

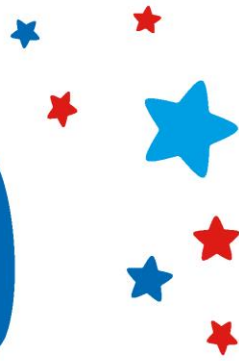


AQUAFRESH 
SCHOOLS CLUB





LESSON TWO



TELLING BRUSH TIME TALES





LAST LESSON WE LEARNED... QUIZ



- HOW MUCH DO YOU REMEMBER ABOUT KEEPING YOUR TEETH HEALTHY?
- WRITE OR DRAW THE ANSWERS AND HOLD THEM UP





**WHAT DO WE CALL OUR
BABY TEETH?**

**MILK
TEETH**



**THINK OF ONE WAY YOUR
MILK TEETH HELP YOU.**

TALK

EAT

SMILE

**PROTECT YOUR
BIG TEETH**



**THINK OF ONE WAY YOU
CAN HELP YOUR TEETH.**

EAT HEALTHILY

AVOID SUGAR

BRUSH PROPERLY

VISIT THE DENTIST



HOW OFTEN SHOULD YOU BRUSH?

TWICE A DAY

IN THE MORNING

BEFORE BEDTIME



**HOW LONG SHOULD YOU
BRUSH YOUR TEETH FOR?**

**TWO
MINUTES**



**HOW MUCH FLUORIDE
TOOTHPASTE SHOULD YOU USE?**

**A PEA-SIZED
BLOB**



**HOW CAN YOU BRUSH YOUR
TEETH PROPERLY?**

**SMALL CIRCULAR
MOVEMENTS**

**ALL SIDES OF
TEETH INCLUDING
THE GUM**



WHAT SHOULD YOU DO WHEN YOU FINISH BRUSHING YOUR TEETH?

SPIT OUT THE TOOTHPASTE, MAKING SURE NOT TO SWALLOW ANY!



WHAT SHOULD YOU NOT DO WHEN YOU FINISH BRUSHING YOUR TEETH?

RINSE YOUR MOUTH OUT
WITH WATER