

ਨਾਮ/Name:

ਤਾਰੀਖ/Date:

ਮੇਰੇ ਦੰਦਾਂ ਦੀ ਦੇਖਭਾਲ ਕਰਨਾ Taking Care of My Teeth



Look at the pictures below and write the name of each food in Punjabi.

Tick the foods and beverages that are healthy for your teeth and put a cross on the foods and beverages that are unhealthy for your teeth.



ਚੌਕਲੇਟ

