



Captain Super GrinSM Activity 4:

Healthy foods for healthy smiles

Name: _____

One of your friends is allowed to do the grocery shopping this week. She asks for your advice as she's making her list. Write a note to your friend making some suggestions. Remember to mention how sugary foods hurt your teeth and can cause cavities, what could happen if you eat an unhealthy diet and why we should eat healthy food.

Dear _____

Sincerely, _____

