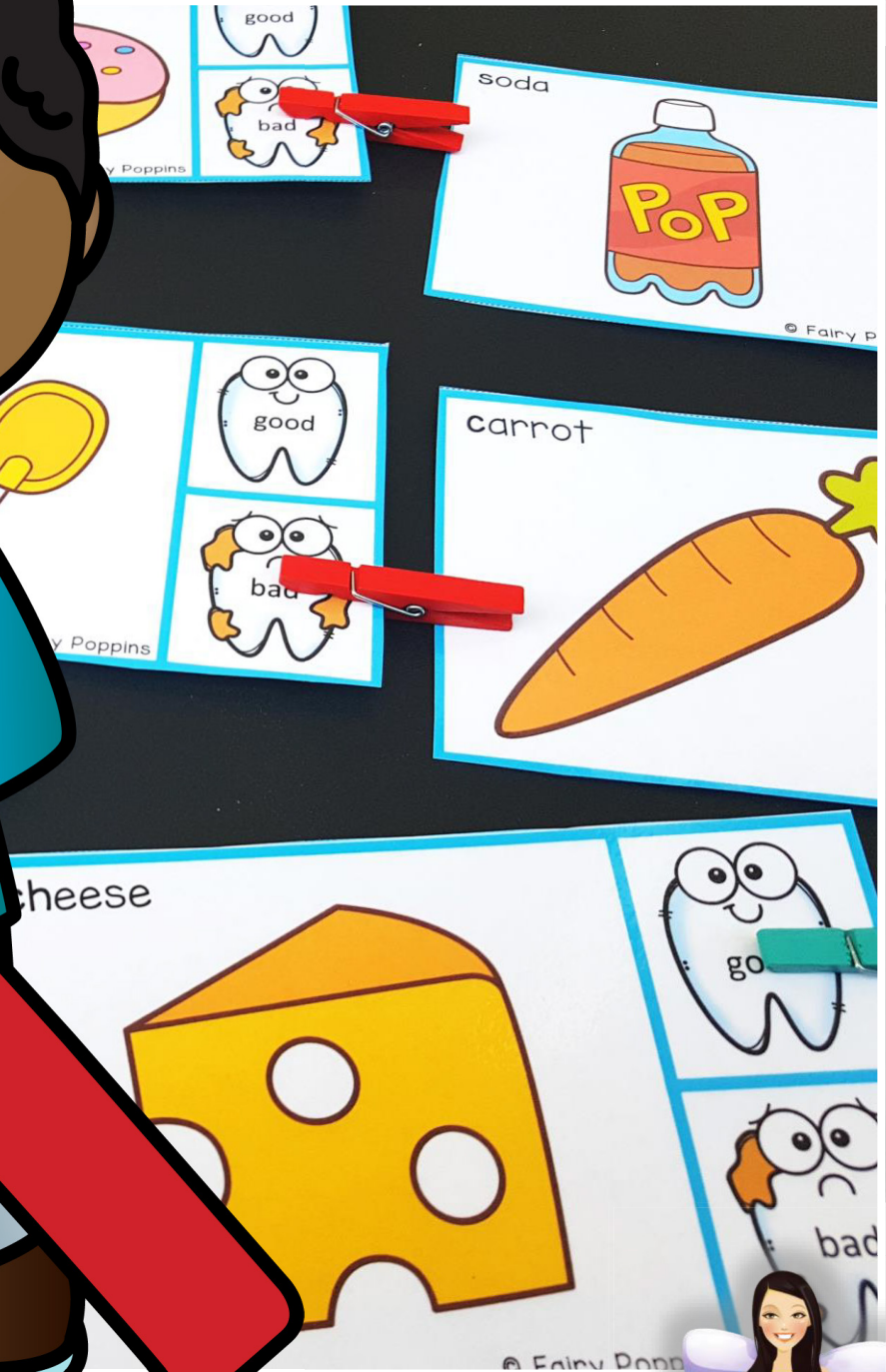


Good nutrition for healthy teeth.

