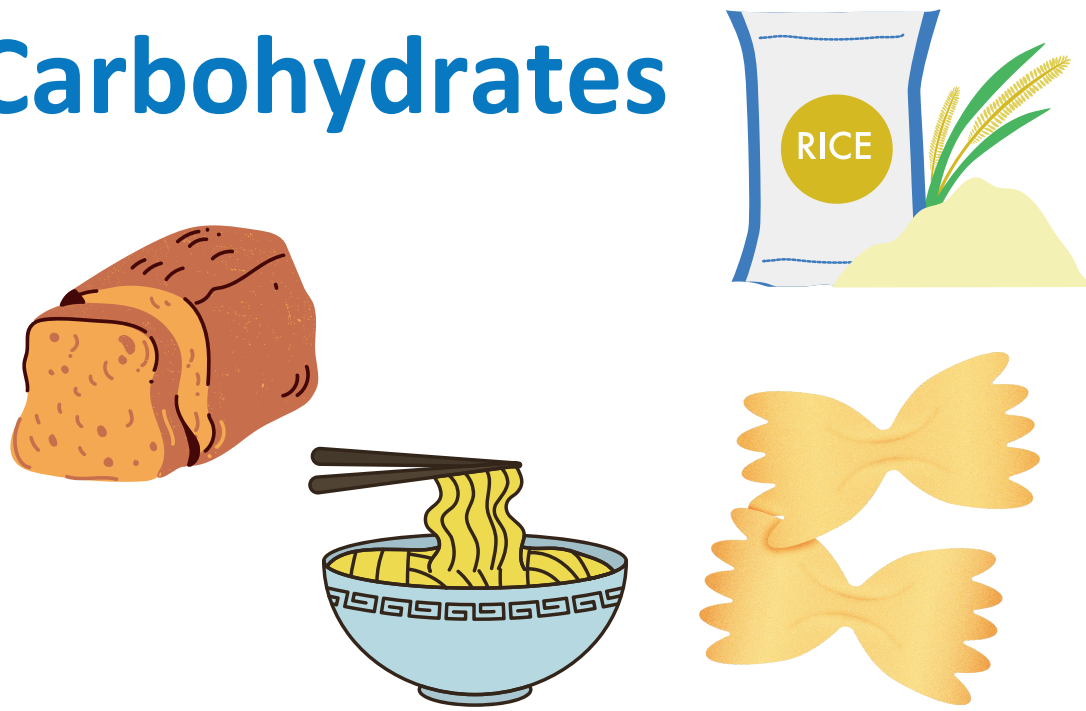
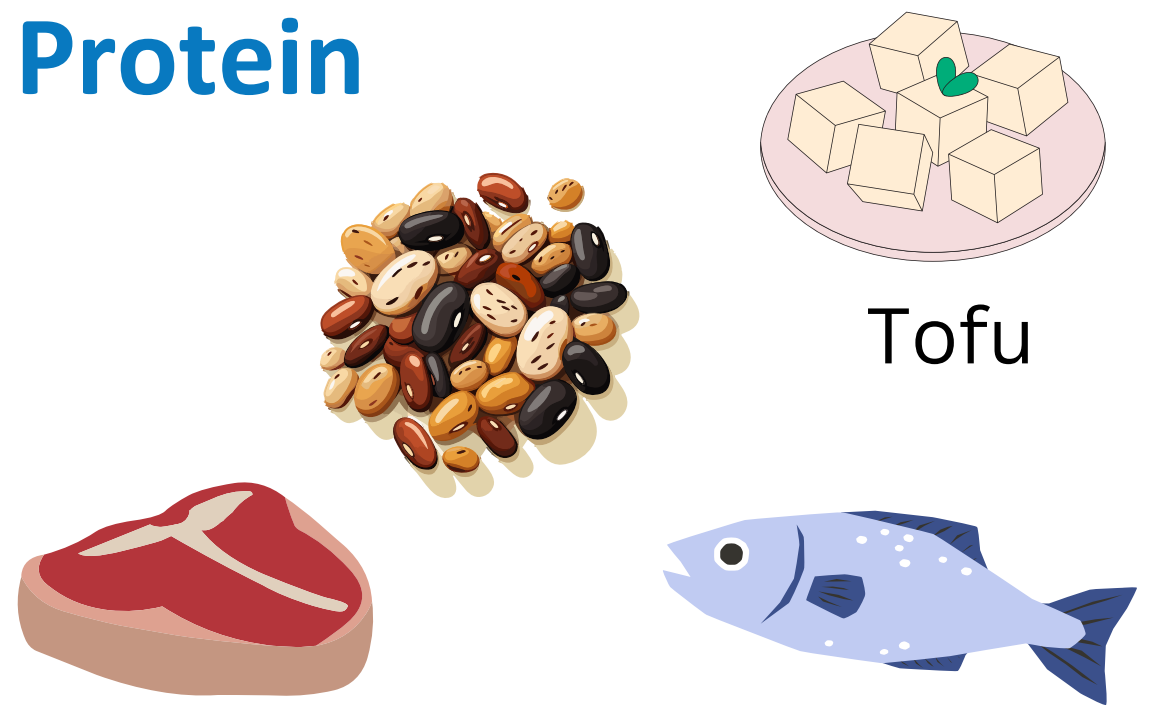




Carbohydrates



Protein



Tofu

NUTRITION AND ORAL HEALTH

Nutrition and Hydration Week
11th-17th March 2024

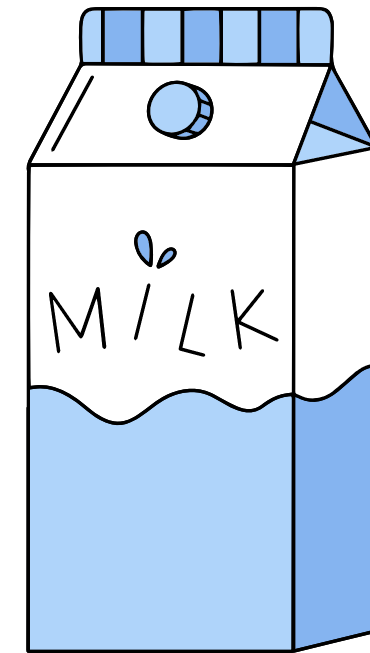
Eating foods from each of these food groups will keep you healthy and help protect your teeth

Fruit and Vegetables



Dairy and Alternatives





HYDRATION AND ORAL HEALTH

**Nutrition and Hydration Week
11th-17th March 2024**

Drinking water and milk will keep you hydrated and help protect your teeth. Drinking beverages without sugar will help you stay hydrated and healthy

