
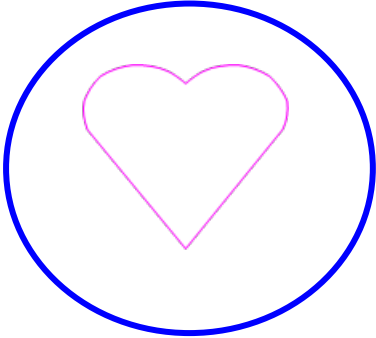



Healthy Teeth Workshop

FLIPCHART TEMPLATES

<p>1. Welcome</p> 	<p>2. Overview</p> <ul style="list-style-type: none"> • How what we eat and drink affects our teeth. • Simple ways we can reduce the risk of cavities. • Ideas for supporting tooth brushing. 								
<p>3. Group guidelines</p> 	<p>4. Car park</p> 								
<p>5. Snacks and foods high in sugar</p> <table border="1" data-bbox="140 1220 778 1608"> <tr> <th><i>Snacks and foods high in sugar</i></th> </tr> <tr> <td> </td> </tr> </table>	<i>Snacks and foods high in sugar</i>		<p>6. Healthy Food Swaps (2 copies)</p> <table border="1" data-bbox="817 1220 1455 1608"> <tr> <th><i>Snacks and foods high in sugar</i></th> <th><i>Healthy swaps safe for teeth</i></th> </tr> <tr> <td><i>Sweets</i></td> <td><i>Fresh fruit</i></td> </tr> <tr> <td> </td> <td> </td> </tr> </table>	<i>Snacks and foods high in sugar</i>	<i>Healthy swaps safe for teeth</i>	<i>Sweets</i>	<i>Fresh fruit</i>		
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<p>7. Song</p> <p><i>Got my toothpaste, got my brush, I won't hurry, I won't rush. Making sure my teeth are clean, front and back and in between. When I brush for quite a while, I will have a happy smile!</i></p>	<p>8. What is the question?</p> <ul style="list-style-type: none"> • Keep going back as often as recommended. • As soon as first tooth appears. • Two minutes twice a day. • One with fluoride. • A smear of toothpaste. ☐ A pea-sized amount. • Spit don't rinse. • Nothing - treatment is free for children up to age of 18. 								