

Who Am I?

Name: _____

I am square and brown or white.
Full of energy, I give you might.

Bought in loaves and eaten by the slice,
Toasted or plain, I taste very nice.

Who am I? _____



Connect the dots and use your crayons or
colouring pencils to find out the answer.

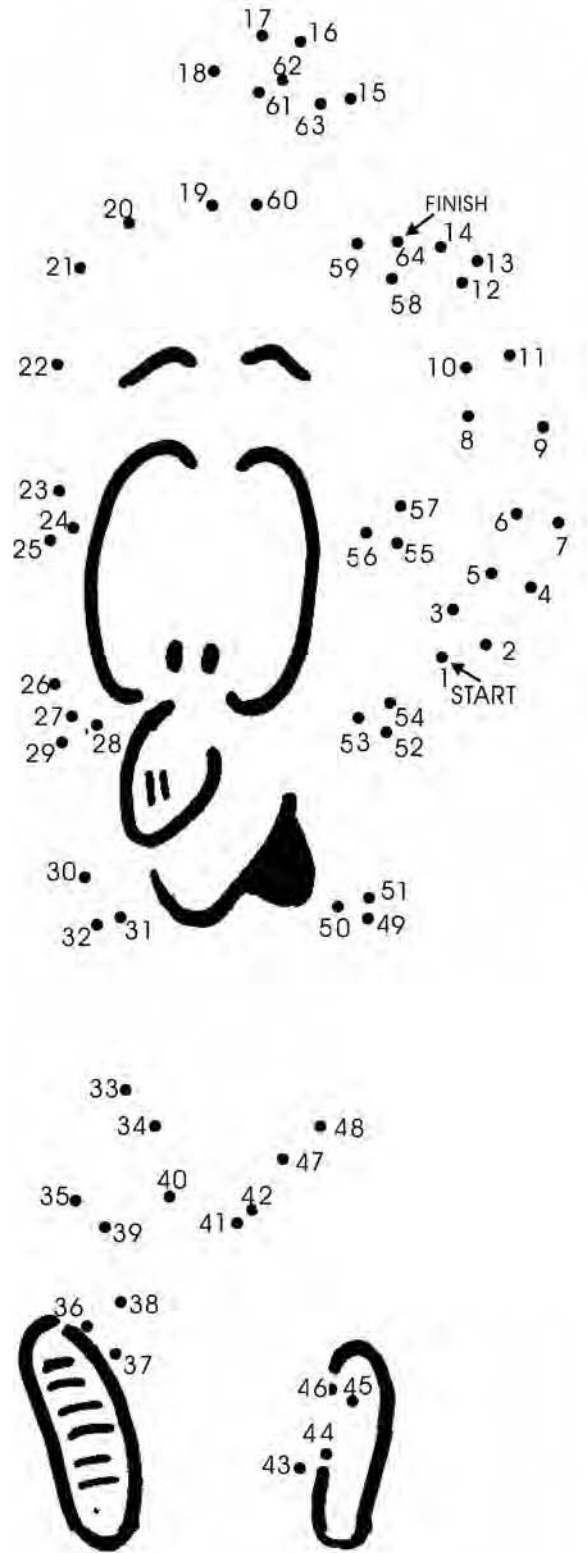
Name: _____

Who Am I?

I am a vegetable which grows underground.
Some say I look like a candle upside down.

I am orange and crunchy,
and very, very munchy!

Who am I? _____



Connect the dots and use your crayons or
colouring pencils to find out the answer.

Name: _____

Who Am I?

I am a drink did you know?
I can help your bones to grow.

Chocolate, white or any kind
try any one, I don't mind.


Who am I? _____



Connect the dots and use your crayons or
colouring pencils to find out the answer.

