

Healthy food choices

Block	Visuals	Script	Time
02	<p>Healthy Foods for Healthy Smiles intro graphic</p> <p>TEXT ON SCREEN: "Did you know that what you eat affects your teeth?"</p> <p>pictures of smiling children</p>	<p>Did you know that what you eat affects your teeth? Eating the right foods can limit the risk of tooth decay and keep your mouth happy and healthy.</p> <p>You can keep a healthy smile...</p>	
03	<p>Text "Good food choices"</p> <p>Picture of vegetables</p> <p>Text "raw vegetables"</p> <p>Picture of yogurt</p> <p>Text "yogurt"</p> <p>Picture of nuts</p> <p>Text "nuts"</p> <p>Picture of fresh fruit</p> <p>Text "fresh fruit"</p> <p>Picture of milk</p> <p>Text "milk"</p> <p>Picture of cheese</p> <p>Text "cheese"</p> <p>Picture of popcorn</p> <p>Text "popcorn"</p>	<p>by making good food choices including: raw vegetables, yogurt, nuts, fresh fruit, milk, cheese and popcorn</p>	

04	Text "Limit sugar snacks" Picture of dried fruit Text "dried fruit" Picture of cookies Text "cookies" Picture of soda Text "soda" Picture of juice Text "juices" Picture of candy Text "candy"	by limiting sugary snacks that may not be good for your teeth including dried fruit, cookies, soda, juices and candy	
05	Picture child drinking water (water fountain, sports cup)	By drinking plenty of water throughout the day	
06	Picture child at the dentist	and by brushing, flossing and seeing your dental care team regularly	
07	www.TRICAREdentalprogram.com	Visit our Web site to find out more about healthy food choices for the entire family	