

Nutrition

What happens when you don't take care of your teeth? Bad breath, infection, tooth decay and disease! Know the basics on sugars, carbohydrates and acids to help any teen protect their teeth from harmful effects of poor nutrition.

Power Point Presentations

*Presenter Version

Student Handout Version

Activities

Sugar is Sugar

Read It Before You Eat It

Quiz

*available online at www.sharethecaredental.org