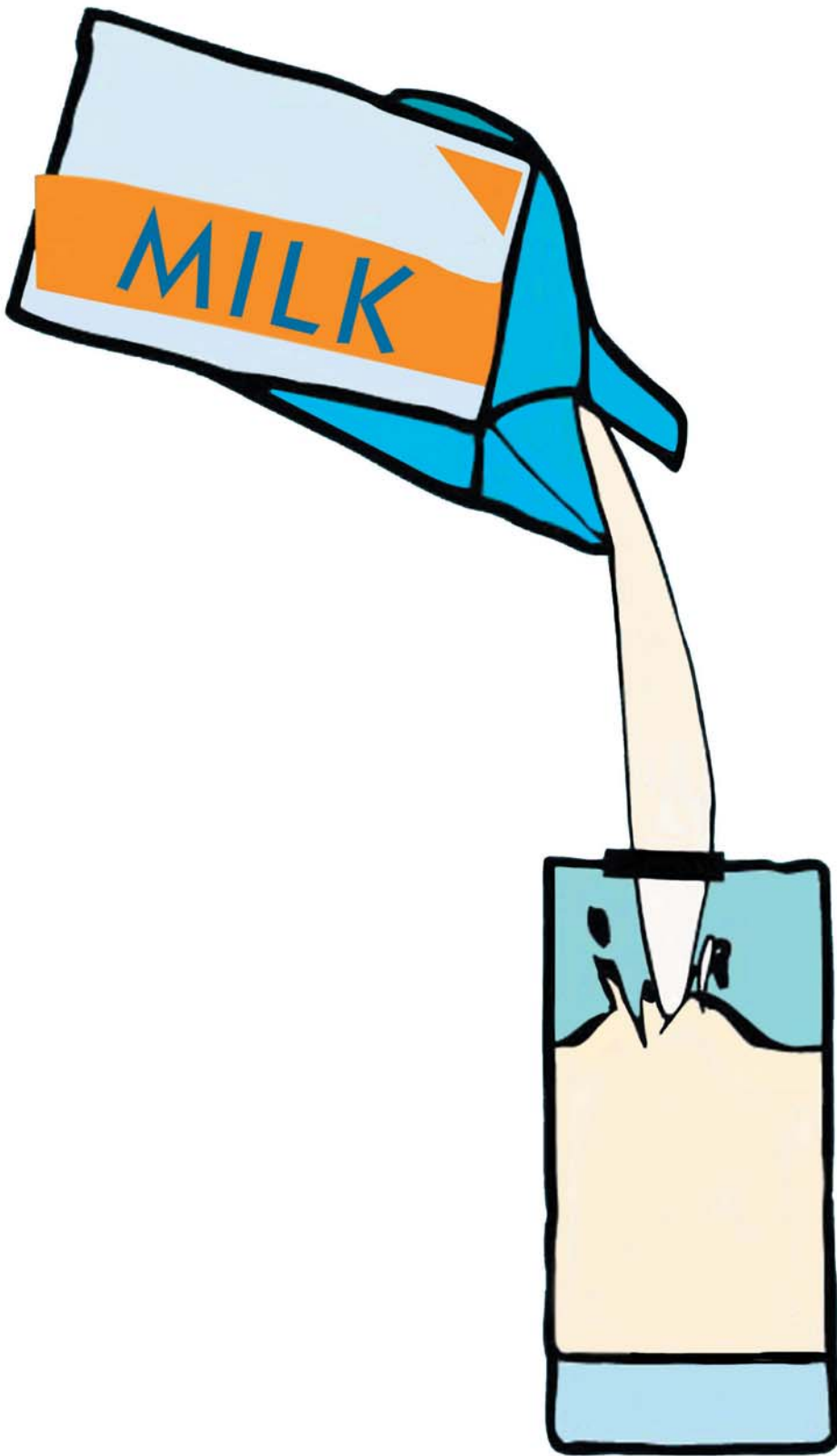


**Water**

Good choice - Tooth-friendly





**MILK**

Good choice - Tooth-friendly





Ready to drink  
fruit drinks



Tooth-friendly only at meal times



# Unsweetened fruit juice

Tooth-friendly only at meal times

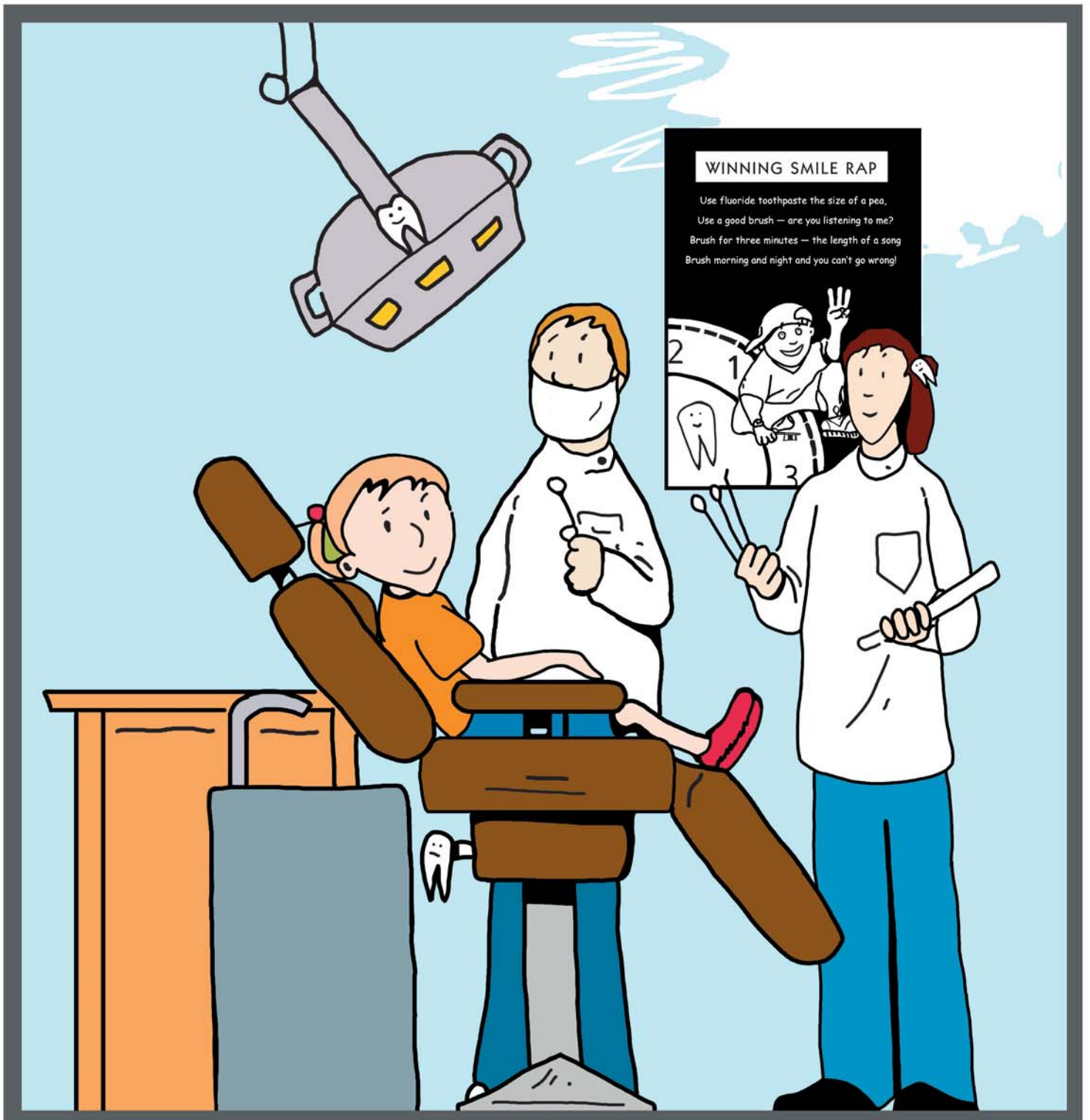


**Fizzy drink**

Not tooth-friendly

# THE DENTIST

Jane is at the dentist. Look at this picture and see if you can find four hidden teeth.





# WINNING SMILE RAP

Use fluoride toothpaste the size of a pea,  
Use a good brush -- are you listening to me?  
Brush for three minutes -- the length of a song  
Brush morning and night and you can't go wrong!



This rap has been developed to re-inforce the message of toothbrushing for children. It has proven effectiveness as an educational tool with Den TV national television.