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May you be blessed on your homeschooling journey. Happy learning!

Marie

Happy Tooth vs. Sad Tooth

This activity sheet is helpful in explaining to young children the importance of eating healthy food. Your child will cut out all the food choices and then paste the food under the happy tooth or the sad tooth. The food that is considered healthy to eat will cause our teeth to be happy. The food that is high in sugar and does not contain many minerals and vitamins will cause our teeth to be sad. Have fun with this hands-on activity!



Happy teeth eat healthy food full of vitamins and minerals.

Sad teeth eat food high in sugar or lacking vitamins and minerals.



