

4年生 歯科指導

歯にいい食べ物、よくない食べ物

1

◇あまくて、やわらかい・・・

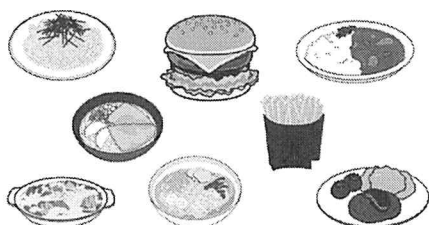
- ・お砂糖がたくさん使われている
- ・べたべたする
- ・歯に残りやすい



むし歯になりやすい！！

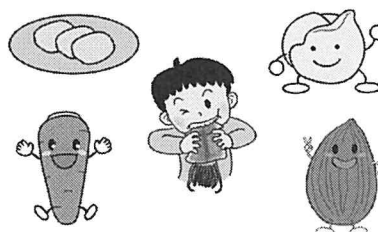
4

好きな食べ物はなんですか？

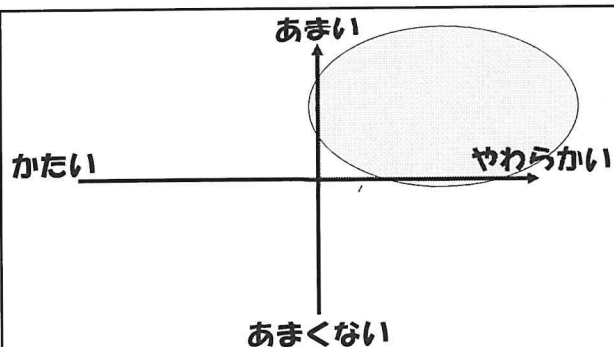


2

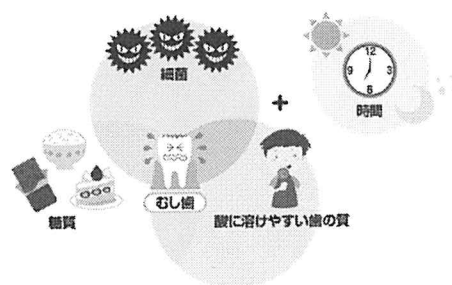
かみごたえのある食べ物



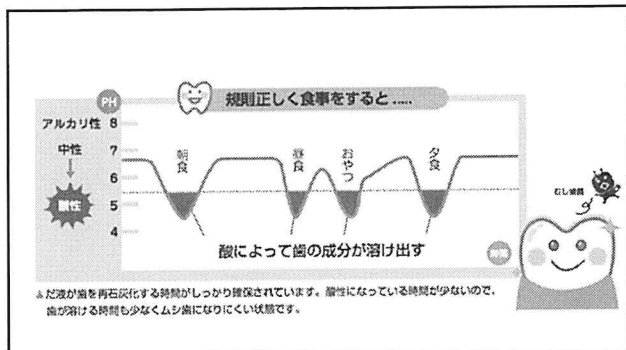
5



3



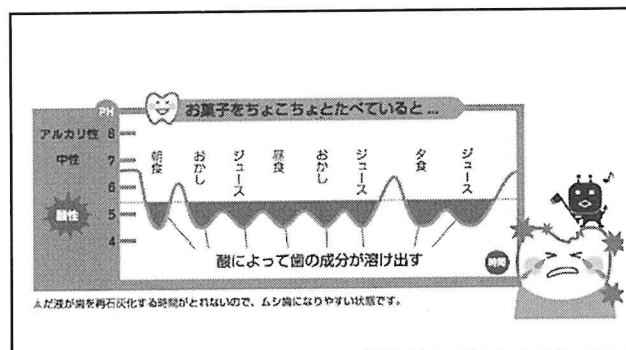
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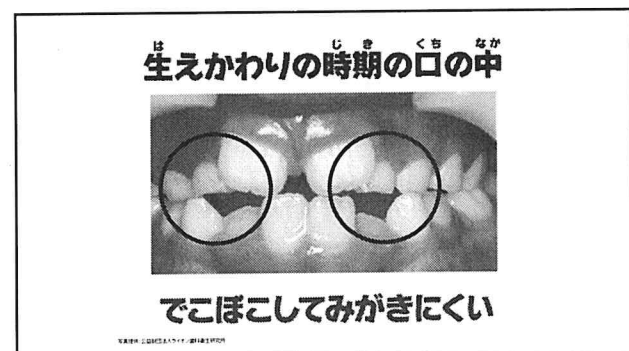
