

Healthy Teeth

Clip Cards

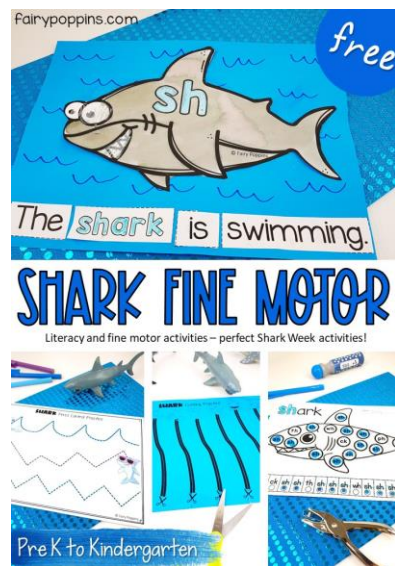


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Credits



Fudgy Brownies



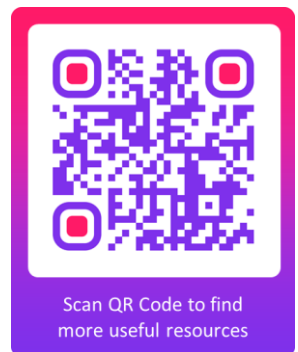
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Instructions

- Print and laminate for added durability.
- Look at each food and place a clothes pin 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.

My Blog



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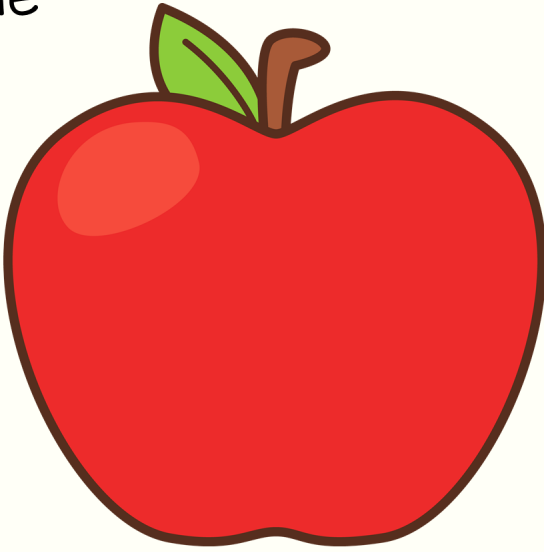
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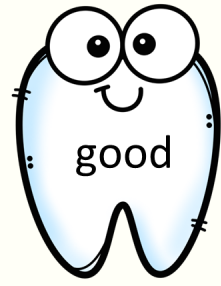
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apple



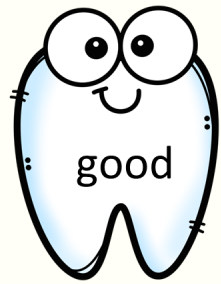
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cabbage



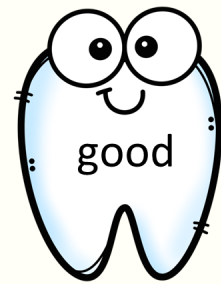
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broccoli