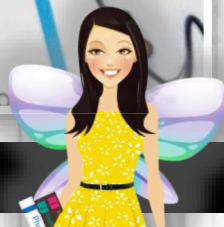
Kindergarten • 1st Grade • 2nd Grade

Healthy Teeth

Clip Cards



Fairy Poppins



Thanks for choosing these healthy teeth clip cards.



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www.fairypoppins.com

Instructions

♥ Print and laminate the clip cards for added durability.

♥ Kids need to look at each food. Then place a peg on the correct tooth. Is the food good or bad for our teeth?

♥ Discuss how some foods help our teeth stay healthy, whilst others can harm our teeth if we eat them too often. For example, orange juice seems healthy because it contains vitamin c, but it's high in sugar and acid, so it's more of a sometimes food. It's much better to eat a real orange for vitamin c because it contains fibre too and less sugar. Juice is like having 3 to 4 oranges!

♥ You can also mention that dairy foods contain calcium which helps keep our teeth strong.

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Credits

A big thank you to these talented artists for the use of their graphics.

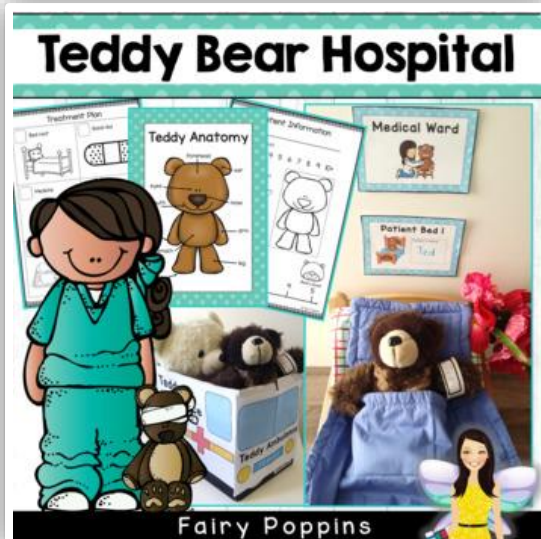
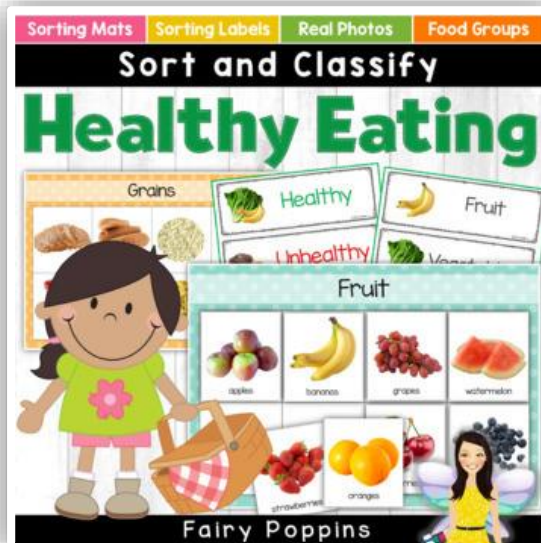
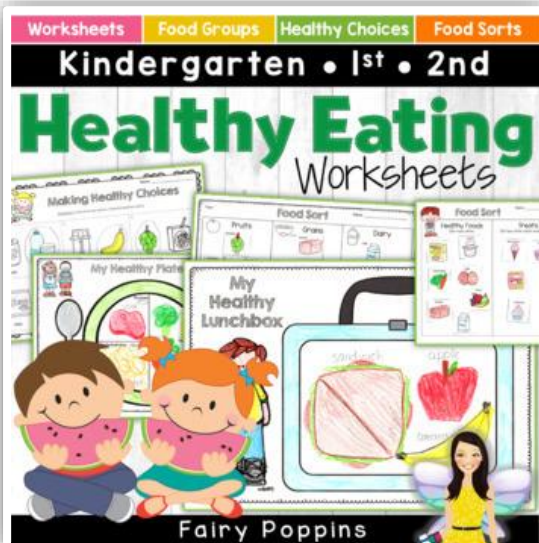
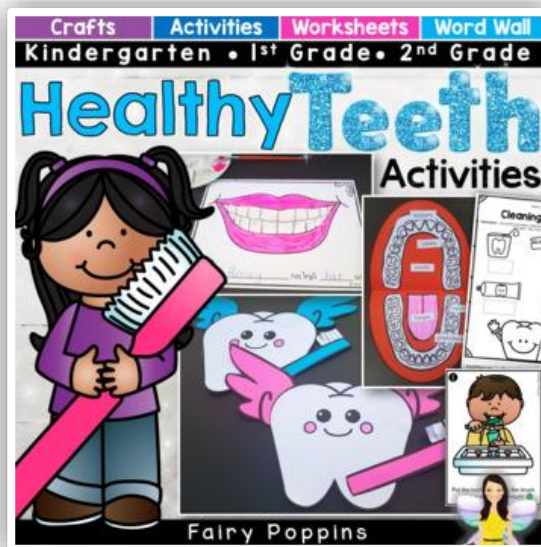
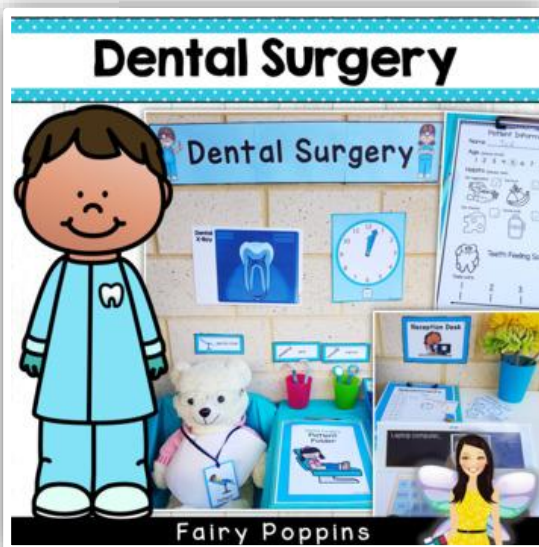


