

Brush Your Way to a Day of **BRIGHT SMILES**



You skipped breakfast and munched on marshmallow cookies an hour later.
Lose a turn.

You brushed after breakfast.
Go again.

You didn't brush after breakfast.
Move back 2 spaces.

You ate a pita with ham, lowfat cheese, and pineapple for breakfast.
Move ahead 3 spaces.



You made your little sister some trail mix for an after-school snack.
Move ahead 3 spaces.

You skipped your mid-afternoon snack of pretzels and ate ice cream before dinner.
Lose a turn.



You taught your little brother how to brush.
Move ahead 2 spaces.

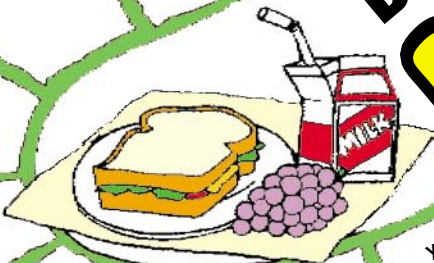


You're the WINNER!

You helped your teacher prepare apple juice and oatmeal cookies for snack time.
Move ahead 2 spaces.

You colored a picture of the Food Guide Pyramid to keep on the fridge.
Move ahead 2 spaces.

You snacked on cheese cubes at 10:00 AM.
Move ahead 1 space.



You skipped lunch and went outside to play instead.
Move back 3 spaces.

You gave your peas to the dog during dinner.
Lose a turn.

You brought a peanut butter and celery sandwich for lunch.
Move ahead 3 spaces.



You ate spaghetti, meatballs and salad for dinner.
Go again.



You didn't brush before bedtime.
Move back 4 spaces.

You reminded your whole family to floss.
Move ahead 3 spaces.



Colgate

Bright Smiles. Bright Futures.



THE AMERICAN DIETETIC ASSOCIATION