



Let's Read About Healthy Eating

To tell the tooth!

- Almost all foods can cause cavities if teeth are not brushed and flossed regularly!
- Chewy, sticky, high-sugar foods are the worst offenders.
- The frequency and length of time food stays in our mouths are just as important as the type of food. If your child sips on high-sugar drinks like soda pop for long periods of time, this can cause cavities.
- Foods that promote good dental health include fresh fruits and vegetables, plain yogurt, cheese and milk.



Practice flossing

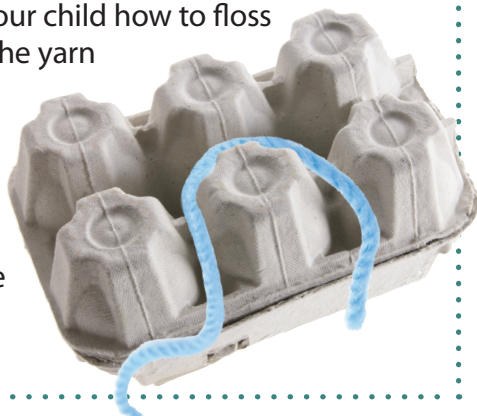
To help your child learn the skill of flossing teeth, try this:

You will need:

An egg carton and yarn or string

Here's what to do:

Turn the egg carton upside down to act as teeth. Show your child how to floss by wrapping the yarn around your fingers and flossing the egg carton (teeth). Have your child give it a try.



Cavity keep away

To help your child understand how important it is to brush and floss daily, try this:

You will need:

An apple, knife and paper bag

Here's what to do:

Two days ahead of time, make a 1-inch deep hole in the apple. Put it in the paper bag and set it aside to darken. Then, cut a hole in the bag so your child can see the "cavity." Tell them this is how a tooth with a cavity looks. Brushing and flossing helps prevent cavities.



Kids in the Kitchen

Get your child involved in making this recipe by spreading the peanut butter on the apple slices.

Recipe

Happy Apple Smiles

You slice the apple—your child can do the rest!

Ingredients:

- Apple (2 slices for each person)
- Peanut butter
- Miniature marshmallows (5 for each person)

Directions:

1. Wash hands and surfaces.
2. Wash the apple(s), cut into 8 slices and remove the core. Give each person 2 slices.
3. Show your child how to spread peanut butter on one side of each apple slice. Put marshmallows on one apple slice. Put the other slice on top.
4. Hold up your Happy Apple Smile and smile back.

After you have eaten the Happy Apple Smile, ask your child what we need to do after eating a snack (especially one with a sticky, sweet food like marshmallows). Then, brush your teeth together.



Funded in part by USDA SNAP.

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