



# Adventures in Nutrition With the Show Me Chef

Kindergarten nutrition education newsletter

Lesson 9

## Keeping your child's teeth healthy

- Almost all foods can cause cavities if teeth are not brushed and flossed regularly!
- Chewy, sticky, high-sugar foods are the worst offenders.
- The longer and more often food stays in the mouth, the more likely cavities will form. Avoid allowing your child to sip on high-sugar drinks like soda pop and juice drinks throughout the day.
- Foods that promote good dental health include fresh fruits and vegetables, plain yogurt, cheese, milk and popcorn.

Children can learn about healthy eating and becoming more active from reading books. Want to find books on those topics to read with your child?

Go to our Goodreads account  
<http://umurl.us/OLPI>  
(Case-sensitive URL)

## Proper brushing

Make sure you have the right size toothbrush for your mouth. The size is marked on the package. A brush that is too small won't do a good job, and a brush that is too big might hurt your mouth.

1. Hold the toothbrush at an angle so the bristles point toward your gums. This helps clean along the gum line where plaque builds up.
2. Move the brush in small circles, like you are trying to clean each tooth individually. This helps make sure every tooth is being brushed well.
3. Make sure you brush the inside of your teeth as well as the outside. Brushing only the outside is like washing only one of your hands!
4. Tilt your toothbrush when cleaning the inside of your front teeth. Remember to brush in small circles.
5. Brush the biting surface of your teeth really well, using a back-and-forth motion. This helps remove all food particles trapped in your teeth.
6. Replace your toothbrush every 3 to 4 months.



## Kids in the Kitchen

Get your child involved in making these snacks by helping to choose the fruits, veggies and spreads in these quick and easy snacks.

### Quick and easy snacks

Feed your teeth!

Healthy snack ideas include: fruits and vegetables, low-fat yogurt, cheese or milk, lean meat and whole grains.

Here are some quick and easy snacks for you to make together:

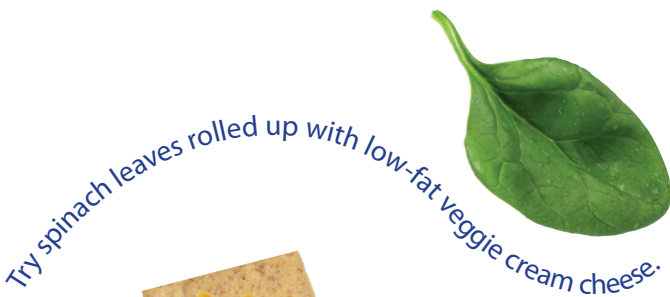
- Dip strawberries or other fruit in low-fat yogurt.
- Dip raw veggies in hummus.
- Try spinach leaves rolled up with low-fat veggie cream cheese.
- Top whole-grain crackers with low-fat cheese.
- Spread hummus on whole-wheat tortillas and top with shredded carrot or other vegetables.

What ideas for quick and easy snacks do you have?



Dip strawberries or other fruit in low-fat yogurt.

Spread hummus on whole-wheat tortillas and top with shredded carrot.



Try spinach leaves rolled up with low-fat veggie cream cheese.



Top whole-grain crackers with low-fat cheese.



Dip raw veggies in hummus.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)