

## CHAPTER 2. ---- THE SKELETAL SYSTEM

Dear Students,

**Today, we will read more about what is :**

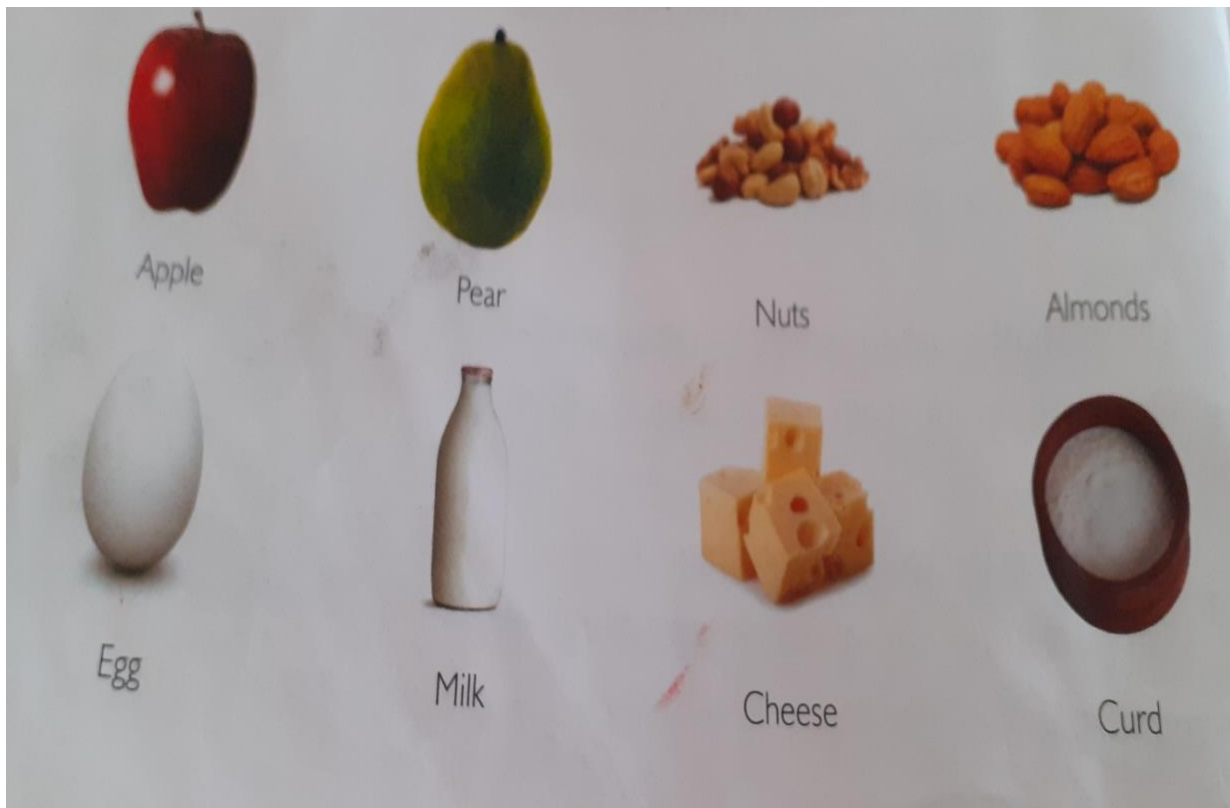
### **HEALTHY FOOD FOR TEETH :**

**Calcium and Vitamin C make our gums and teeth strong . We should eat fibre rich food like apple , carrot , and Almonds to keep our teeth strong .**

**Eating sports and high protein food like egg , milk ,cheese and curd also make our teeth healthy . Food like this biscuits, sweets , chips and cakes are sticky and cause great damage to the teeth .A part from these , soft drinks also affect our teeth badly as they have**

a high acid that can damage them .  
Therefore , avoid these unhealthy  
foods.

## HEALTHY FOODS FOR TEETH:



**TO BE CONTINUE.....**

- **IN H.W. SAME WORK LEARN AND WRITE .**