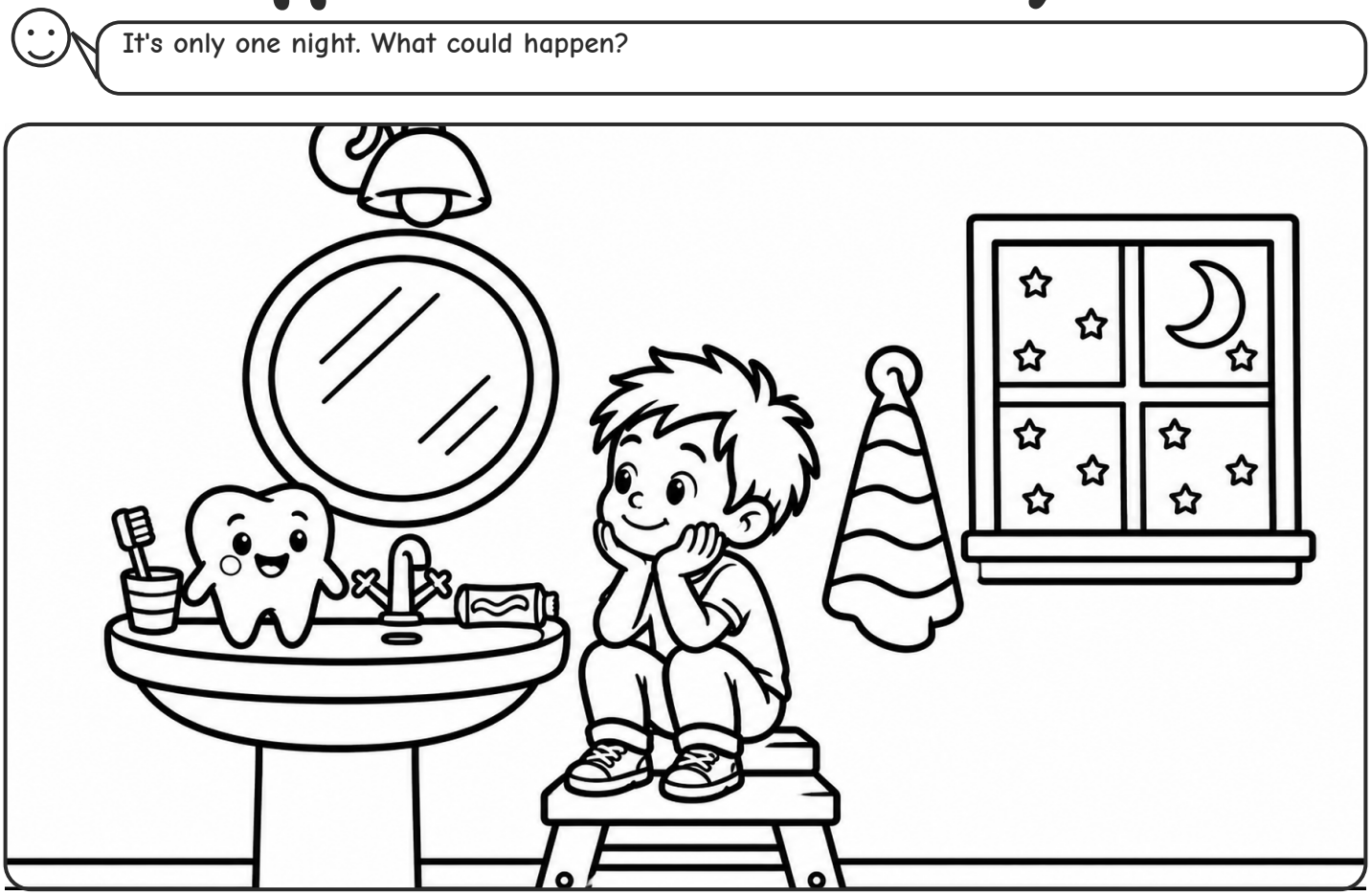
What happens if I don't brush my teeth?



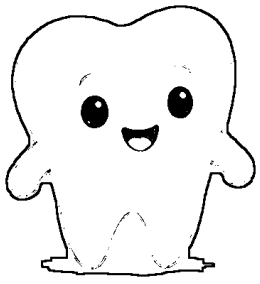
Why?

1. A sticky film
All day and all night, a sticky film called plaque forms on your teeth. It's made of tiny germs called bacteria.

2. Snack time
Every time you eat or drink, you feed the germs. They love sugars and starches from your food and drinks.

3. The acid
When the germs get sugars and starches, they make an acid. The acid attacks the hard outside of your tooth, called enamel.

Color Wiggly too!



Try it! Brush

You need: a toothbrush, fluoride toothpaste

1. Brush your teeth twice a day.
2. Brush for about two minutes, with fluoride toothpaste.

What happened? Brushing cleans off the sticky plaque.
Night-time brushing is important too!

Video + more questions:
whywhywhykids.com/brush

scan with a grown-up