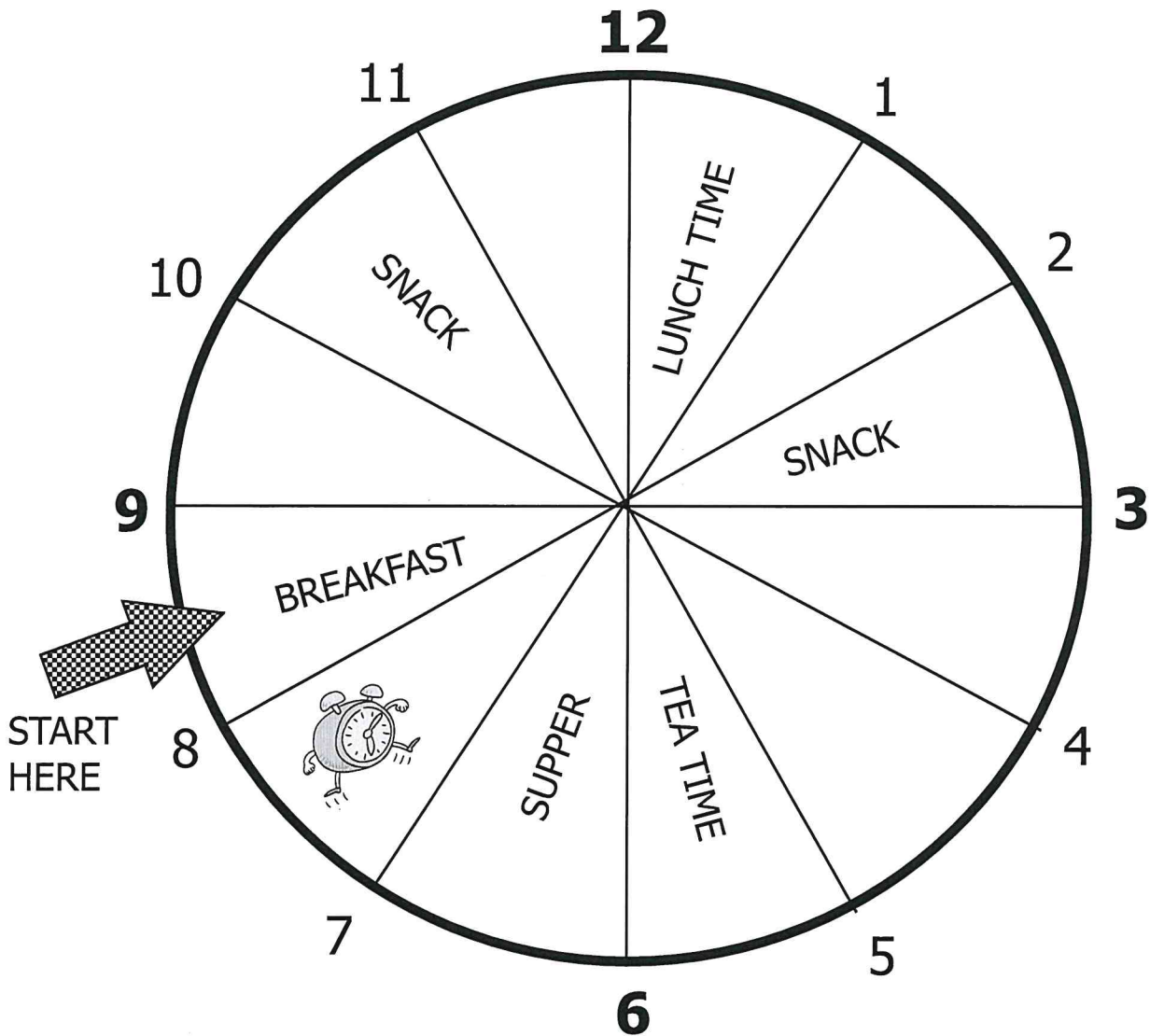




Daily Food Clock



Colour in the section red when you have eaten or drunk something sugary.

Colour the section green if you have eaten something savoury or kind to teeth.

Try to keep the red sections to just 4 times a day. That will help prevent holes in your teeth.