

# Happy Teeth & Sad Teeth

**What you need:**

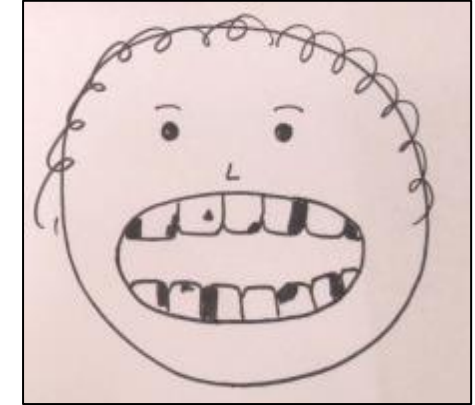
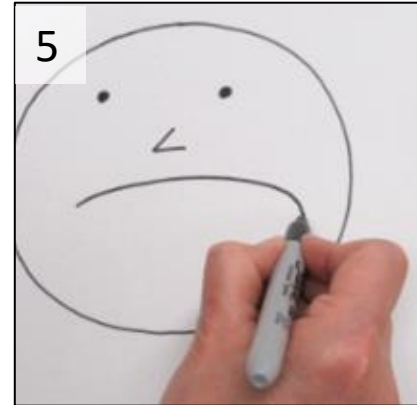
- White Construction Paper
- Scissors
- Black Pen
- Grocery Flyers



**Steps:**



1, 2, 3. Look through the grocery flyers for food items with your child. Use the scissors to cut out food items from the grocery flyers, and arrange them on a flat surface.



4. Sort out the food items with your child into two categories, whether they would make our teeth “happy” or “sad” (whether they are healthy or not).

5,6. Draw out two faces, with the mouths open and teeth showing, with one of them having cavities. Place the foods to match each face.



7, 8. Talk with your child about how each food is healthy or unhealthy, and how often they should be eaten. After matching the foods to the face, talk about the importance of brushing teeth!  
This is just as important as eating healthy for keeping our teeth happy.