

KS1

change
4 life

Keeping
our
teeth
healthy

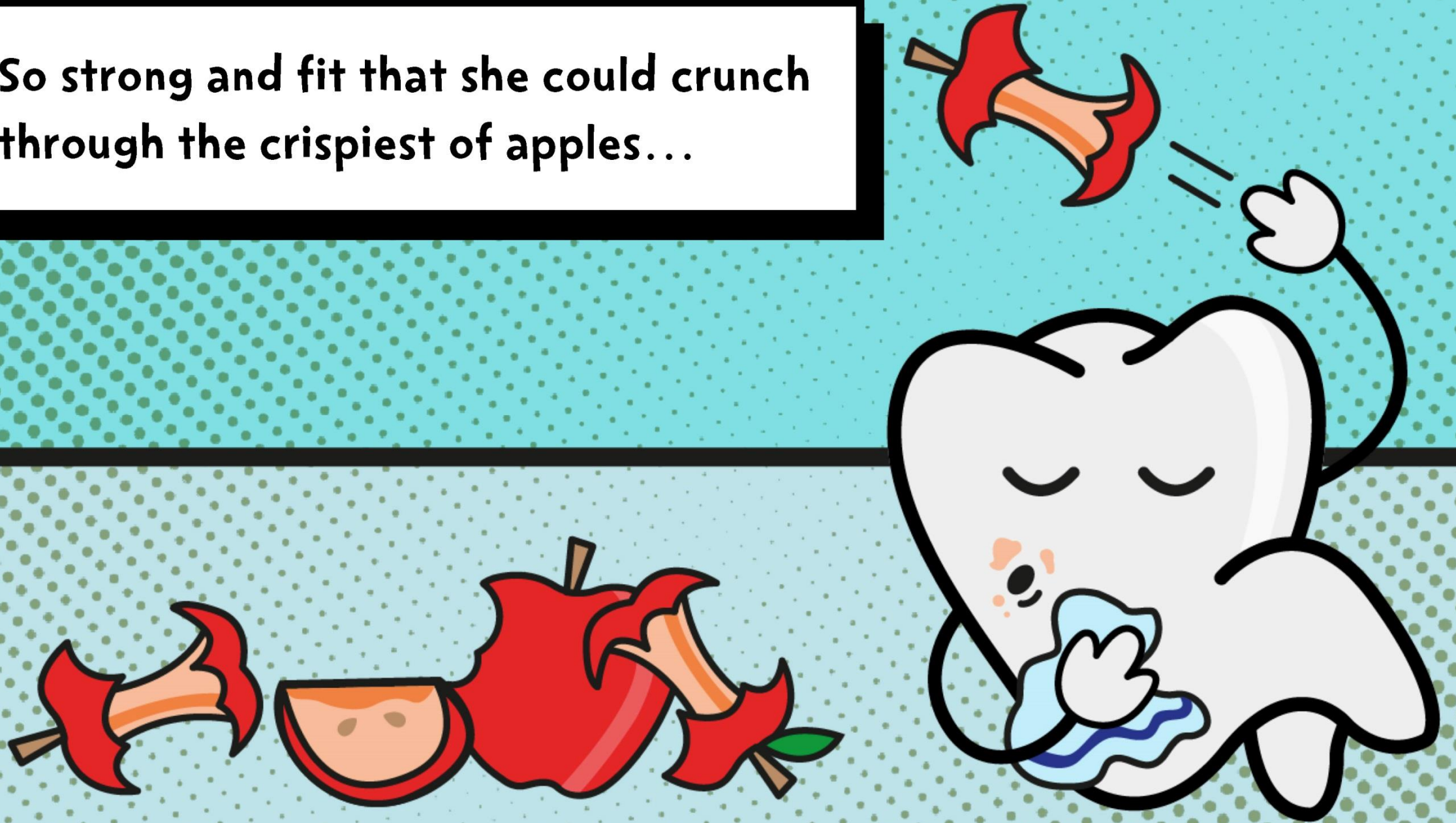
change
4 life

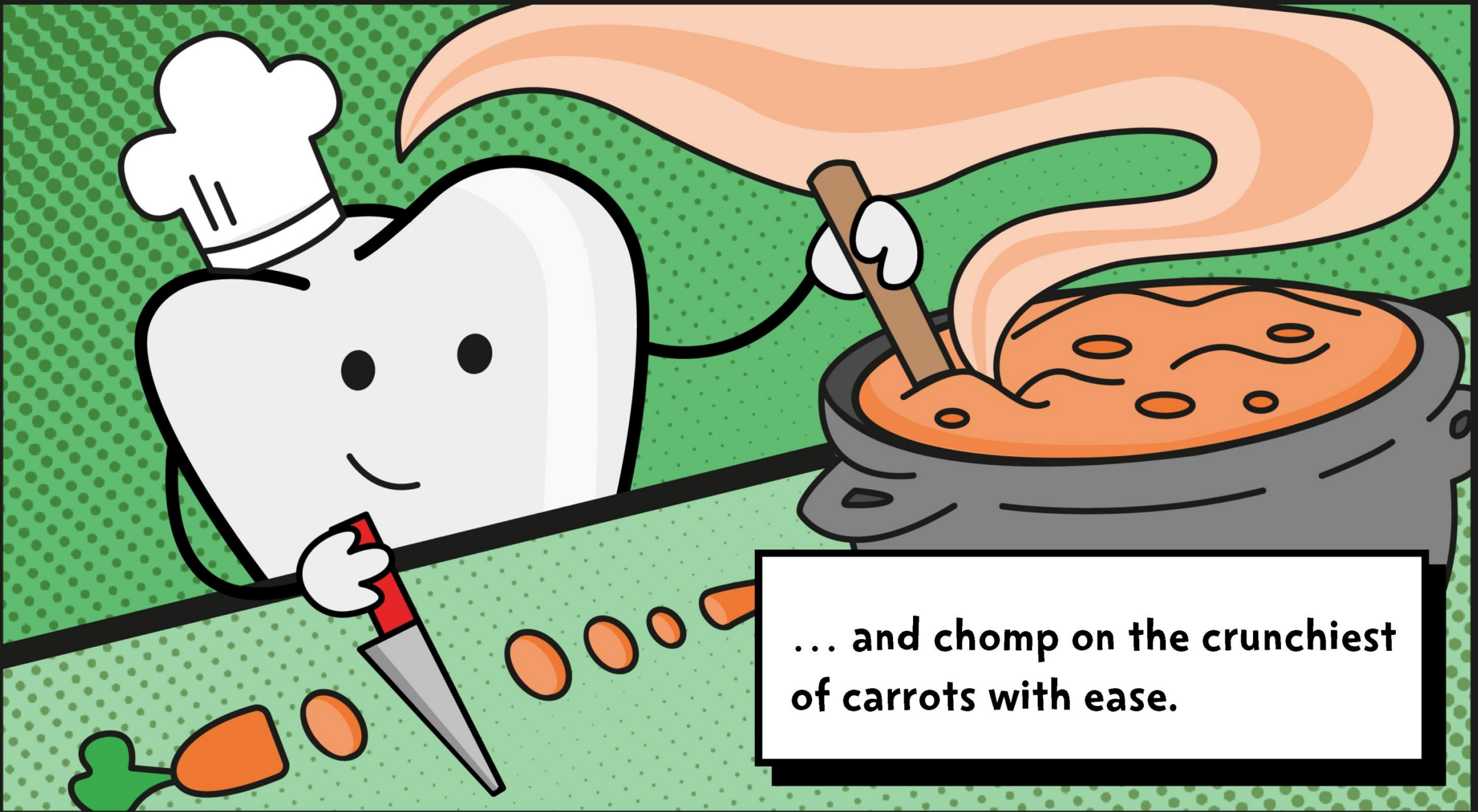
Tilly
the
tooth

Tilly was a mighty molar, shiny and strong.



So strong and fit that she could crunch
through the crispiest of apples...



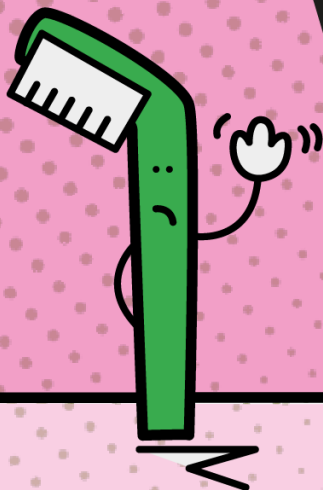


... and chomp on the crunchiest
of carrots with ease.

