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## Good Foods Help Build Good Teeth (1945)

American Dental Association. Bureau of Public Relations

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# GOOD FOODS HELP BUILD GOOD TEETH

The foods that are very good for teeth are milk, vegetables, and fruit.

Sunshine and cod liver oil help to build strong teeth.

We need other foods too such as meat, eggs, fish, bread, and cereals.

Some bread and butter should be eaten at each meal.

Teeth and gums need exercise.

Chewing meat, crusts and toast and eating raw fruit and vegetables help to exercise the teeth and gums.

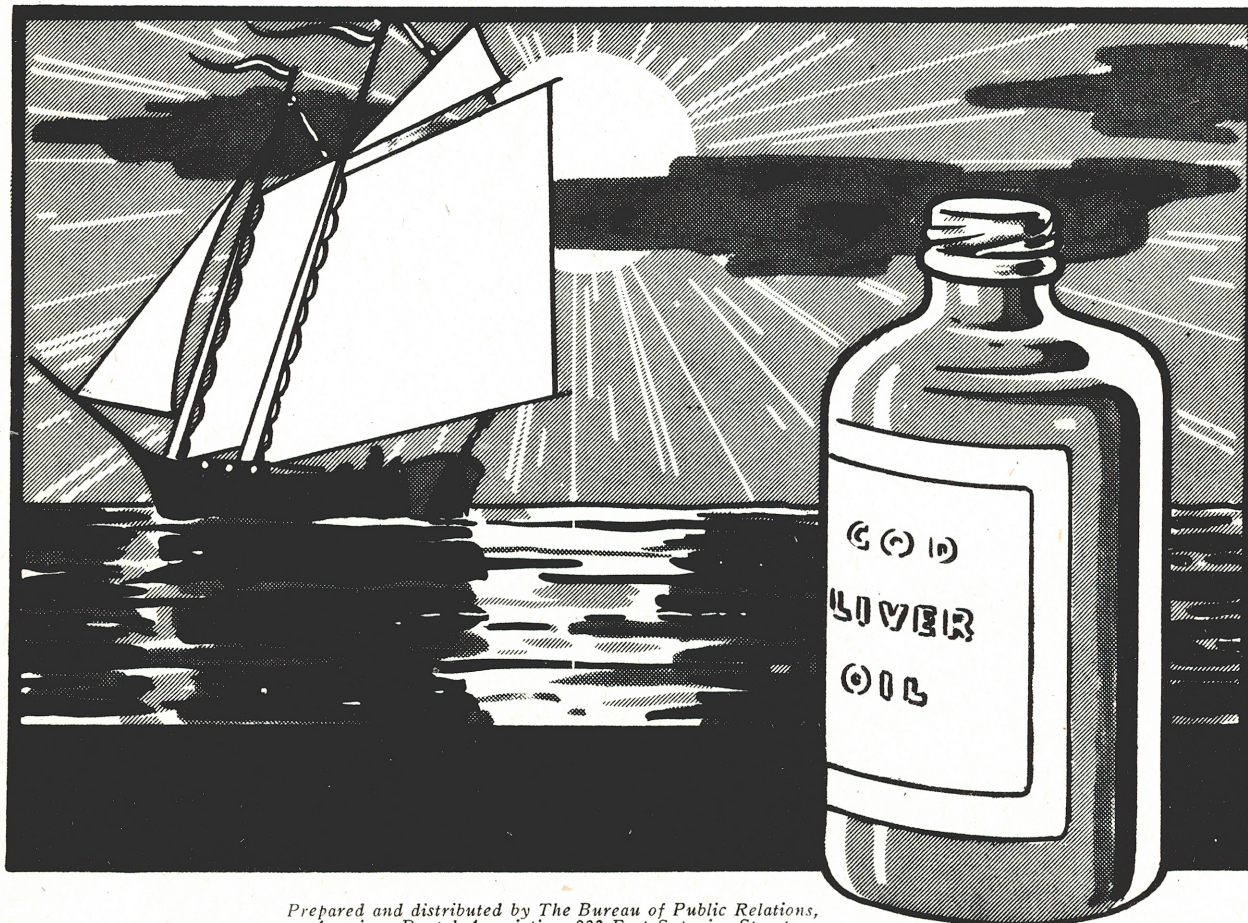
## Q U E S T I O N S

Are sunshine and cod liver oil good for teeth? \_\_\_\_\_

What foods should we eat to exercise the teeth and gums? \_\_\_\_\_

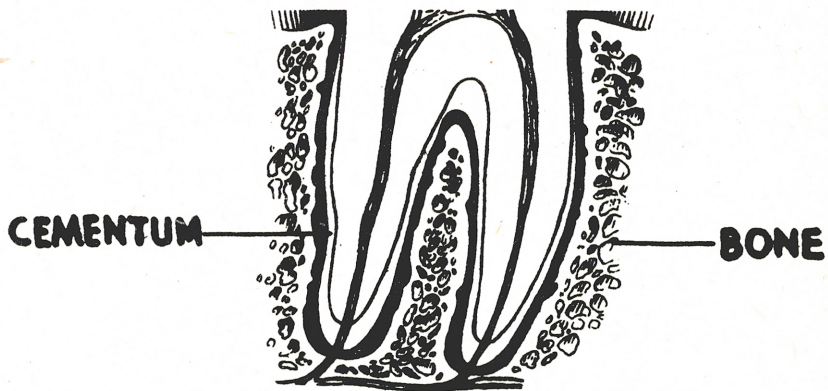
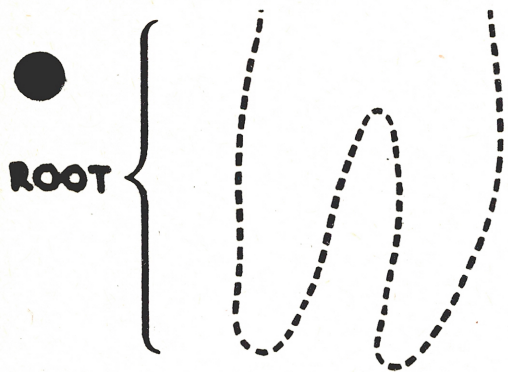
The words in this sentence are mixed up. Make them read correctly.

Sunshine are cod liver oil foods make best the to milk good vegetables for fruit and teeth strong.



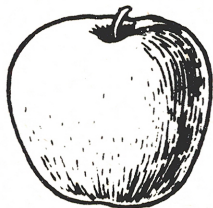
*Prepared and distributed by The Bureau of Public Relations,  
American Dental Association, 222 East Superior Street,  
Chicago 11, Illinois*





FOLD ALONG THIS LINE

OUTSIDE OF APPLE



INSIDE OF APPLE



OUTSIDE OF TOOTH



INSIDE OF TOOTH