Name: _____

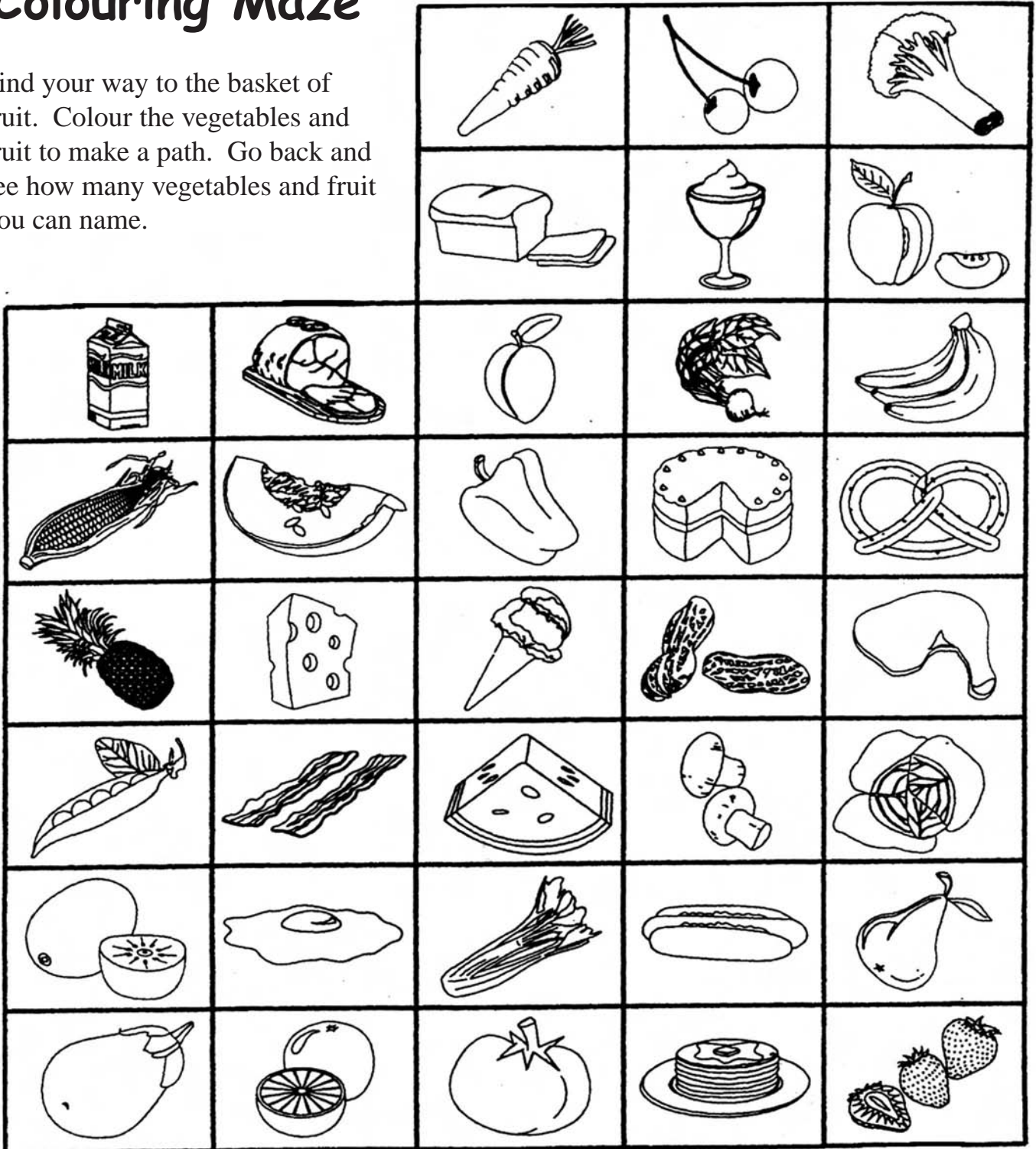
Tasting Station

Name of Food	Food Group (use the colour from the <i>Food Guide</i> rainbow)	How it feels when I touch it? (crunchy, hot, wet, smooth, cold, dry)	Did I Like This Food? 

Name: _____

Colouring Maze

Find your way to the basket of fruit. Colour the vegetables and fruit to make a path. Go back and see how many vegetables and fruit you can name.