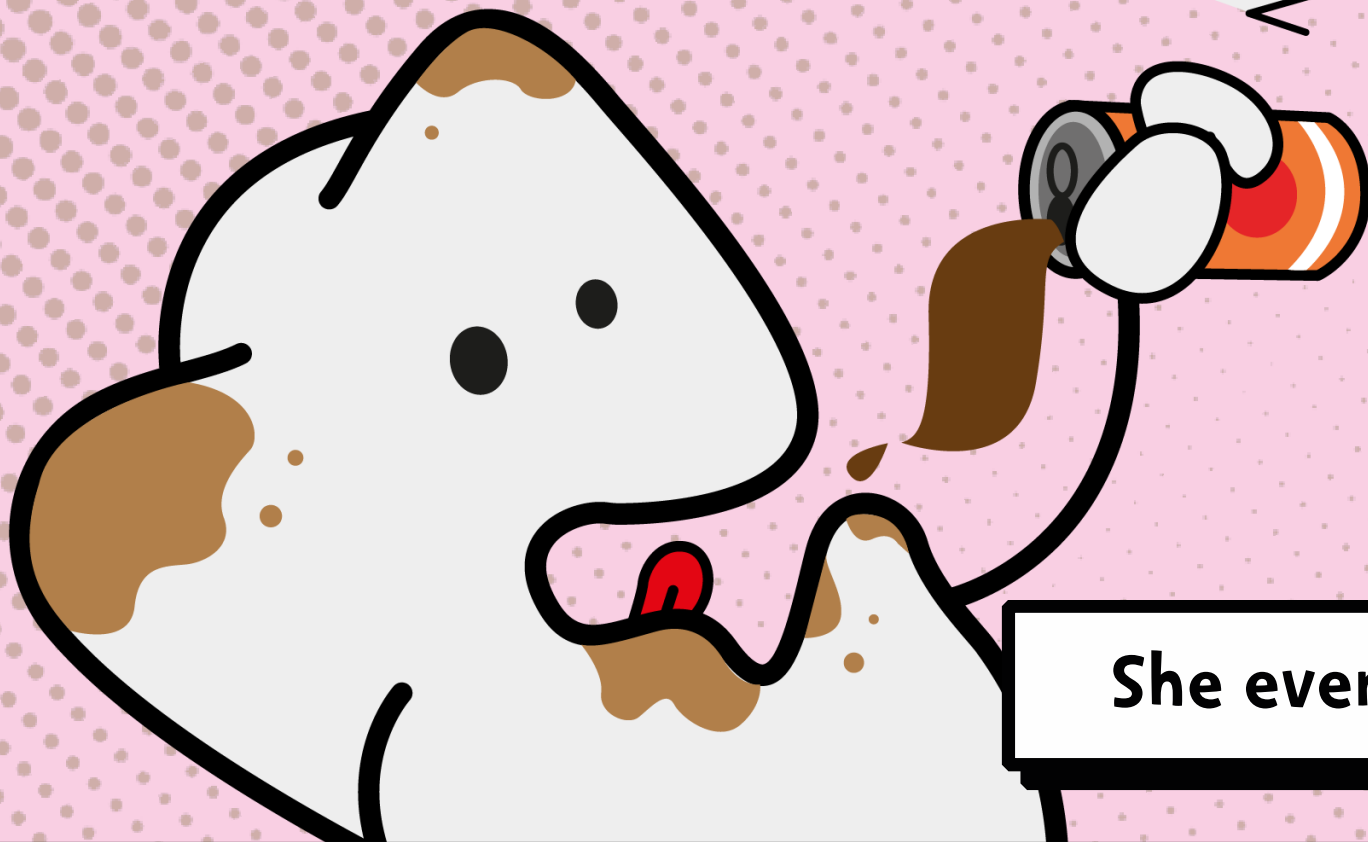


But Tilly also loved chewing on sweets and crunching on biscuits (and drinking lots of sugary and fizzy drinks, too).

Sometimes, Tilly was so busy enjoying her sweet drinks and snacks that she didn't brush.



Where are you Tilly?



