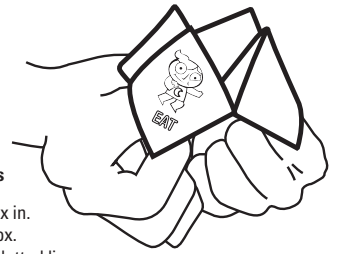


Eat Well Chatterbox



Powered by healthy food and calcium I help stop tooth decay!



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 Munchgirl 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!

Defenders of the Tooth

<p>WELL</p>	<p>8</p> <p>How many 'everyday' foods can you name? Fruit, vegetables, grains, bread, cheese, yoghurt, lean meat and chicken.</p> <p>LINE 2</p>	<p>1</p> <p>How many 'sometimes' foods can you name? Muesli bars, fruit strips, cakes, biscuits, chocolates, lollies and ice-cream.</p> <p>LINE 1</p>	<p>MUNCH</p>
<p>7</p> <p>If you eat 'sometimes' foods when is the best time to eat them? With a main meal rather than between meals. Saliva produced at mealtimes protects teeth.</p> <p>LINE 1</p>	<p>EAT</p>	<p>2</p> <p>Name some healthy snacks. Fresh fruit, yoghurt, cheese, vegetable sticks, sandwiches and popcorn are all healthy choices.</p> <p>LINE 2</p>	<p>3</p> <p>Can dried fruit be bad for your teeth? Yes! They may be fruit but they stick to your teeth!</p>
<p>9</p> <p>Are fresh fruit and vegetables good for your teeth? Yes! They are a fantastic snack between meals.</p> <p>LINE 1</p>	<p>5</p> <p>Do you eat cheese? Yes please! It's a good healthy snack.</p>	<p>4</p> <p>Muesli bar Pick again – A sweet treat but sticks to your teeth!</p> <p>LINE 1</p>	<p>GIRL</p>

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

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