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| Bar, Chocolate, Food, Snack, Chocolate  **Chocolate** | **Sweets** | Drink, Refreshment, Box, Thirst, Mortgage, Beverage Can  **Fizzy drinks** | **Fruit juice** |
| **Sweet cereal** | Summertime, Popsicle, Lollipop  **Ice cream** | **Jam** | **Water** |
| **Potato** | Food, Eat, Diet, Saltine, Crackers  **Crackers** | **Strawberries** | **Apples** |
| Cucumber, Slices, Green, Fresh, Healthy  **Cucumber** | yellow banana fruit  **Bananas** | Yogurt, Glass, White, Yogurt, Yogurt  **Plain yoghurt** | **Cheese** |

**Resource 1: Food and drink cards**

**Resource 2: Steps to brushing teeth**

1. Use a small amount of toothpaste (e.g. about the size of a pea)

6. Spit out toothpaste after brushing

5. Brush on the inside of teeth

4. Brush on the outside of teeth

2. Tilt the brush up to the gum

3. Brush in circles and flick down over the teeth