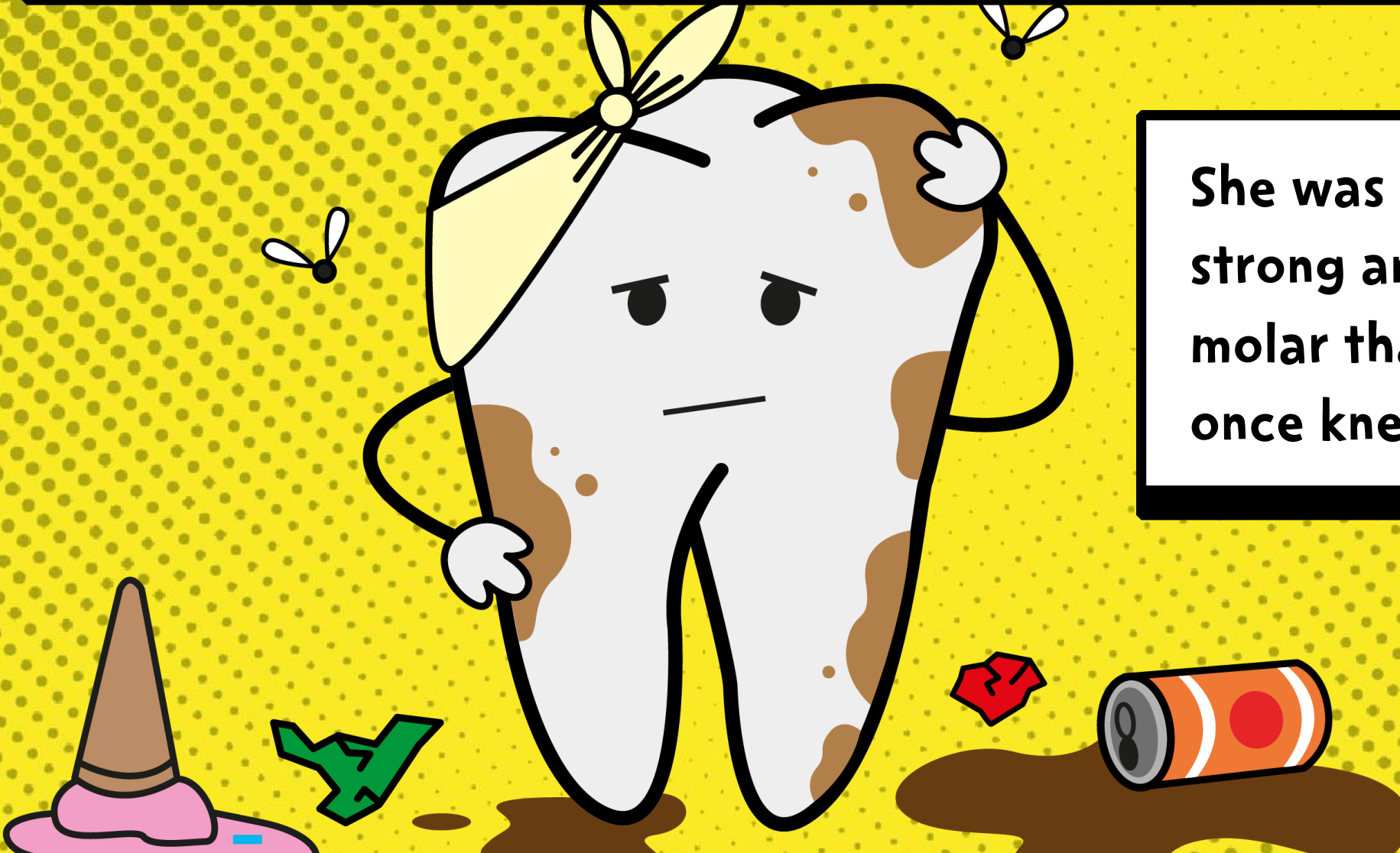
She even forgot to go to her dentist!

