

Brushing teeth twice a day for 2 minutes helps to remove plaque and stop tooth decay.	Cleaning between teeth by using floss helps to remove plaque, stops cavities and tooth decay.	Visiting the dentist regularly helps to keep teeth and gums healthy. The dentist will check for any problems, and remove plaque from teeth.
Eating foods lower in sugar such as fruit and vegetables and snacking on nuts, seeds and crackers are good for dental health. These foods help produce more saliva (spit) and stop plaque building up.	Drinking water washes away food and any sugars left behind on teeth, helping the enamel stay healthy and stop plaque from building up.	Spitting out toothpaste after brushing instead of rinsing with water will mean the fluoride stays on teeth for longer and helps to protect them.
Forgetting to brush teeth can cause plaque to build up and over time, could cause cavities.	Fizzy drinks such as cola and lemonade are high in sugar and can cause tooth decay. They also contain acid which can harm the enamel.	Smoking creates plaque on the teeth and can causes tooth decay or gum disease (gums become sore, swollen or infected).
Eating foods high in sugar such as sweets, chocolate, biscuits and cake can cause tooth decay.	Rinsing straightaway after brushing will wash away the important protective fluoride in toothpaste that should be left to stay on teeth.	Not visiting the dentist for a check up could mean dental problems like tooth decay or cavities are not treated and could get worse.
Juices and smoothies can count as 1 of 5 a day but they have sugar in and so just having 1 small glass with a meal is best.	Chewing gum after eating can help produce more saliva (spit) and stop plaque building up. Brushing teeth and flossing are more important though, as they clean teeth thoroughly.	Using a mouthwash can help to stop tooth decay but brushing teeth and flossing is still needed for good dental health.