

2 TRUTHS AND 1 LIE

Read the three statements below and cross out the one that's untrue.

1

Savory snacks like chips and crackers don't cause cavities because they don't contain sugar.



2

When you brush your teeth, you should use a toothbrush with soft bristles and brush for two minutes.



3

Flossing is important because a toothbrush can't fully clean the space between two teeth.



2 TRUTHS AND 1 LIE

Read the Sweets aren't the only foods that are bad for your teeth; carbohydrates that get broken down into sugars while still in your mouth — think processed, simple carbs like chips, crackers and white bread — can lead to cavities, too. Visit <https://hurstpediatricdentistry.com/2021/05/25/why-does-my-child-keep-getting-cavities/> to learn more about cavities.

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