drink?

Low-fat dairy products like natural yogurt and cheese are great sources of calcium.

1

Choose healthy snacks between meals, like **whole fruits**.



2

Avoid sugary snacks like **sweets, chocolate, biscuits and sugary drinks**.



3

Water and milk are tooth friendly drinks.



4

Low-fat dairy products like **natural yogurt and cheese** are great sources of calcium, which helps to keep your teeth healthy.



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