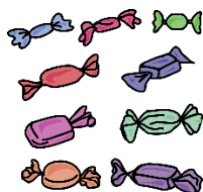


**Resource 1: Food and drink cards**



**Chocolate**



**Sweets**



**Fizzy drinks**



**Fruit juice**



**Sweet cereal**



**Ice cream**



**Jam**



**Water**



**Potato**



**Crackers**



**Strawberries**



**Apples**



**Cucumber**



**Bananas**



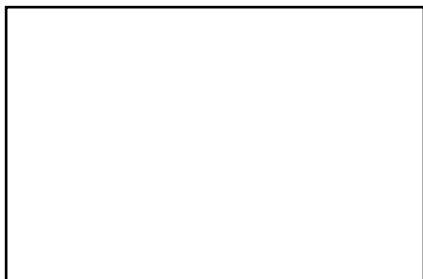
**Plain yoghurt**



**Cheese**

## Resource 2: Steps to brushing teeth

1. Use a small amount of toothpaste (e.g. about the size of a pea)



2. Tilt the brush up to the gum



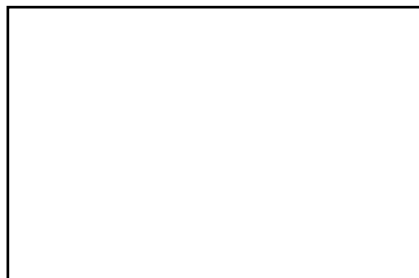
3. Brush in circles and flick down over the teeth



6. Spit out toothpaste after brushing



5. Brush on the inside of teeth



4. Brush on the outside of teeth

