

# HOW TO BUILD STRONG TEETH

## EXERCISE



## EAT HARD FOODS

THEY KEEP TEETH  
AND GUMS HEALTHY  
AND DEVELOP THE  
JAW.....

## FEEDING



## EAT CORRECT FOODS

THEY HELP TO BUILD  
WELL MADE TEETH  
WELL MADE TEETH  
ARE HEALTHY TEETH

## CLEANING



## BRUSH YOUR TEETH

NIGHT & MORNING  
USE A TOOTHBRUSH  
WITH A SMALL  
HEAD

## INSPECTION



## VISIT THE DENTIST

TWICE A YEAR  
AND GIVE YOUR  
TEETH LONG  
LIFE

**TAKE CARE OF YOUR TEETH** AND YOUR TEETH WILL  
TAKE CARE OF YOU