



# Diet & Snacking



**We should all eat  
a healthy diet.**

**This helps to keep  
our bodies healthy. It  
also helps to keep our  
teeth strong.**





**A balanced diet  
should contain lots of  
different foods.**





At least 5 **fruits**  
**and vegetables**  
every day to keep  
you healthy.





Plenty of starchy foods like **bread**,  
**potatoes**,  
**cereals**, **pasta**,  
**rice**.





Some protein such  
as **meat**, **pulses**, and  
**beans**. **Fish** is really  
good for us.



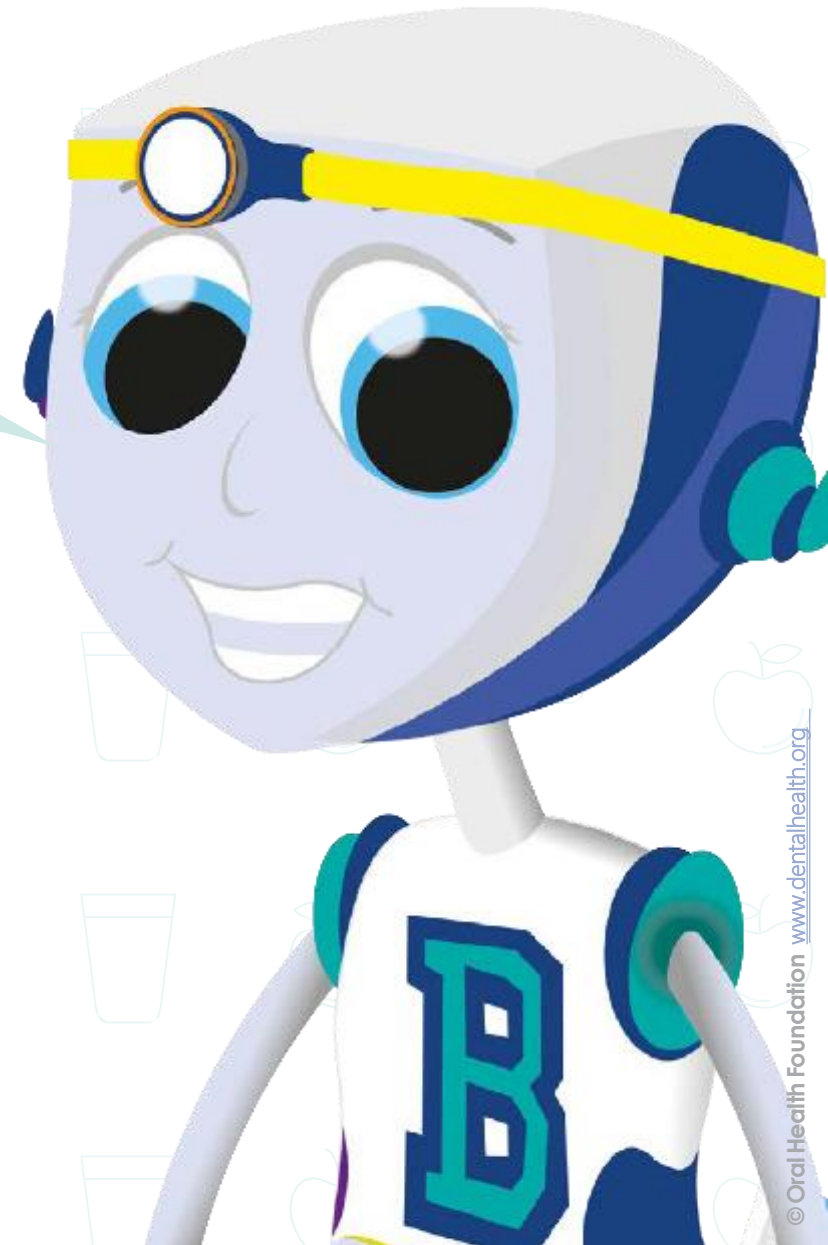


Milk and **dairy** foods like **cheese** and **yoghurt** are very good for strong healthy teeth.





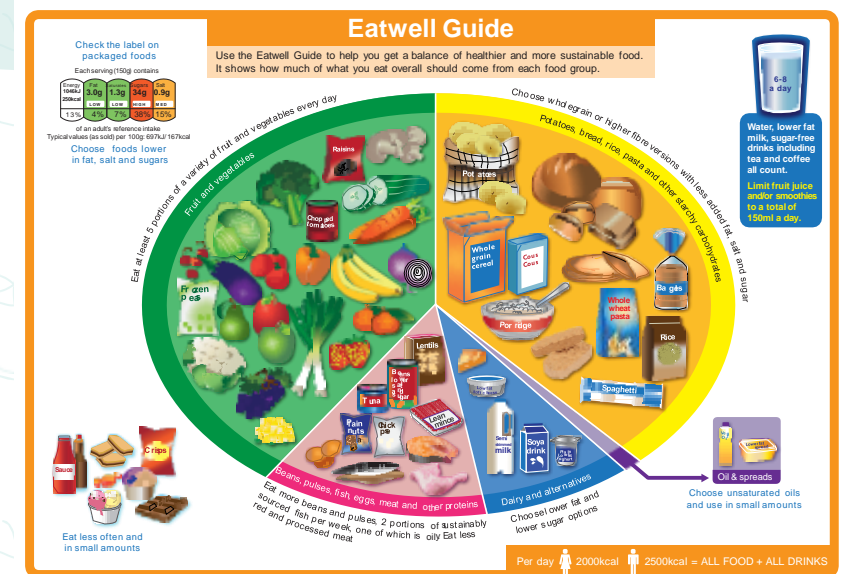
A tiny bit of  
**oils** and **fats**.





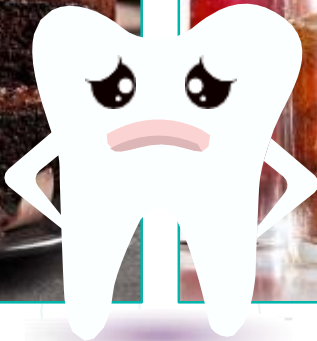


# What are our favourite foods and which part of the eatwell plate do they belong?



Many foods and drinks we like have lots of sugar in them, such as cake, biscuits and fizzy drinks.

These are **not** good for our teeth.





Every day, **plaque** forms on our teeth, this is soft sticky stuff that you don't really see. But you brush it off when you clean your teeth.

**Plaque** contains lots of bugs




The bugs like to feed on sugary foods and drinks and produce plaque acid.

This **plaque acid** can cause holes (called cavities) to form in our teeth.

This is called **dental decay**.





**So if we don't have many  
sugary foods and drinks, then  
the bugs can't feed on the sugar  
and our teeth will be strong and  
healthy.**



If you need a snack then  
try **breadsticks, nuts or  
vegetable sticks like  
carrots, cucumbers  
and peppers.**