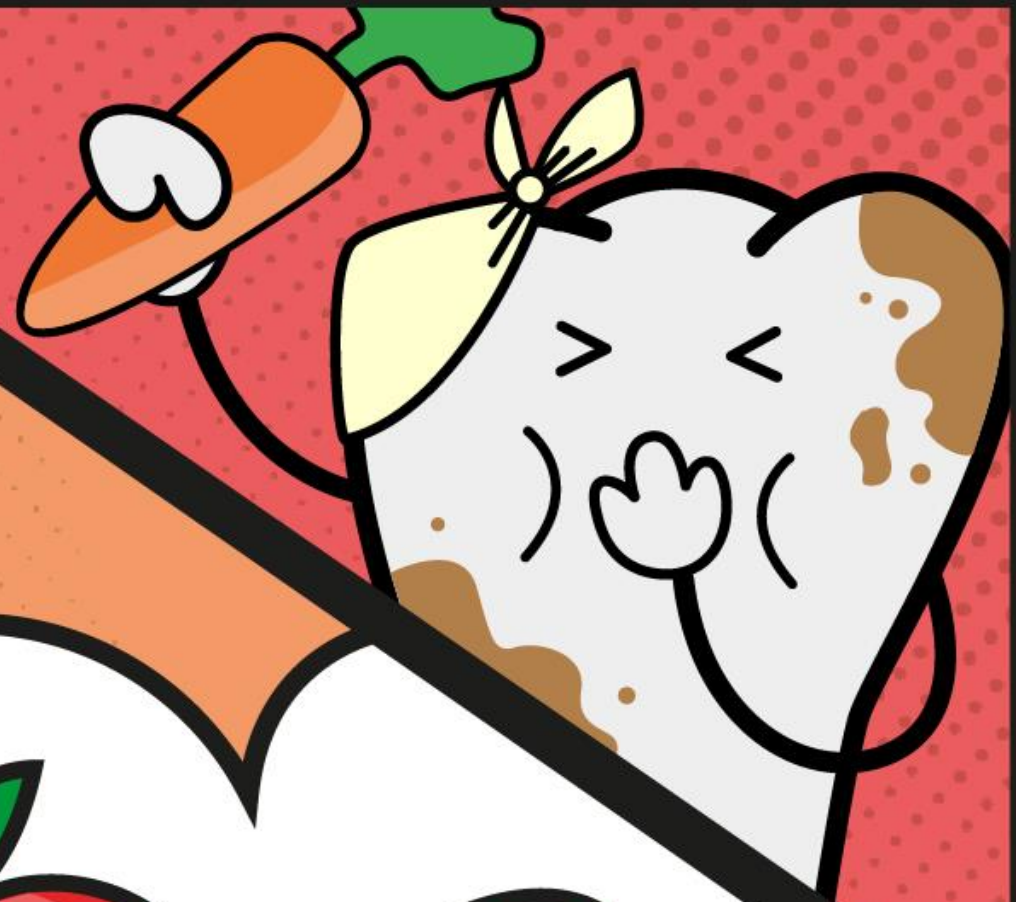
Dentist



Pretty soon, Tilly was covered in lots of build-up from all her snacking.

She was no longer the strong and mighty molar that her friends once knew and loved.





Even worse, it hurt every time she tried to chomp on her favourite crispy apples and crunchy carrots!



**Can you help Tilly go
back to being healthy,
happy and strong?**





1. What should Tilly choose for breakfast?

A

Choco-blobs sugary cereal

B

Plain wheat biscuit cereal

C

Honey blast cereal



2. What should Tilly choose for a snack?

A Mini doughnuts

B Chocolate cookies

C A piece of fruit



3. What should Tilly choose for pudding?

A Plain yoghurt with fresh fruit

B A big slice of cake

C Ice cream with chocolate



4. What should Tilly choose to drink?

A

Orange flavoured sports drink

B

Juice drink

C

Water or semi-skimmed milk



5. How often should Tilly brush?

A Once a month

B Twice a day

C Three times every hour



6. How much toothpaste should Tilly use?

A

One teaspoon

B

None

C

A pea-sized amount



7. What should Tilly do when she's finished brushing?

A Spit only

B Rinse with lots of water

C Rinse with cola

Thanks for helping Tilly get back to her strong self! She's feeling much better these days.



