


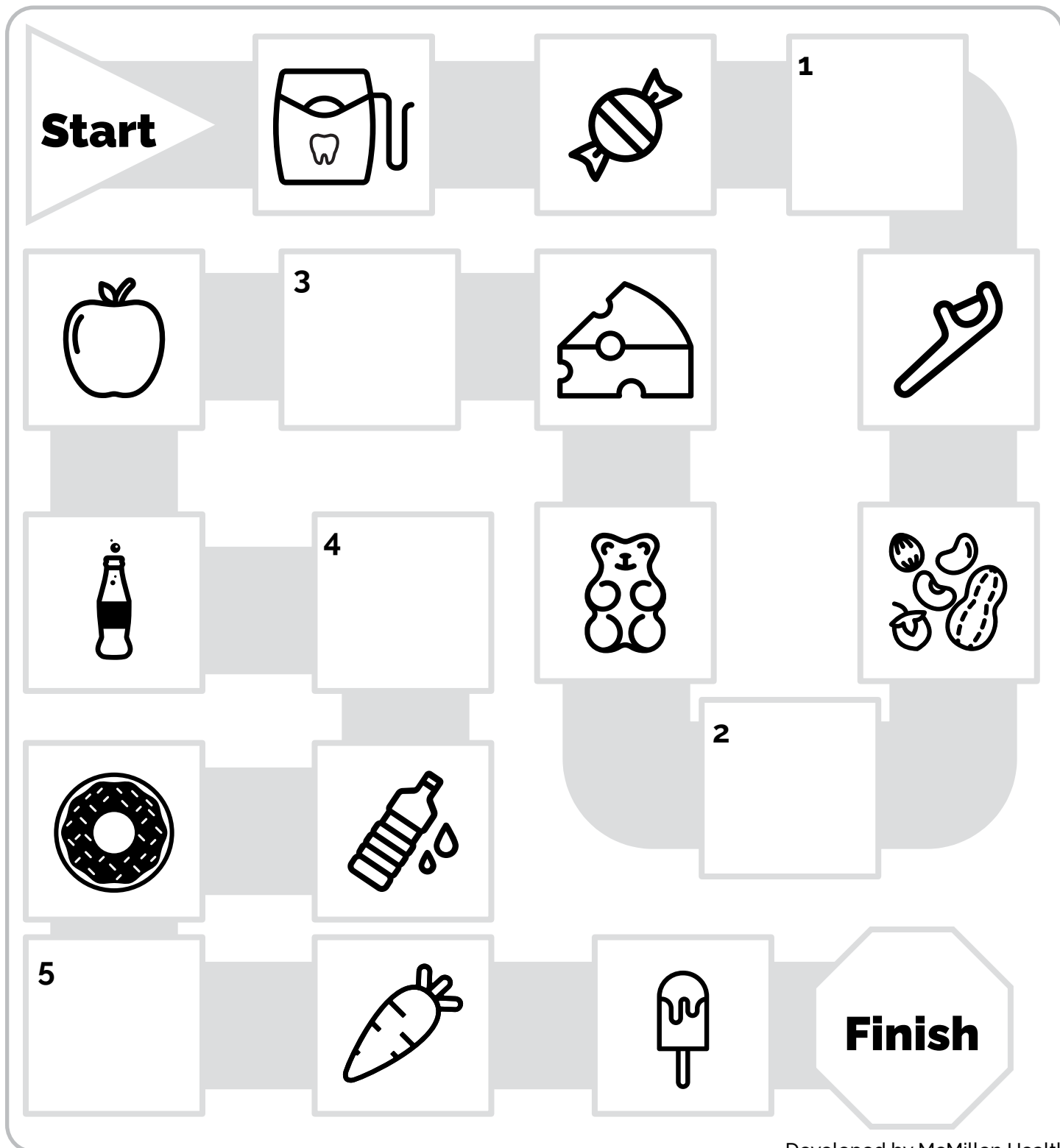
# The Game of Healthy Choices

## Instructions:

- When a numbered  appears on screen, find the same number on your sheet, and write the answer in the box.
- Roll a die and move that many spaces.
- If you land on a healthy choice, move forward 1 space.
- If you land on an unhealthy choice, move back 1 space.



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The game path consists of the following elements in order:




- Start** (triangle)
- Envelope with a tooth icon
- Candy icon
- Box with the number **1**
- Apple icon
- Box with the number **3**
- Slice of Swiss cheese icon
- Ice cream cone icon
- Bottle of soda icon
- Box with the number **4**
- Bear-shaped gummy candy icon
- Assorted nuts icon
- Donut icon
- Bottle of toothpaste icon
- Box with the number **2**
- Box with the number **5**
- Carrot icon
- Ice cream pop icon
- Finish** (octagon)



Division of Oral Health

# Brushing and Flossing Chart

Use this chart to keep track of your healthy teeth habits.

- Color each  when you brush in the morning.
- Color each  when you brush before bed.
- Color each  when you floss before bed.



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Name \_\_\_\_\_ Month \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Brush 2x a day for 2 minutes!



Floss 1x a day!



Use fluoride toothpaste!



You only need a pea-sized amount of toothpaste to clean your teeth.