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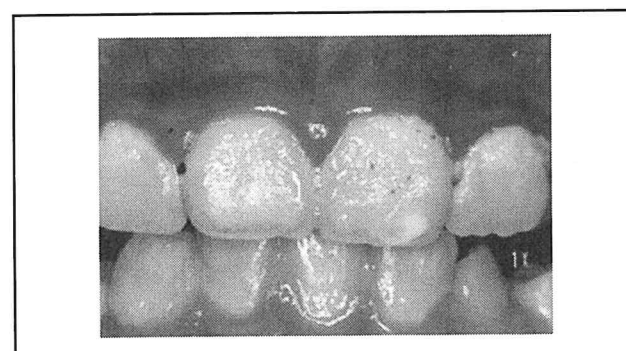
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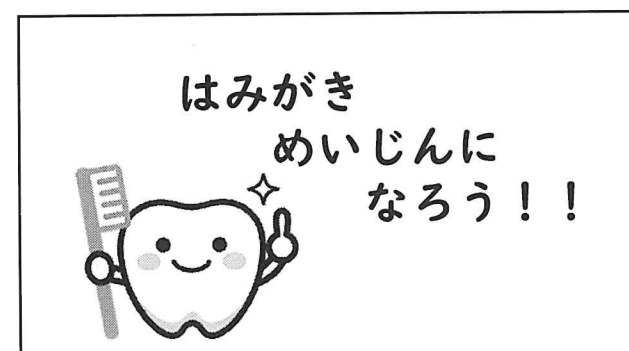
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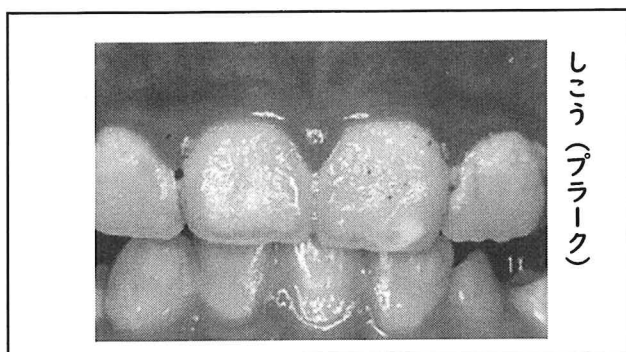
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9



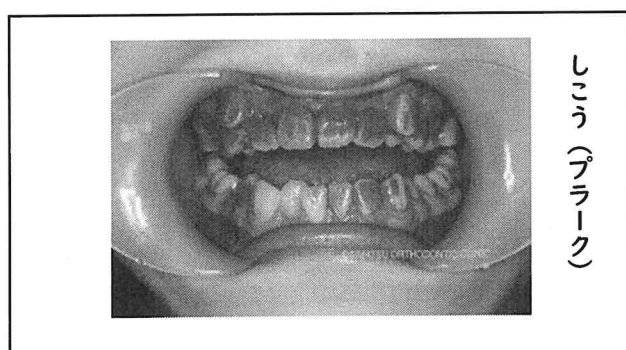
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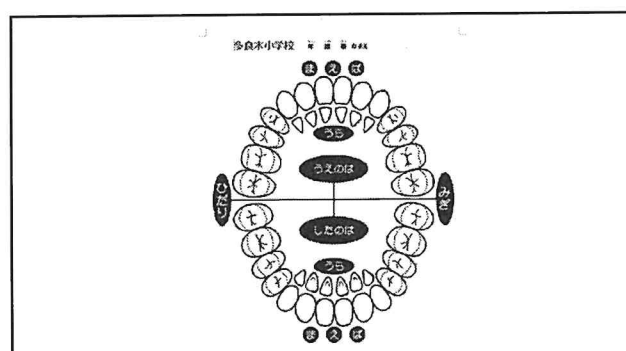
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