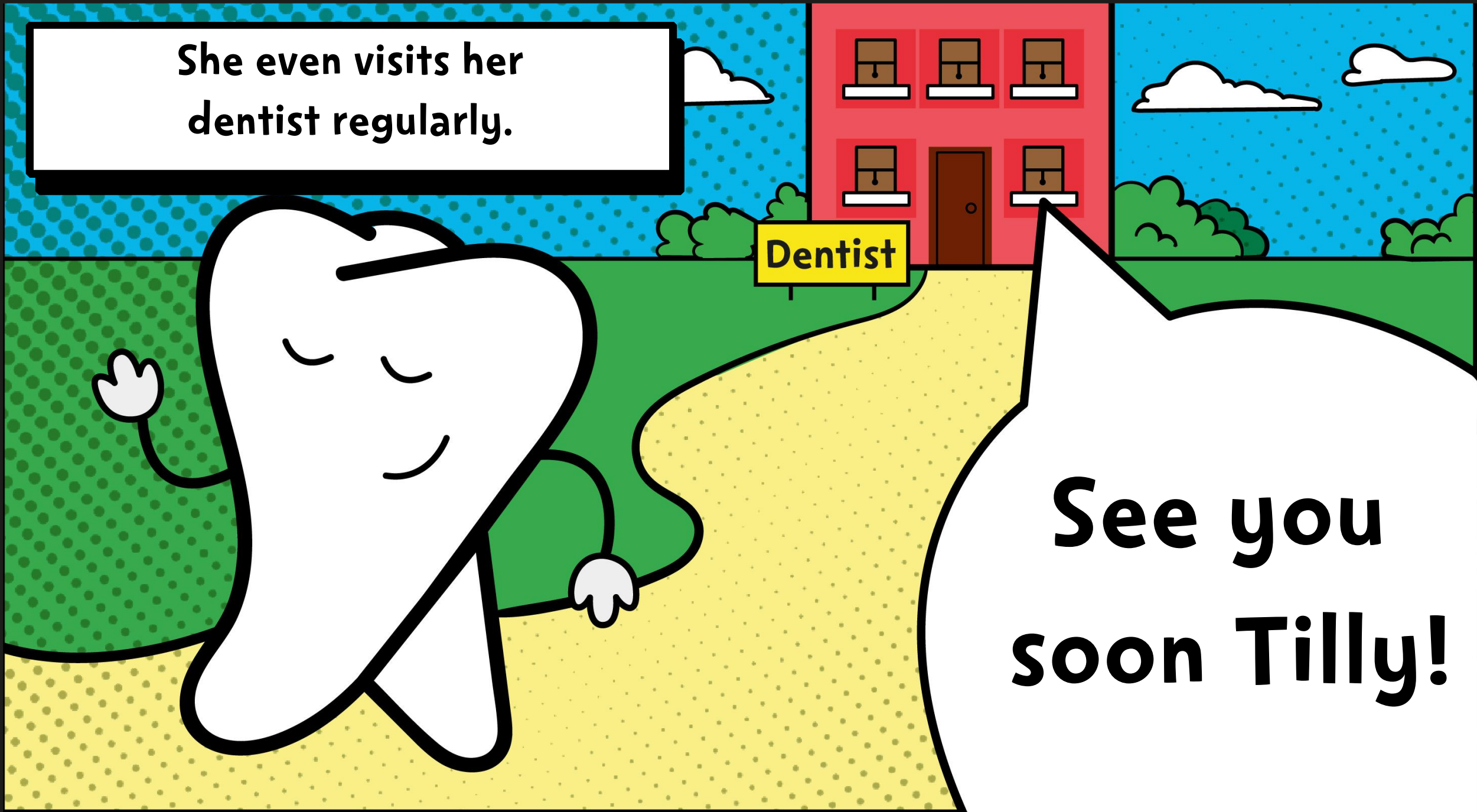
She remembers to brush every morning and right before bed every night.



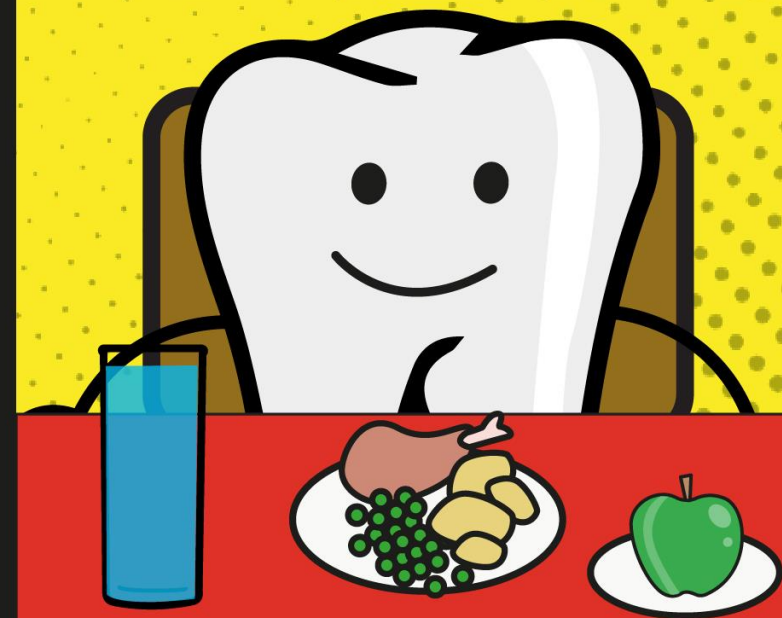
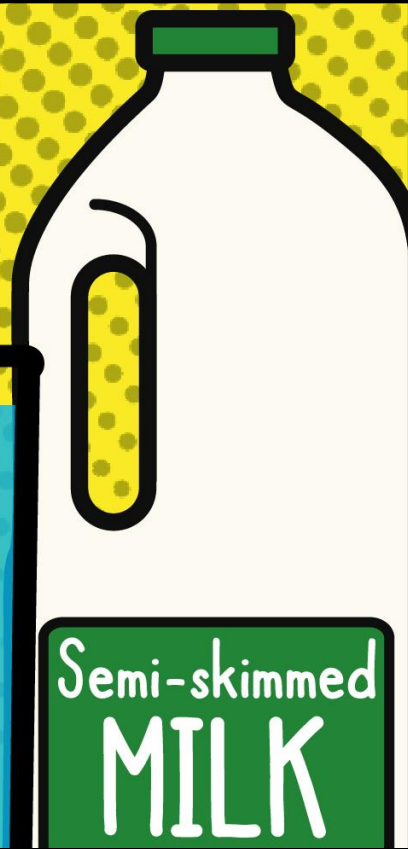
She even visits her
dentist regularly.

