



MEXBOROUGH
DENTAL SURGERY

Food sorting tuff tray

You will need:

- Printer
- Laminator
- A tray - I would use a tuff tray but you could just set everything out on the table
- Optional - play food instead of print outs or some really food for the good for teeth items so they can try them

Simply print out the foods and the labels then get your child to sort the food into foods that are good for our teeth (low sugar etc) and foods that can harm our teeth

The first 2 pages are foods good for your teeth and the second 2 are bad for teeth - we do have a few tricky ones with hidden sugars

Yogurt - plain is good for teeth but flavoured is often full of sugar

Banana/Apple - natural sugars but fine in moderation

Ketchup - a lot of hidden sugar

Dried fruit - very sticky and full of sugar

Cereal bars - often high in sugar

White bread - when you start chewing the enzymes in your mouth turn it into sugar

Bad for
our teeth



Good for
our teeth