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Name: _____



_____ 's Brushing Log

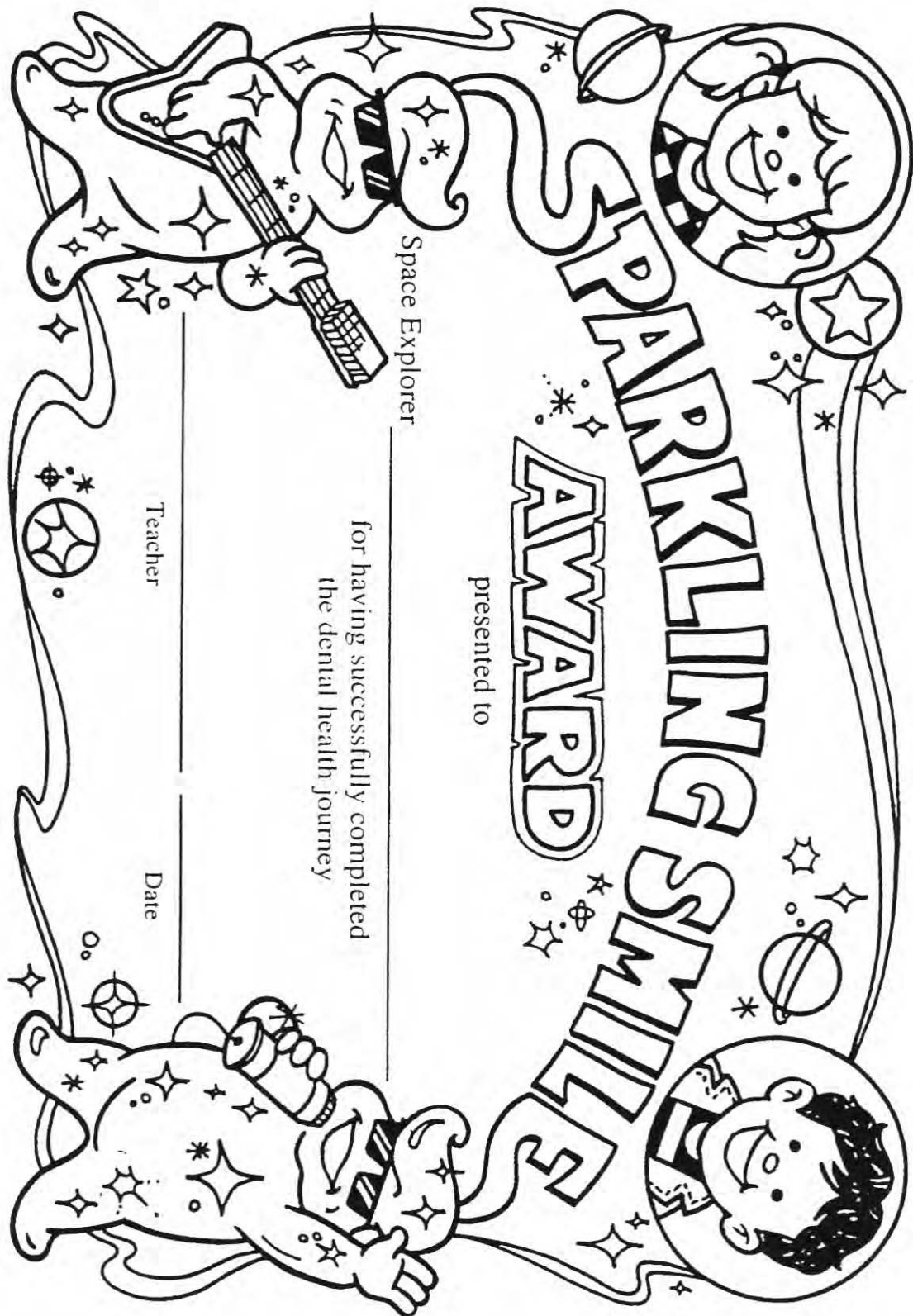
(Your Name)

For the next month (beginning on Sunday of Week 1), color in the proper square on the calendar each day you brush, morning and night.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 ☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙
Week 2 ☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙
Week 3 ☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙
Week 4 ☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙

Parents: It's a good idea to supervise your child's brushing every day, providing help when needed. At the end of four weeks, sign the chart and return it to school with your child.

