

Name: _____

Date: _____



Master the Brushing Routine

Number each step from **1** to **4** in the boxes below to show the correct order for brushing your teeth.



**Scrub the
Back Molars**

Step number:



**Add
Toothpaste**

Step number:



**Spit Out the
Bubbles**

Step number:



**Brush Front
Teeth**

Step number:

Tooth Care Quick Check

1. How long should you brush your teeth each time?

☐ 1 minute

☐ 2 minutes

☐ 10 minutes

2. Which healthy snack is a tooth champion that helps keep teeth strong?

☐ Crunchy carrot sticks

☐ Sticky fruit gummies

☐ Chewy caramel candy

Answers

Brushing Routine Steps:

Scrub the Back Molars: Step 3

Add Toothpaste: Step 1

Spit Out the Bubbles: Step 4

Brush Front Teeth: Step 2

Quick Check:

- 1.** 2 minutes
- 2.** Crunchy carrot sticks