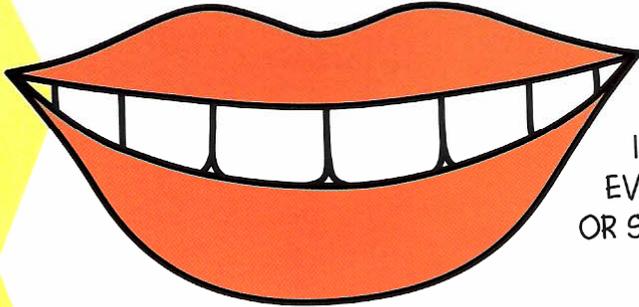


POWER PANTHER SAYS EAT SMART.

YOU NEED A **HEALTHY MOUTH** TO ENJOY YOUR FOOD.

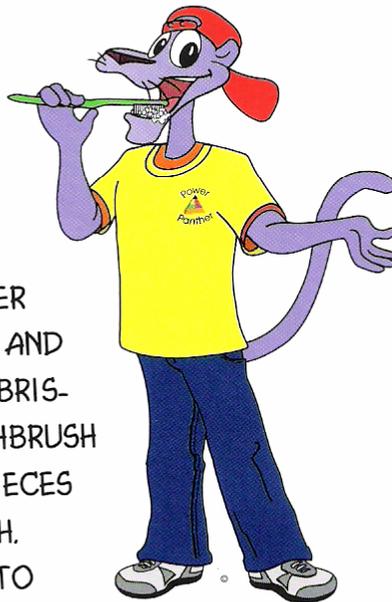
MOUTH



A HEALTHY MOUTH GIVES YOU A NICE SMILE!

IT'S OK TO HAVE STICKY, SUGARY FOODS SOMETIMES, BUT NOT EVERY DAY. THE BACTERIA ON YOUR TEETH USE STICKY, STARCHY, OR SUGARY FOODS TO MAKE ACIDS THAT CAUSE CAVITIES.

CRUNCHY AND HARD VEGETABLES AND FRUITS CAN BE EATEN ANYTIME. THEY HELP CLEAN YOUR TEETH AS YOU CHEW.



TO TAKE CARE OF YOUR TEETH, YOU SHOULD **BRUSH AND FLOSS** AFTER MEALS AND SNACKS. ALWAYS BRUSH UP AND DOWN ON YOUR TEETH. THIS HELPS THE BRISTLES GET BETWEEN THE TEETH. A TOOTHBRUSH CAN'T REACH ALL OF THE TINY FOOD PIECES THAT GET STUCK BETWEEN THE TEETH. SO AFTER BRUSHING, YOU ALSO NEED TO FLOSS YOUR TEETH.

DAIRY FOODS HELP BUILD STRONG TEETH BECAUSE THEY ARE RICH IN **CALCIUM**. THERE ARE OTHER FOODS THAT HELP BUILD STRONG TEETH TOO. SOME OF THESE INCLUDE BROCCOLI AND CANNED FISH LIKE SALMON.

BESIDES EATING THE RIGHT FOODS AND BRUSHING AND FLOSSING, AVOIDING ALL TOBACCO PRODUCTS ALSO HELPS YOU HAVE A HEALTHY MOUTH.

POWER POINTS...

THE SURFACE OF THE TONGUE HAS **10,000** TASTE BUDS.



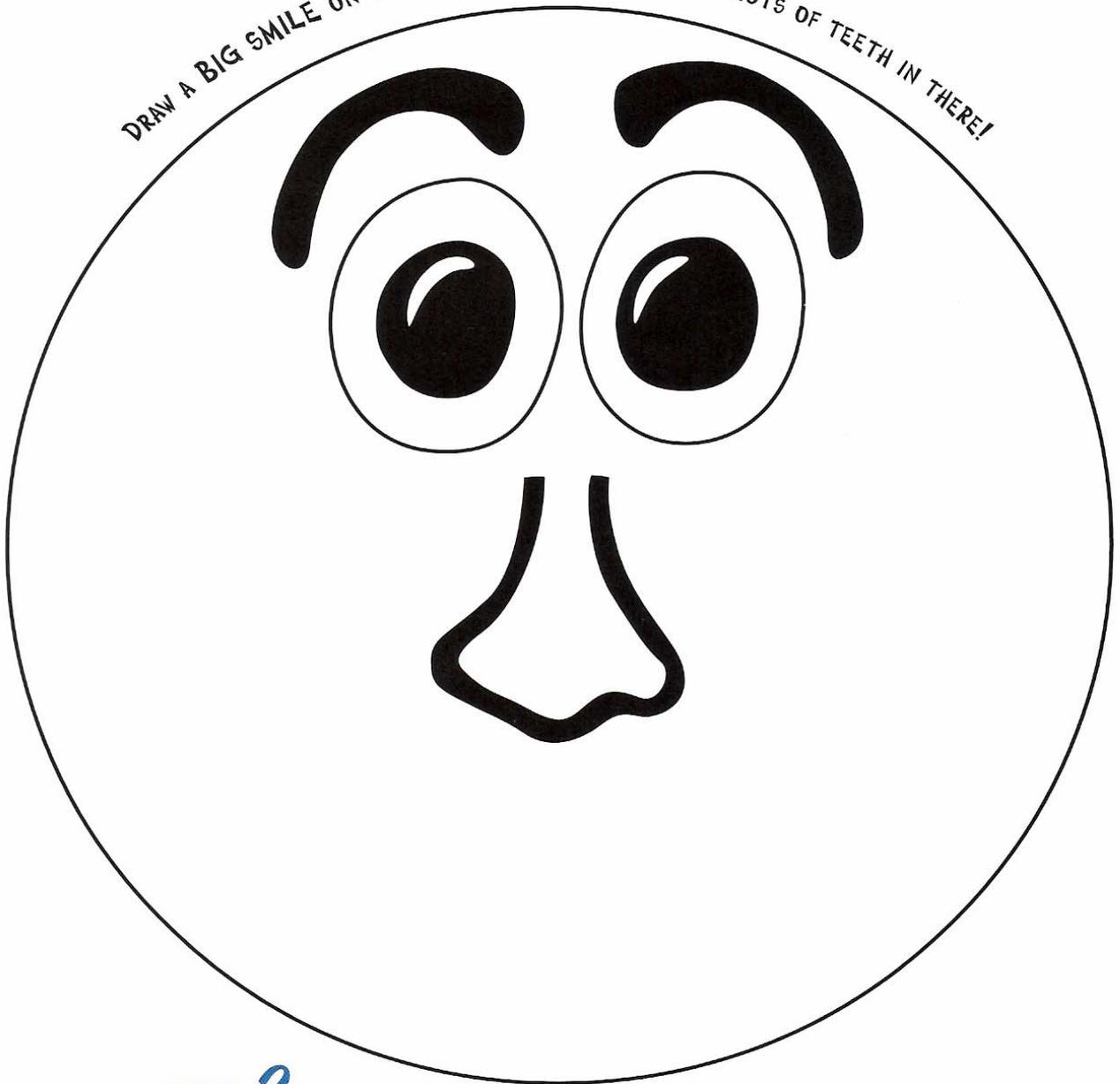
DID YOU KNOW...

YOU CAN'T TASTE WITH YOUR MOUTH BY ITSELF.

YOU NEED YOUR BRAIN TOO!



DRAW A BIG SMILE ON THE FACE. MAKE SURE YOU PUT LOTS OF TEETH IN THERE!



Who am I?

I AM YELLOW, GREEN OR RED. I AM SLICK AND SMOOTH.
I AM HIGH IN LOTS OF VITAMINS AND MINERALS.

