

Shop with A ROBOT

Your robot has been programmed to help you shop for the best items for your teeth. Let's start shopping!

HERE'S WHAT YOU NEED

- 2 or more players
- 1 die
- Game pieces from another game (1 per player) to mark your place

HERE'S HOW TO PLAY

Take turns rolling the die. Move that number of spaces forward. If you land in a shopping area, it will tell you how many more spaces to move forward or backward. The first one to the checkout wins!



START

Produce
Fruits and veggies are great for your teeth. But watch out for the acid in oranges, lemons and grapefruits. Acid causes cavities. Boo, acid!

Dairy
Milk, low-sugar yogurt and cheese taste great and are full of calcium to help keep your teeth strong.

Sugary drinks
Why do some drinks taste so sweet? It's all the sugar. Have a grown-up check the label so you can make smart low-sugar choices.

Nuts
Did you know the crunch of nuts helps clean your teeth as you chew? You know now.

Eggs
Eggs are full of minerals that are good for your mouth. They're as good as they're cracked up to be.

POTATO CHIPS
Starchy snacks
Crackers, chips and pretzels can be just as bad for your teeth as sweets. The starch turns into sugars in your mouth.

Water
Your robot says you should always clean your mouth with water after eating. How did your robot get so smart?

Dental care
You brush your teeth twice a day and floss daily. So you go through a lot of toothbrushes, toothpaste and floss. Better stock up!



FINISH

ACTIVITY

ACTIVITY