Colour in the food and drink you would eat and buy
GOODBYE ACID MONSTERS
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
Jane is at the dentist. Look at this picture and see if you can find four hidden teeth.