<http://littleredscart.etsy.com>

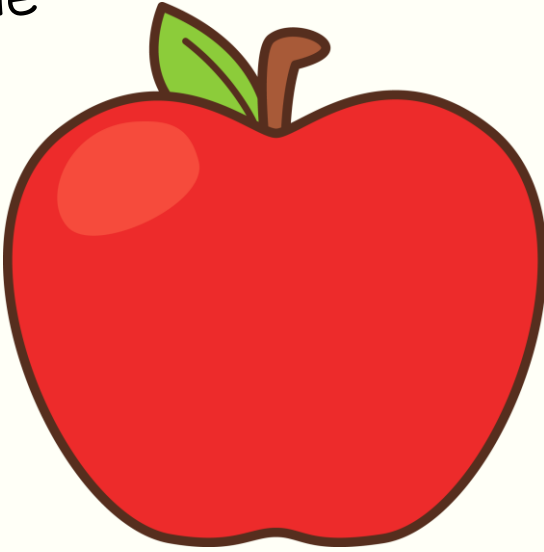




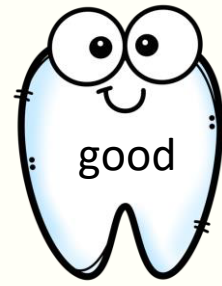
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apple



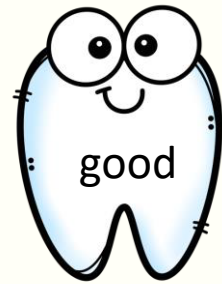
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cabbage



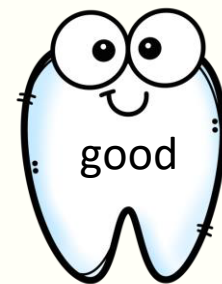
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broccoli