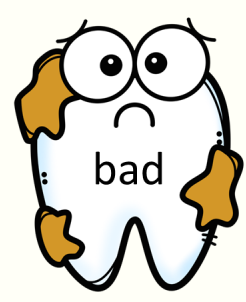
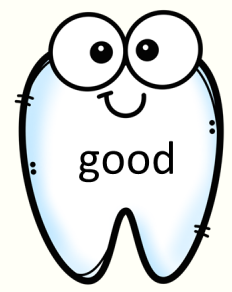
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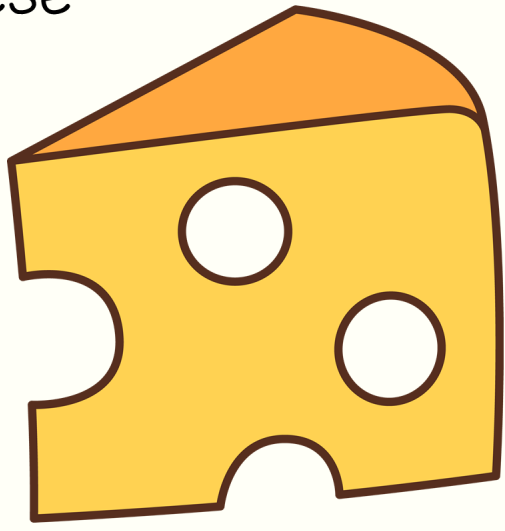
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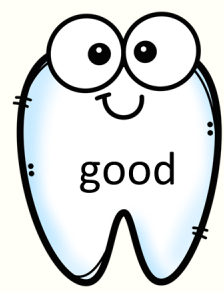
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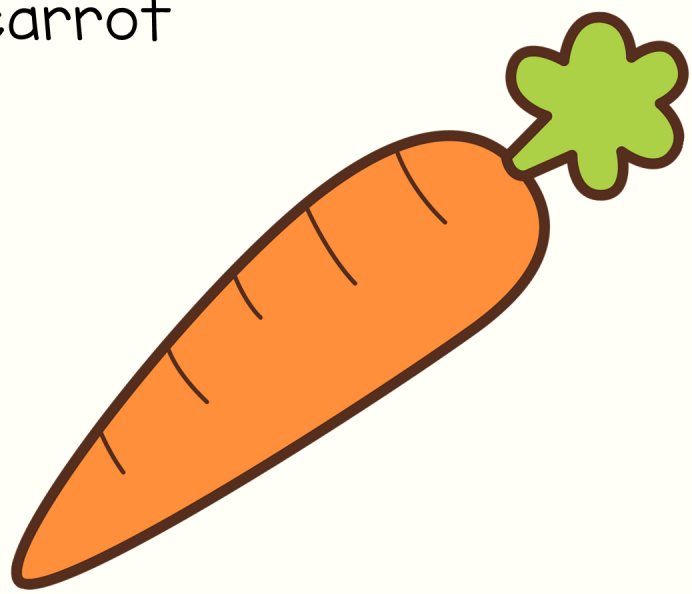
cheese



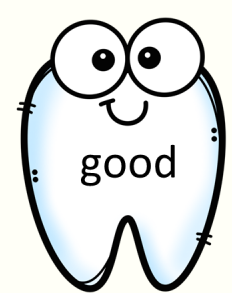
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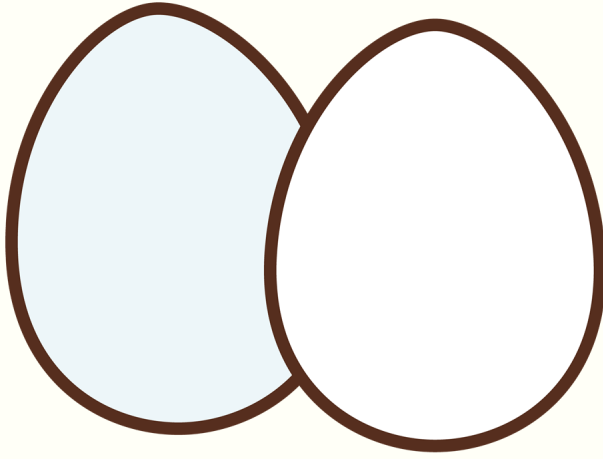
carrot



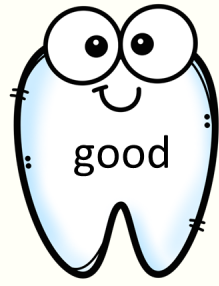
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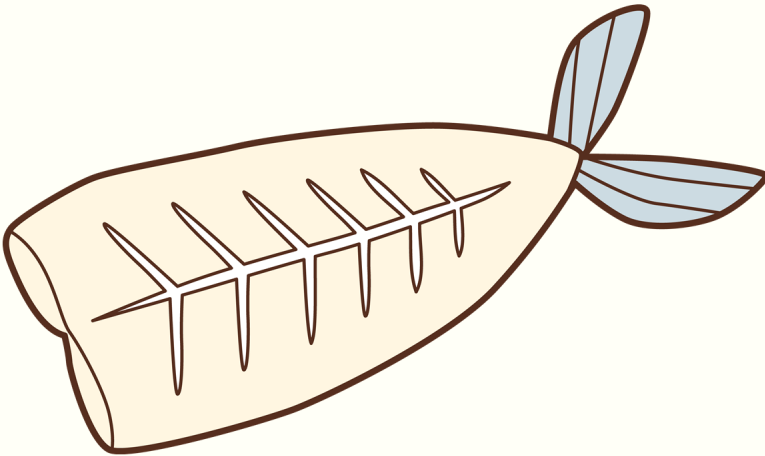
eggs



