

# Sugar foods

Foods that contain sugar promote tooth decay. Below are examples of foods that are not healthy for your body or your teeth. Can you find the name of each food item hidden in the word puzzle?



POP



CANDY



CHOCOLATE



CANDY



CHIPS



MARSHMELLOWS

O C T I C O Y C J C S S  
W C E P L L I D H O D P  
L U T C L A O O N H L I  
S A R N A C C T H A C H  
C T H F L O S C T N C C  
S W O L L E M H S R A M  
O J C A R L H W D O N P  
C D T O M C A U D J O N  
O E S L C S U A C P Y H  
D O O F K N U J H E I R

Remember to brush your teeth after every meal and after every snack.  
Or the SCUGS will be very happy to make cavities in your teeth.

