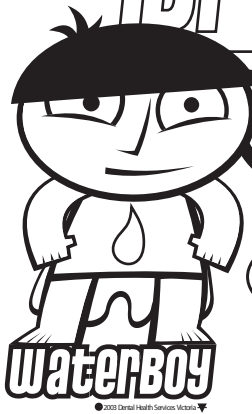
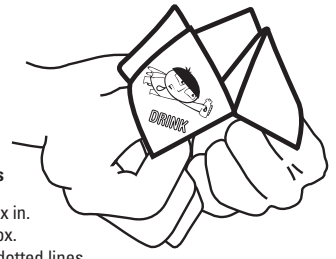


DRINK WELL chatterbox



Powered by tap water and milk, I work hard to help prevent acid attacking teeth!



Chatterbox instructions

1. Colour the chatterbox in.
2. Cut out the chatterbox.
3. Fold along the thick dotted lines to make a crease, then unfold.
4. Turn chatterbox over so that the pictures are facing down.
5. Fold corners so that the points meet the centre (along LINE 1).
6. Turn over – fold all corners so that the points meet the centre (along LINE 2).
7. Fold in half so the pictures of Waterboy are facing out.
8. Insert thumbs and forefingers under the squares and move chatterbox in and out to play (see picture).
9. To play: pick a word and spell it, pick a number and count it, pick a question and open to answer it!

DRINK WELL

Defenders of the tooth

WaterBOY

8

How much of the human body is made of water?

60%

LINE 2

1

What's the best drink when you're thirsty?

Water!

LINE 1

7

Do you drink water?

Excellent choice – this is the best drink for your teeth. Choose water when you're thirsty.

LINE 1

2

What does tap water often contain that helps to protect your teeth?

Fluoride!

LINE 2

9

Can you name some sugary drinks?

Soft drinks, juice and cordial can cause dental caries. (4 grams of sugar = 1 teaspoon!)

LINE 1

3

Why is fluoride in water good for your teeth?

Fluoride makes your teeth stronger and stops germs from causing decay.

LINE 2

5

Do you drink juice?

Try again – juice is high in sugar and acid which is bad for teeth. Only have juice at meal times.

LINE 2

4

Do you drink milk?

Excellent choice – milk has calcium for healthy teeth and bones.

LINE 1

Visit the Defenders Adventure Playground at www.dhsv.org.au/defenders

Dental Health Services Victoria is the state's leading public dental agency, promoting oral health, purchasing services and providing care to Victorians. DHSV would like to acknowledge students from the 2007 Bachelor of Oral Health Science at La Trobe University for their contribution in designing this resource.



dental health services victoria