My child has done a good job of brushing every day for a month!



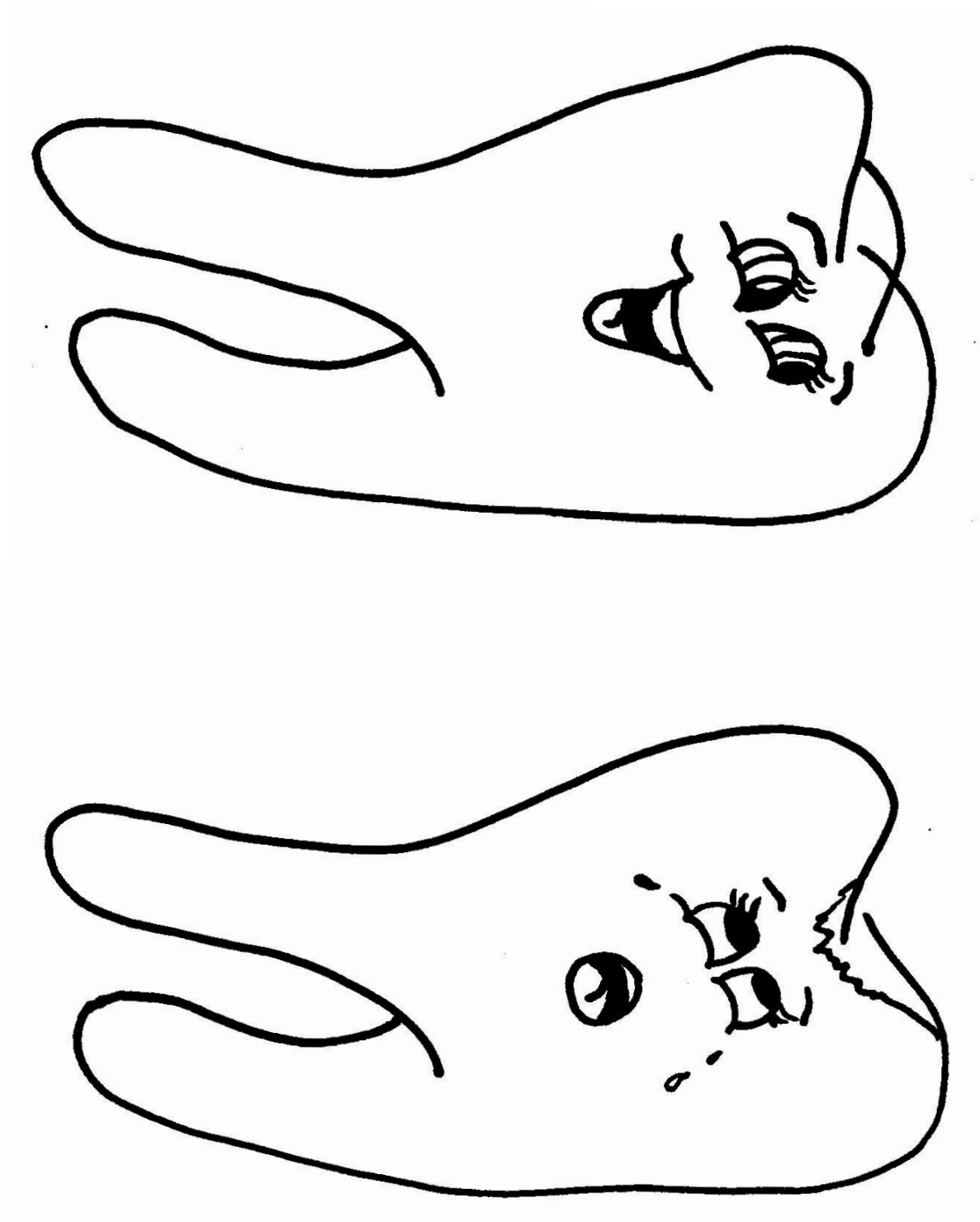
for having successfully completed
the dental health journey

presented to

Teacher

Date

Space Explorer



Name: _____



**Be sure to brush
every tooth and don't forget
to brush your tongue**