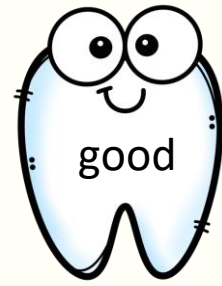
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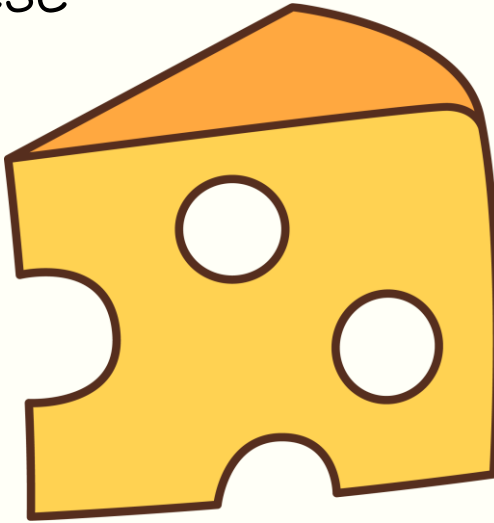
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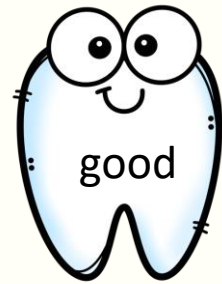
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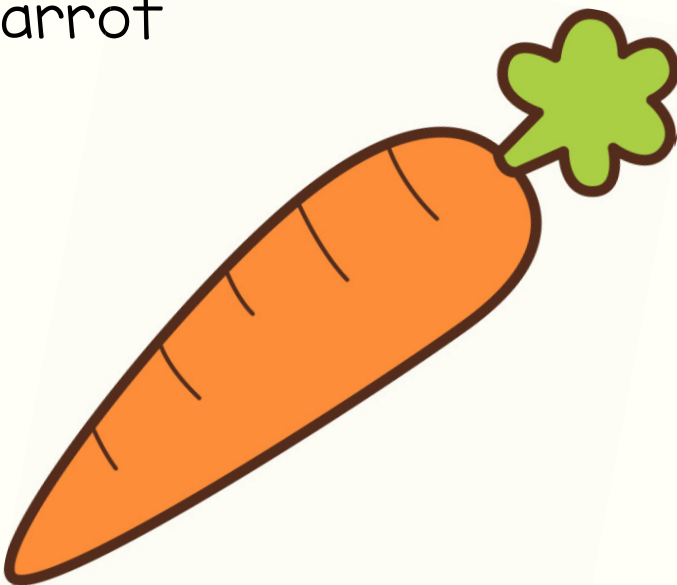
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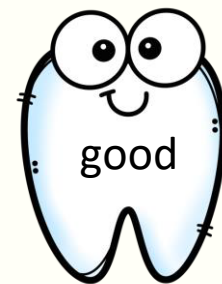
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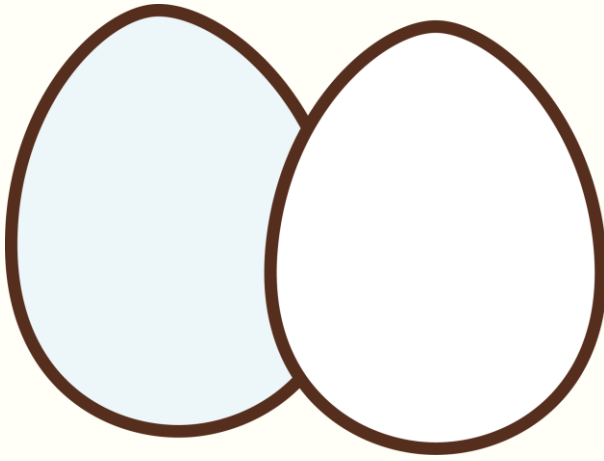
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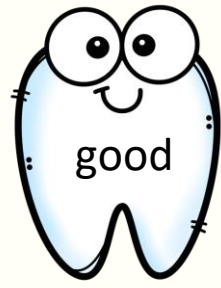
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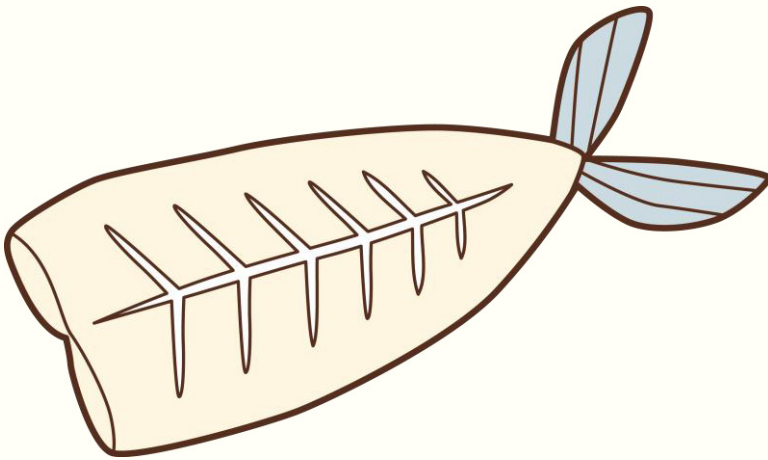
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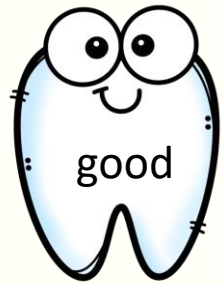
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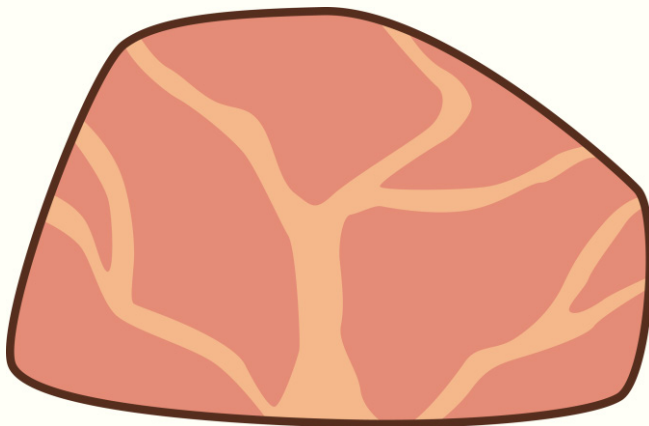