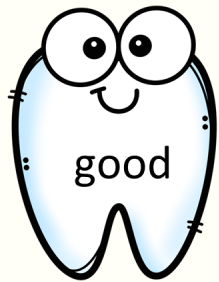
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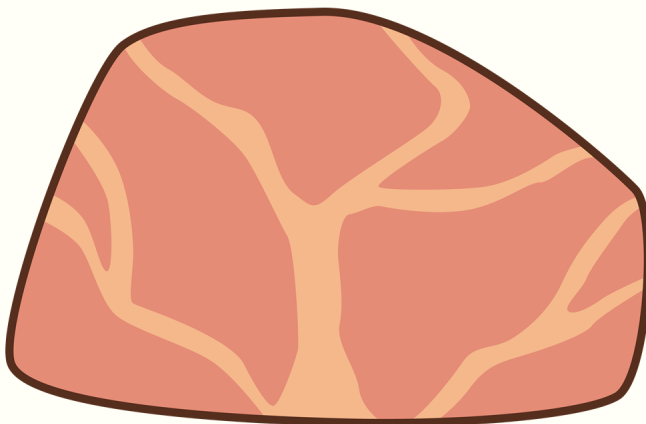
fish



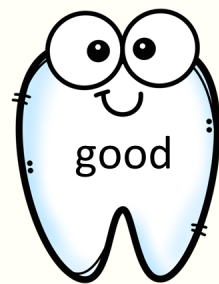
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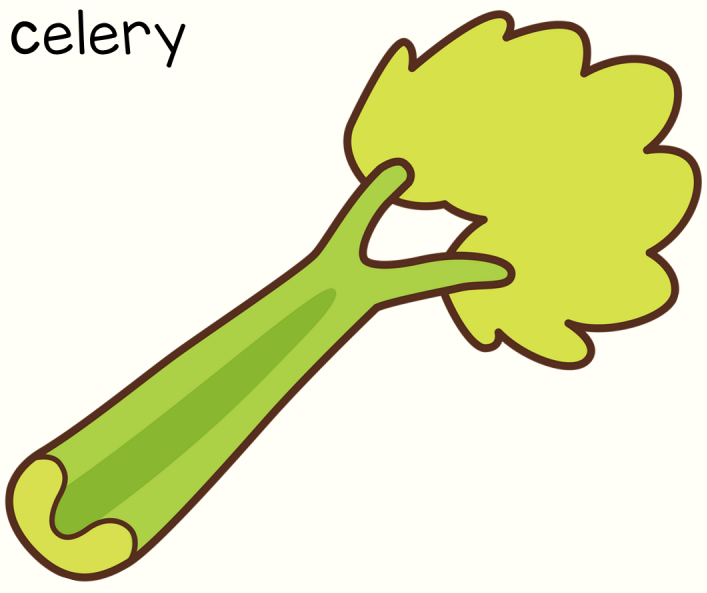
meat



