

Visit: <https://www.childrensuniversity.manchester.ac.uk/learning-activities/science/teeth-and-eating/looking-after-your-teeth/> and <http://kidshealth.org/en/kids/teeth-movie.html> to get some top tips on how to look after your teeth.

Task 3

Visit the dentist for a check up twice a year
Clean your teeth after breakfast and before bed with a fluoride toothpaste to remove plaque
Avoid sweets and sugary snacks between meals
Drink water rather than sugary drinks
Eat fewer sweets

Design a poster to tell young children how to look after their teeth.