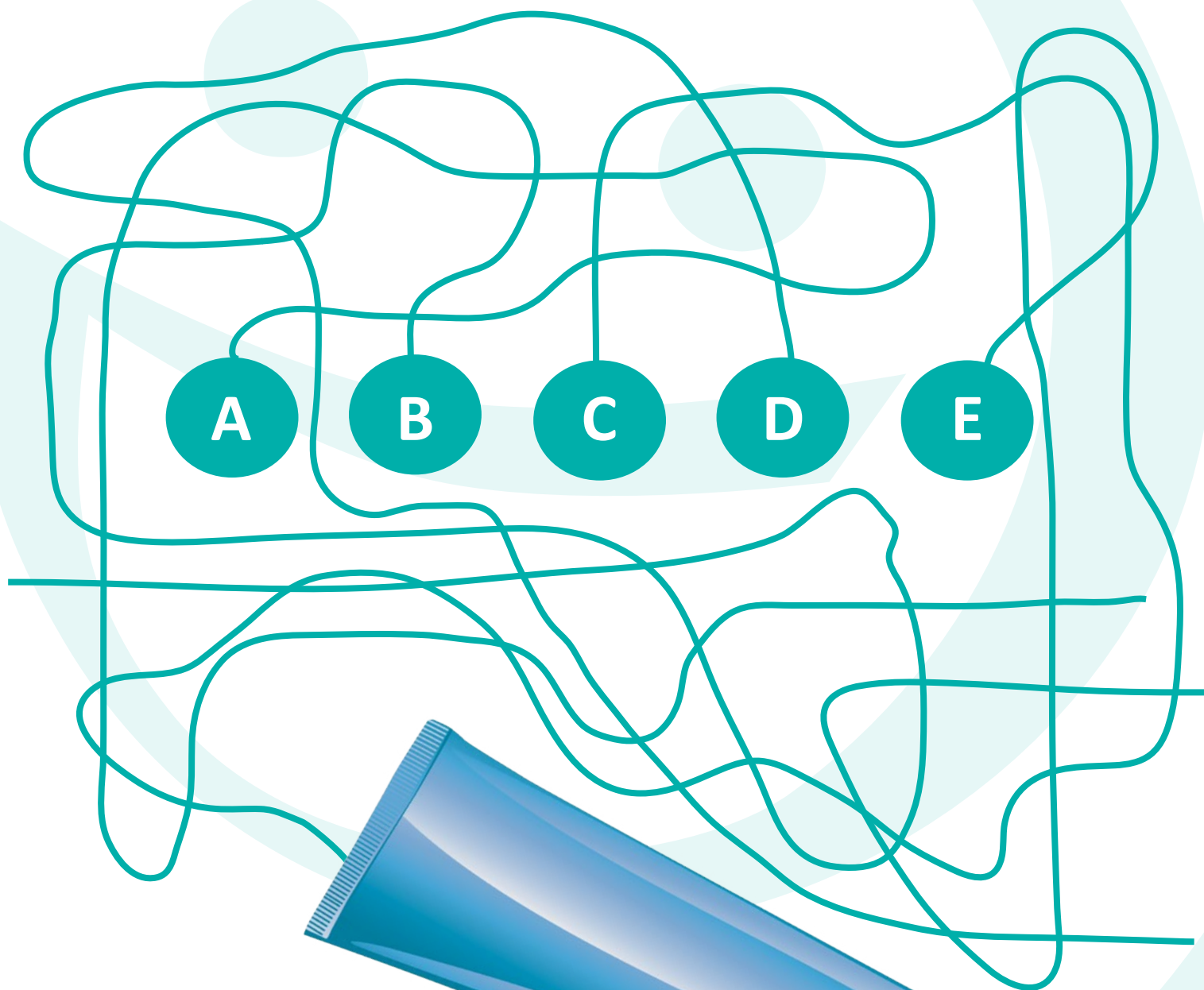


Trace the Paste

Follow the lines to find out which letter is connected with the toothpaste.



Top tips

Brush your teeth last thing at night and at least one other time during the day, with a fluoride toothpaste.

Cut down on sugary foods and drinks.

Visit your dentist regularly, as often as they recommend.

Visit us online at www.dentalhealth.org

Oral Health Foundation is a registered charity in England and Wales (263198).



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Better oral health for all