

El juego de las opciones saludables

Instrucciones:

- Tira un dado y avanza esa cantidad de casilleros.
- Si caes en una opción saludable, avanza 1 casillero.
- Si caes en una opción no saludable, retrocede 1 casillero.






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Tabla de cepillado y uso del hilo dental

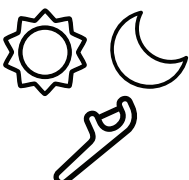
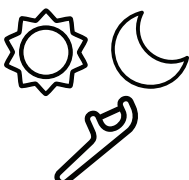
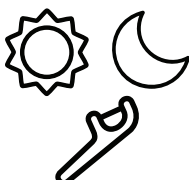
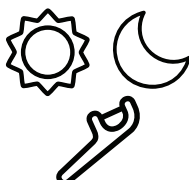
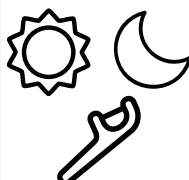
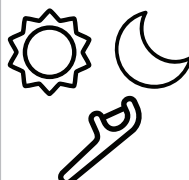
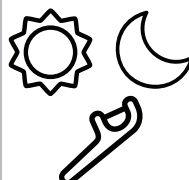
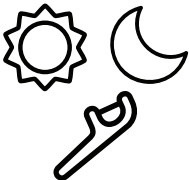
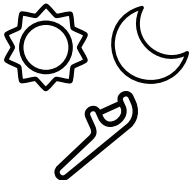
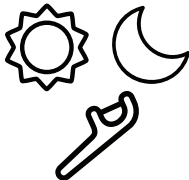
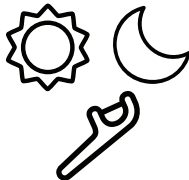
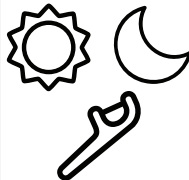
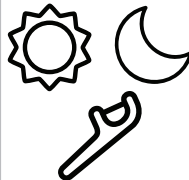
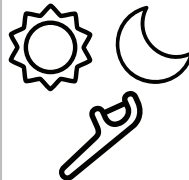
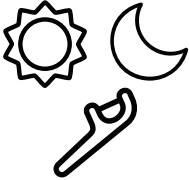
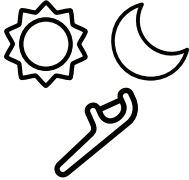
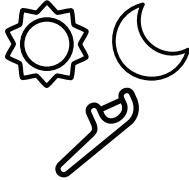
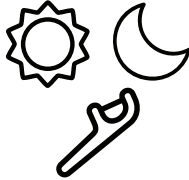
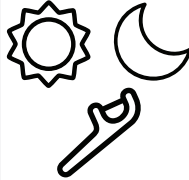
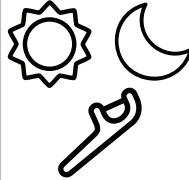
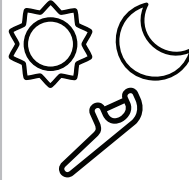
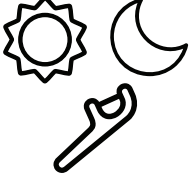
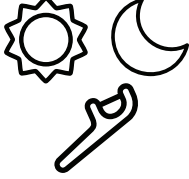
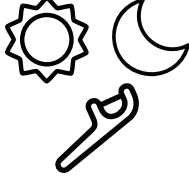
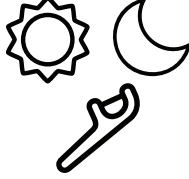
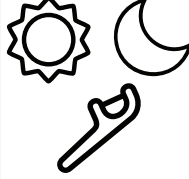
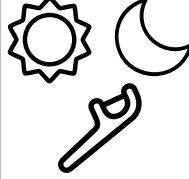
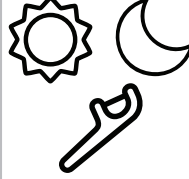
Usa esta tabla para llevar la cuenta de los hábitos dentales saludables.

- Colorea cada  cuando te cepilles en la mañana.
- Colorea cada  cuando te cepilles antes de acostarte.
- Colorea cada  cuando uses el hilo dental antes de acostarte.



ADA American Dental Association®

Nombre _____ Mes _____

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
						
						
						
						

¡Cepíllate 2 veces al día durante 2 minutos!



¡Usa pasta dental con flúor!



¡Usa hilo dental 1 vez al día!



Solo necesitas una pizca de pasta dental para lavarte los dientes.