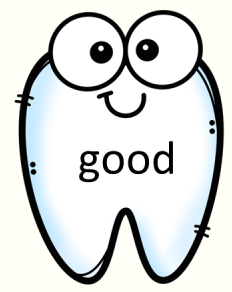
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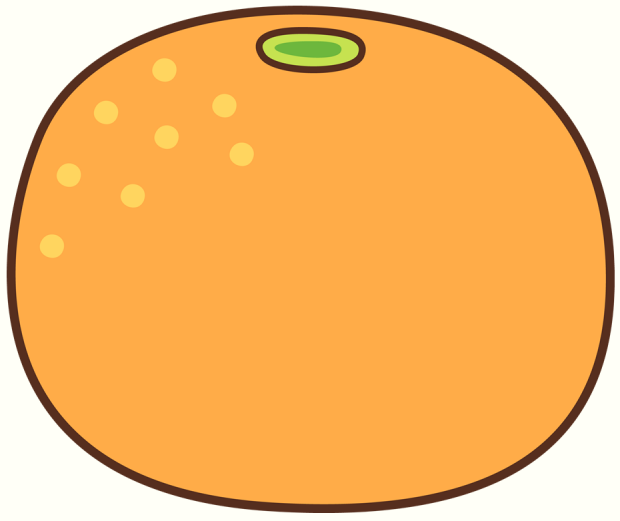
celery



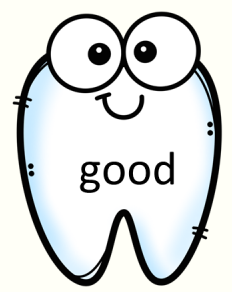
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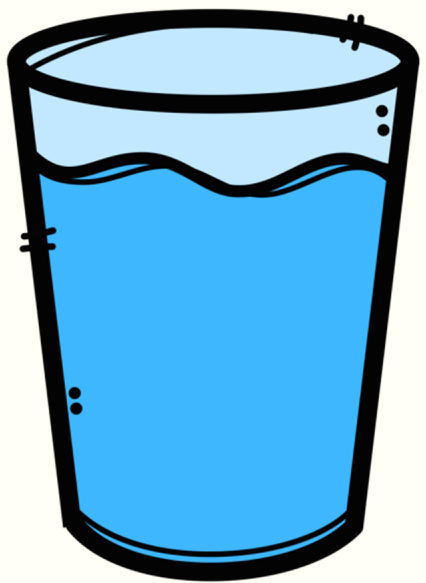
orange



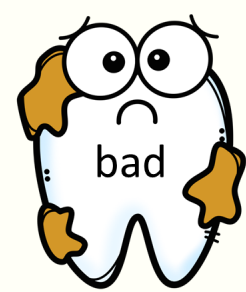
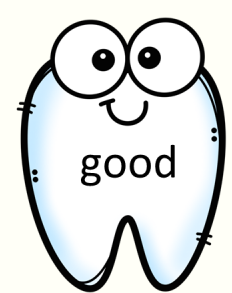
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water

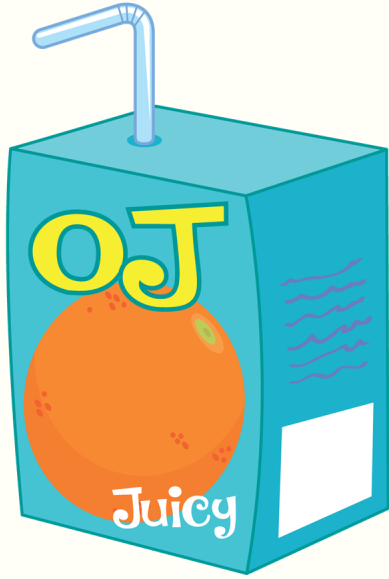


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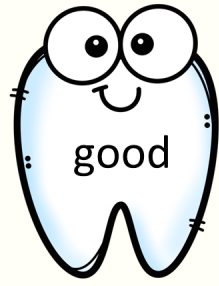


Foods that are bad for our teeth. These are sometimes foods that we need to eat in small amounts.

