Brushing for a happy smile

Always remember to brush your teeth last thing at night and at one other time during the day.

Use the words at the bottom of the page to help you fill in the spaces.

1. I b _ _ _ _ my teeth twice every day.

2. I put fluoride t _ _ _ _ _ _ _ _ _ _ on my toothbrush.

3. Daily tooth brushing makes my gums and teeth c _ _ _ _ and h _ _ _ _ _ _, and also gives me fresh b _ _ _ _ _ _.

4. I use a p _ _ size amount of toothpaste when toothbrushing.

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brush | toothpaste | clean | pea | healthy | breath