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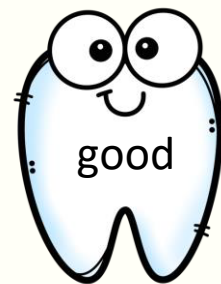
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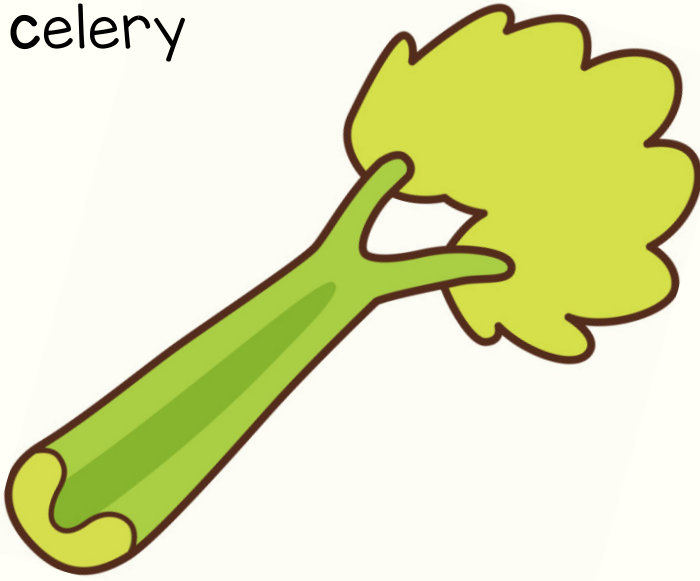
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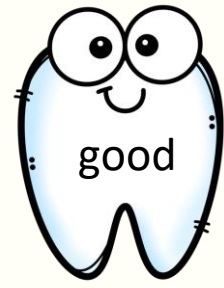
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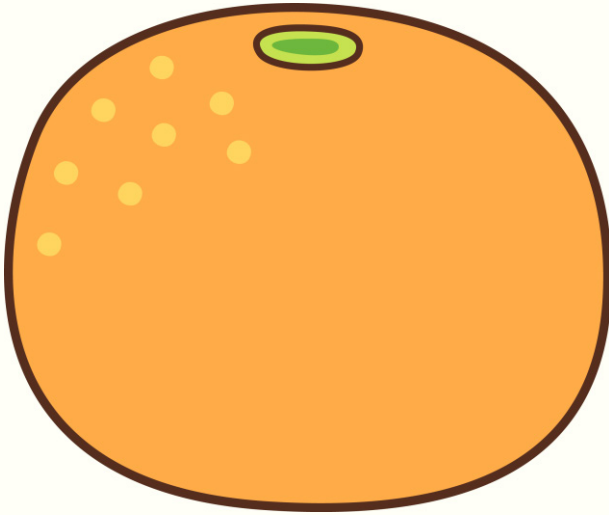
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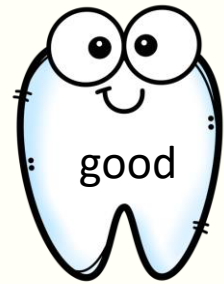
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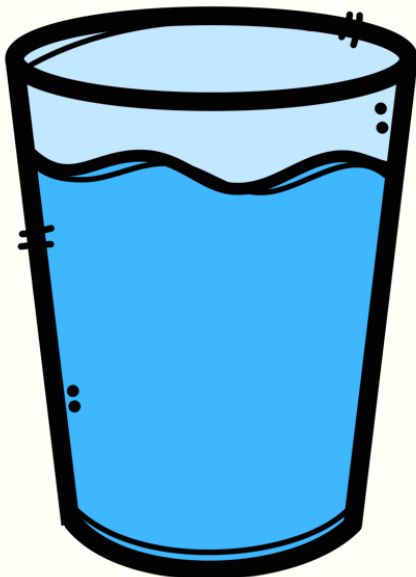
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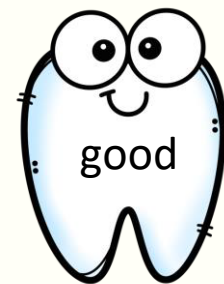
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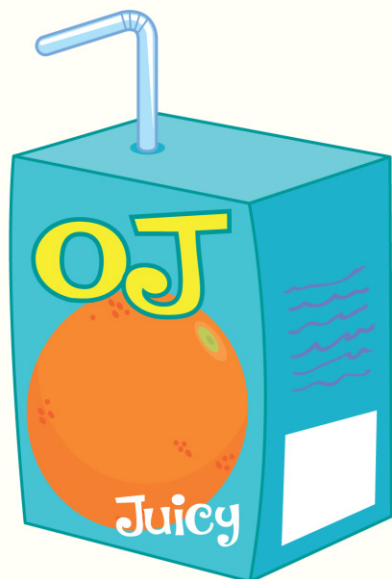
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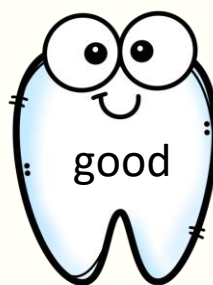
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juice