Dentist

See you
soon Tilly!

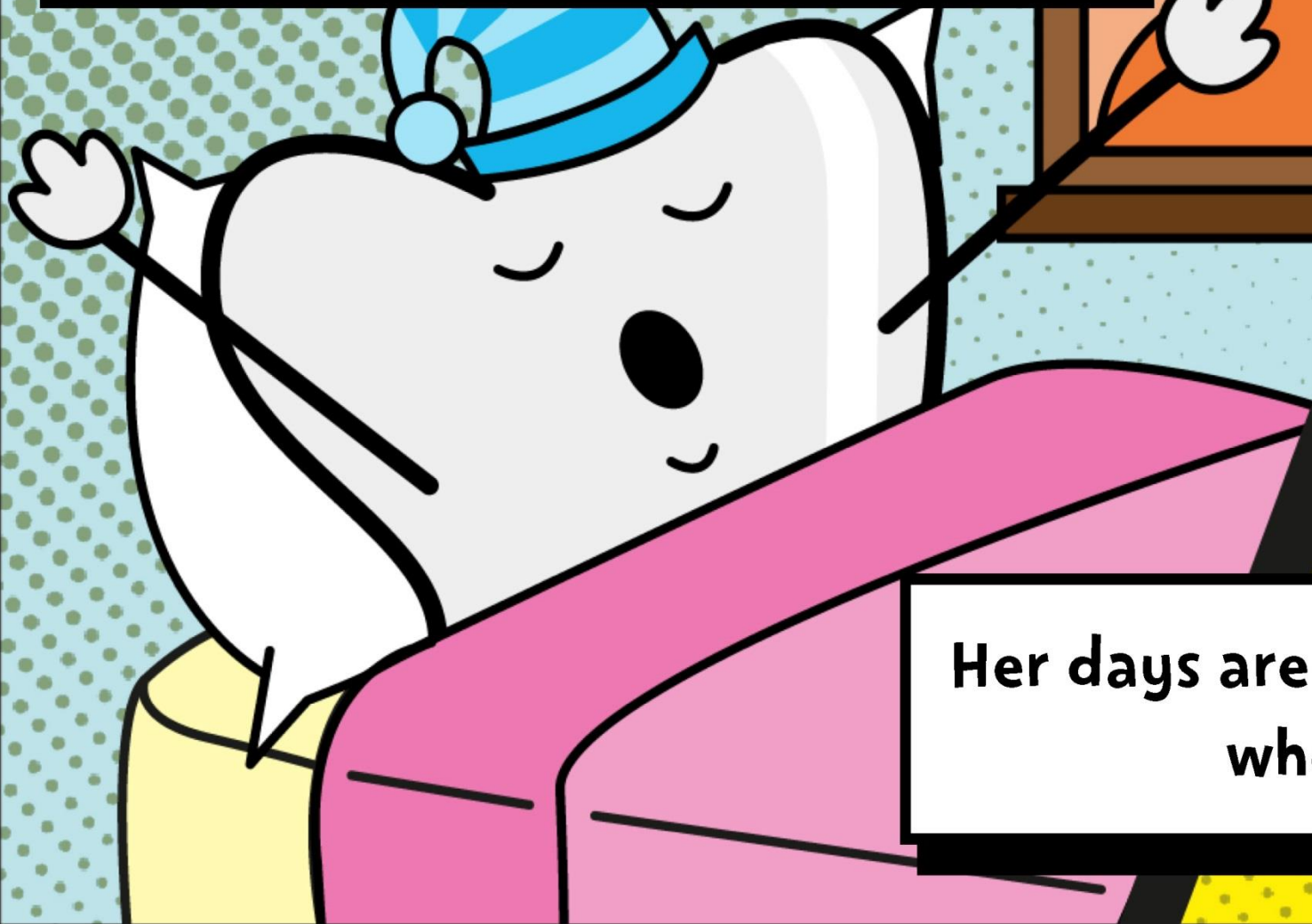


She chooses plain water or semi-skimmed milk so that she drinks less sugar.



