Social story - Eat right for healthy teeth

Good food keeps us healthy. We feel great when we are healthy.

For our teeth to be healthy, we must avoid sugary foods.
Some examples of sugary foods are sweets, chocolates, nutella, etc.

We can have sweet once in a week, not more than that.

We must gargle after eating sweets.

We must brush twice a day.

We must follow rules for oral hygiene.

When our teeth are happy, we are also happy.