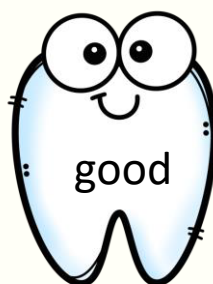
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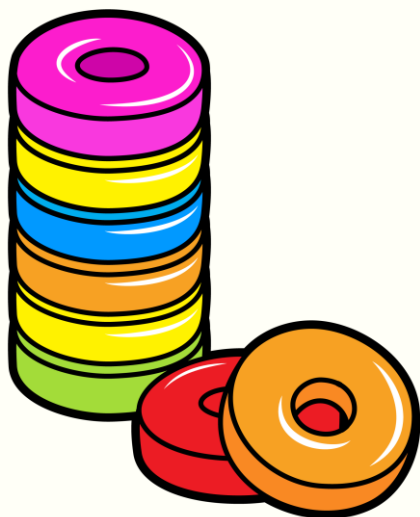
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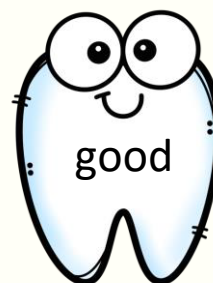
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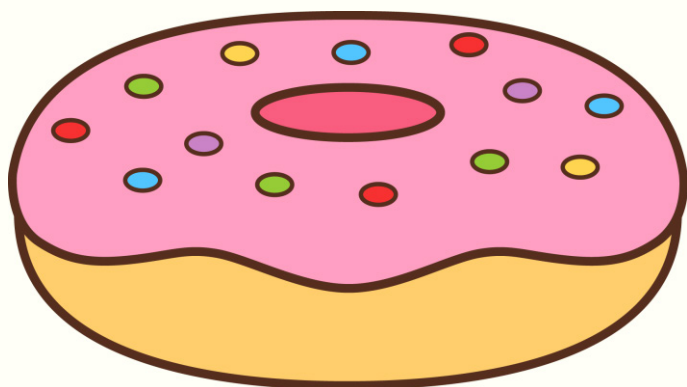
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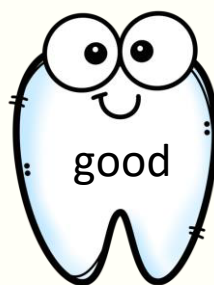
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doughnut



