

Captain Super GrinSM Activity 6:

Healthy smiles, healthy bodies

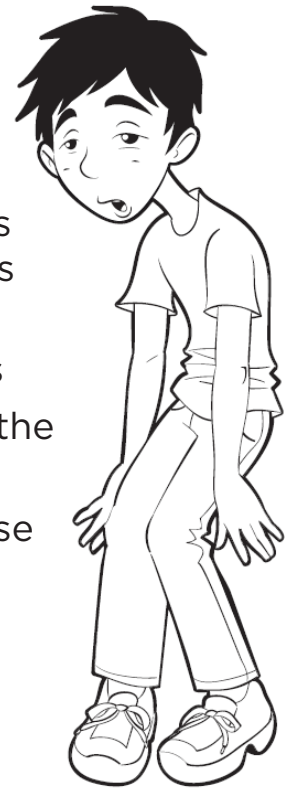
Name: _____

How healthy do you think the kids below are? Write a paragraph explaining how healthy Julie is compared to how healthy Joe is.



Julie

- Brushes her teeth two times a day
- Eats healthy foods
- Visits the dentist two times a year
- Plays and exercises for 60 minutes each day



Joe

- Only brushes his teeth sometimes
- Eats sugary, unhealthy foods
- Does not go to the dentist
- Does not exercise
