



WORLD ORAL HEALTH DAY

20 March 2022



TOP 5

FOOD AND DRINKS THAT
ARE **BAD** FOR YOUR KID'S TEETH.

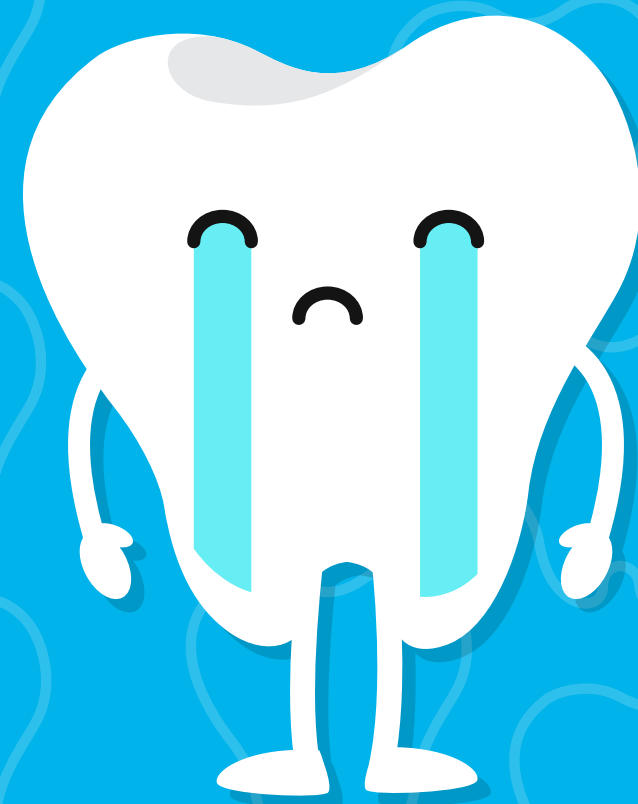
1. Sweets 

2. Fizzy cold drinks 

3. Potato chips 

4. Ice 

5. Energy drinks 



TOP 5

FOOD AND DRINKS THAT
ARE **GOOD** FOR YOUR KID'S TEETH.

1. Nuts 

2. Apples 

3. Eggs 

4. Carrots 

5. Leafy greens 