juice



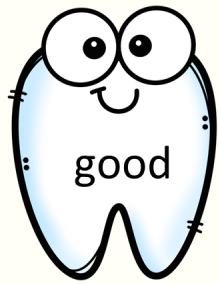
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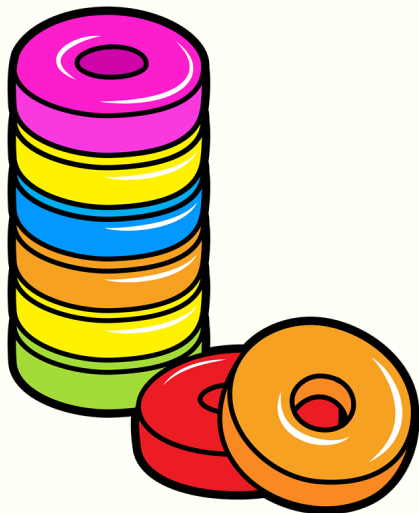
jellybeans



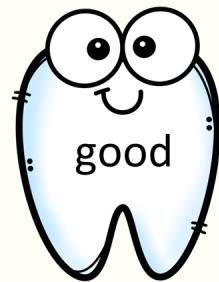
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candy



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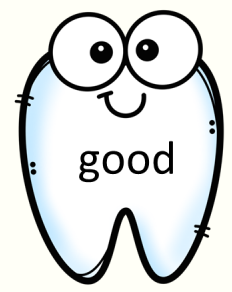


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doughnut



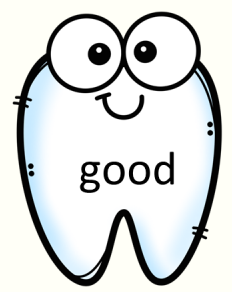
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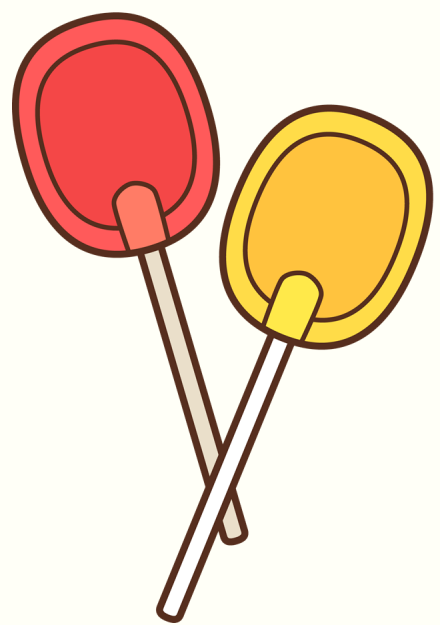
soda



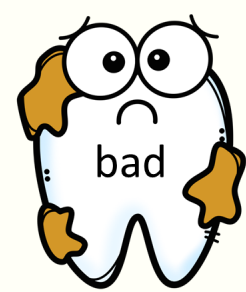
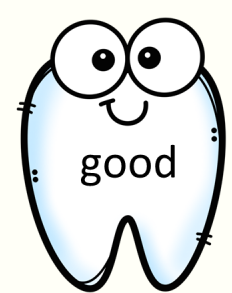
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lollipops



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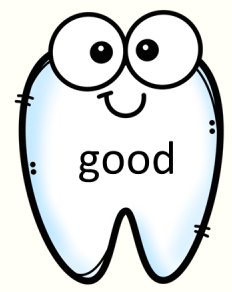


Foods that are bad for our teeth. These are sometimes foods that we need to eat in small amounts.

chips



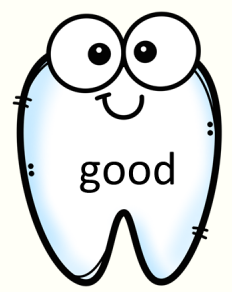
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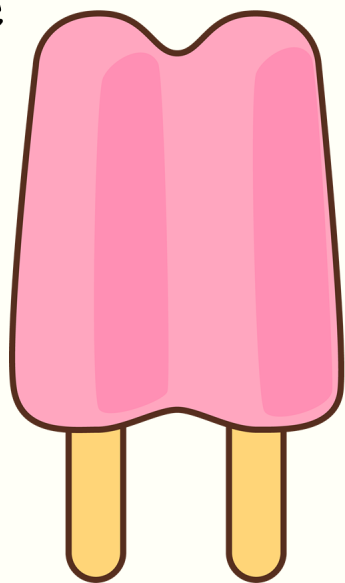
cupcake



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popsicle



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