

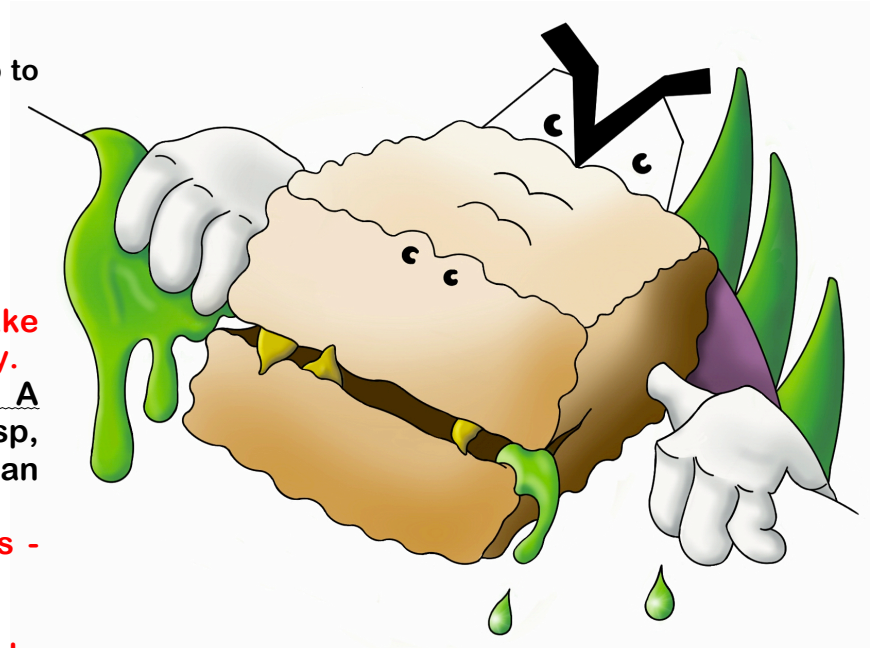
The Sugarbugs are Lurking!

Suggested Answers

The Sugarbugs are lurking in our mouths, waiting to feast on our leftover food. Once they are full they will need to find somewhere to poo!

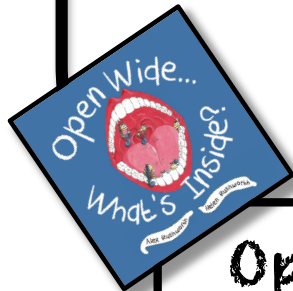
Why not colour in the Sugarbug and then list or draw what you could do to stop the Sugarbugs in their tracks. **Suggested Answers:**

- Brush teeth twice a day (last thing at night and in the morning)
- **Brush teeth for a least 2 minutes each time**
- Brush the gums too, as gums need as much care as teeth.
- Use toothpaste containing fluoride as this increases the uptake of calcium into teeth to combat the damage done during the day.
- Limit your intake of sugary food to a maximum of 4 times a day. A child's recommended daily amount of sugar is 85g. 4g is 1 tsp, 5tsp is the same as a doughnut! A carton of blackcurrant can have as much as 8tsp of sugar.
- Check food labels for hidden sugars. Sugar has many guises - sucrose, fructose, lactose etc.
- Visit the dentist twice a year.
- Ask an adult to help you with your brushing and to help you to time 2 minutes.



These are only suggested answers. Discuss the children's responses. Also discuss with them what they tend to eat, how sugary that may be and how they can cut back on sugary foods.

Eat Less Sugar, Drink Less Pop.
Brush twice a day
and the rot will stop.



Open Wide, What's Inside?

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