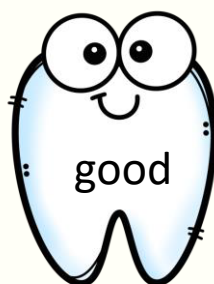
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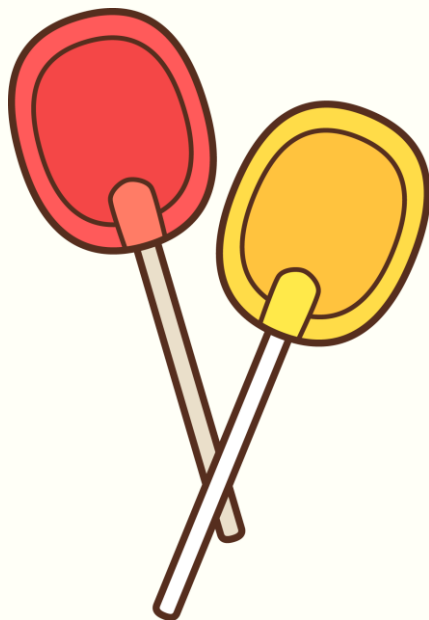
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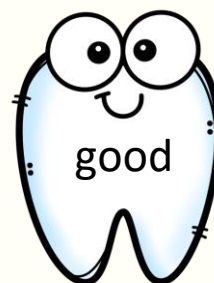
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lollipops



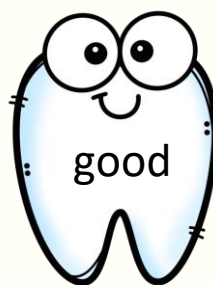
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chips



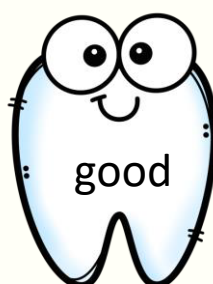
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cupcake



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popsicle



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