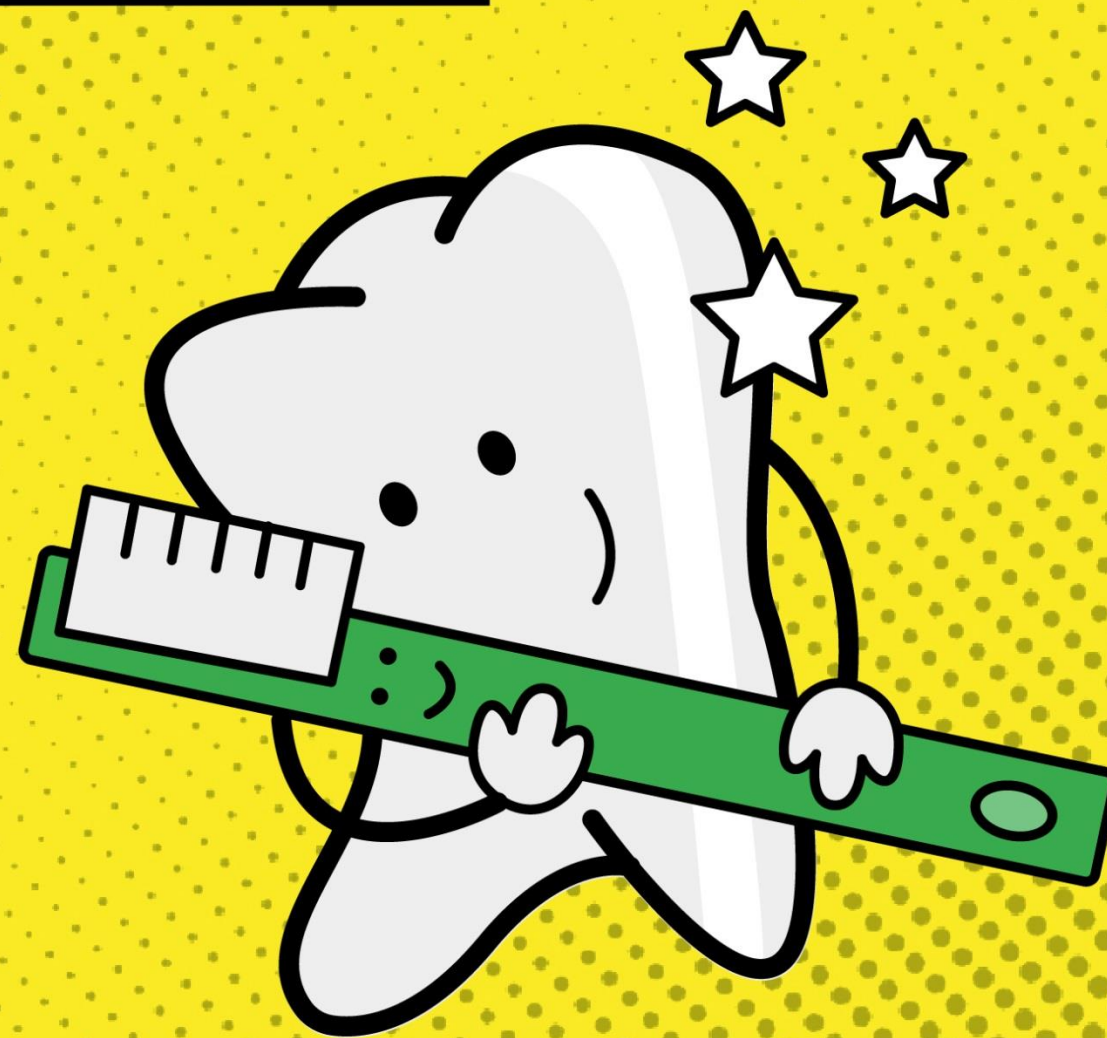
She's also swapped out some of her sweet foods, and found out that there are lots of tasty fruit and veg that she loves to eat.

Tilly loves being shiny and strong,
and even having a routine!



Her days are a whole lot more fun and a
whole lot less sticky.

Happy munching, crunching and brushing!



the end