



A Toothful Story

Charlie was a happy tooth who always did what his mother told him. One of mother's rules was never to talk to strangers, but to be happy and friendly with those you know.

One day Charlie Tooth went out to play. While he was playing, who should come along but Mr. Sweets, a stranger to Charlie. Mr. Sweets started talking to Charlie and wanted to become his friend. But Charlie remembered what his mother had told him, so he told Mr. Sweets to go away. "My mother told me never to talk to strangers. Go away," he said.

This made Mr. Sweets mad, so he went to get some of his friends that Charlie knew. First of all, he sent over Susie Sucker. Now Charlie knew Susie, so the two of them played together and had a good time. Next, Mr. Sweets sent over Patty Pop and Gregory Gum. "Hi Charlie," they called. "May we play with you today?"

"Sure, come on over," said Charlie. He had a good time that day and for many days after that. They became good friends, playing every day.

One morning when Charlie woke up, he didn't feel the same. He ached all over. "OoooOooo," he groaned. "Mother, come here. I feel ache-y all over." Mother was worried, so she called her two doctors, Dr. Brushy and Dr. Pastey. When the two doctors came, they took one look at Charlie and knew what was wrong.

"We know what you need, Charlie," they said. "A good brushing will make you feel a lot better." So the two doctors gave Charlie the best brushing he had ever had.

"Now Charlie," said Dr. Brushy, "this isn't going to be enough to keep you well. You've been playing with that old Mr. Sweets, haven't you?"

"Oh, no," said Charlie. "He came along, but I didn't play with him. I sent him away. I played only with Susie Sucker, Patty Pop, and Gregory Gum."

"Oh, Charlie," Dr. Pastey said. "Don't you know that they are special friends of Mr. Sweets? He sent them over to play with you. I'm afraid you can't play with them any more if you want to be a happy, healthy tooth."

So Dr. Brushy and Dr. Pастey brought in their friends for Charlie to meet. First came Freddy Fruit, and then Virginia Vegetable. “If you play with these friends, Charlie, and stay away from the friends of Mr. Sweets, you’ll keep smiling every day.”

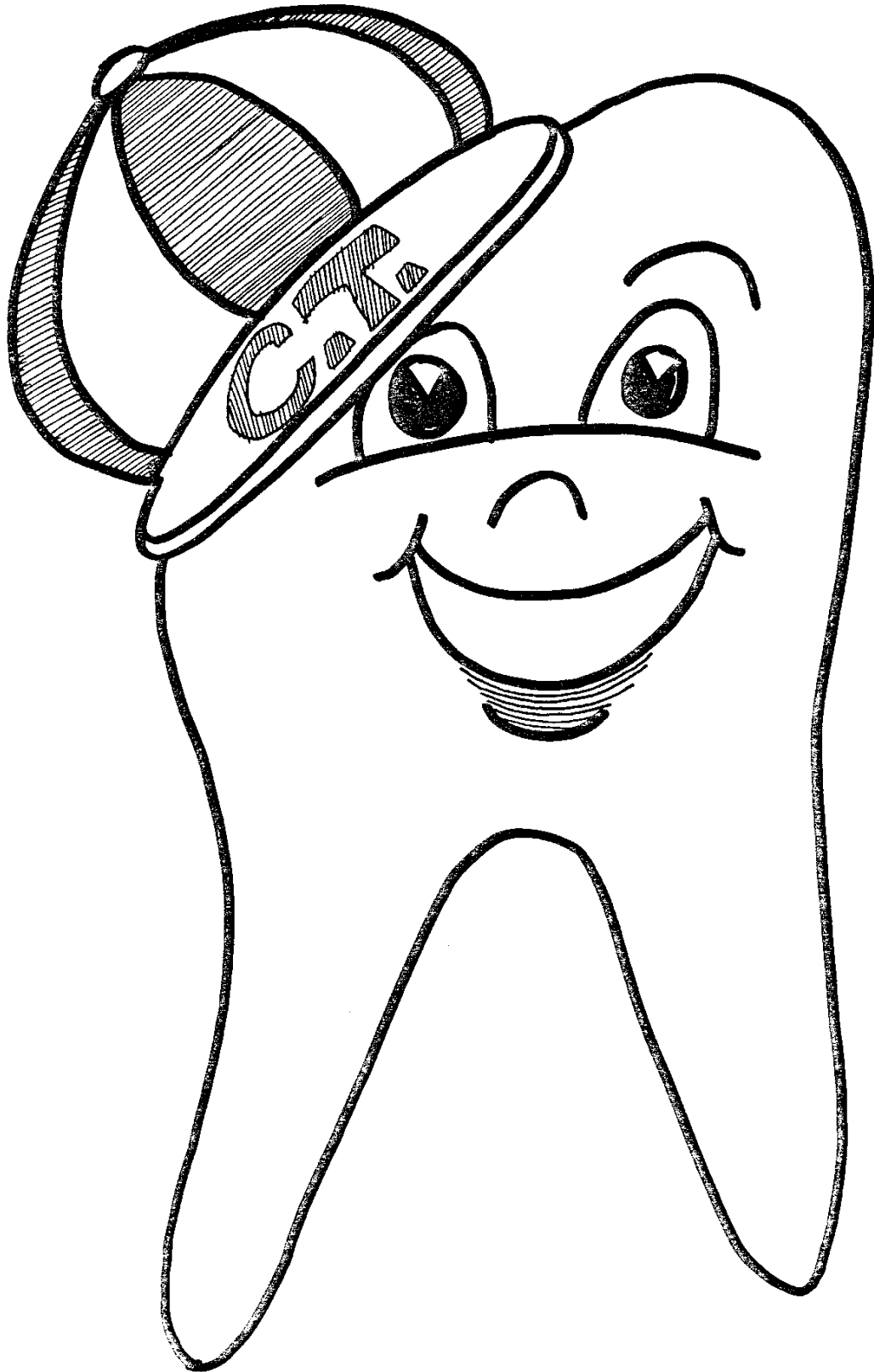
“Thank you, Dr. Brushy and Dr. Pастey, for helping me to be a happy tooth again. I’ll do as you say and keep Freddy Fruit and Virginia Vegetable for my friends.”

Adapted from NET Nutrition Education, *Choose Well Be Well: A Curriculum Guide for the Primary Grades*, California State Department of Education, 1982.

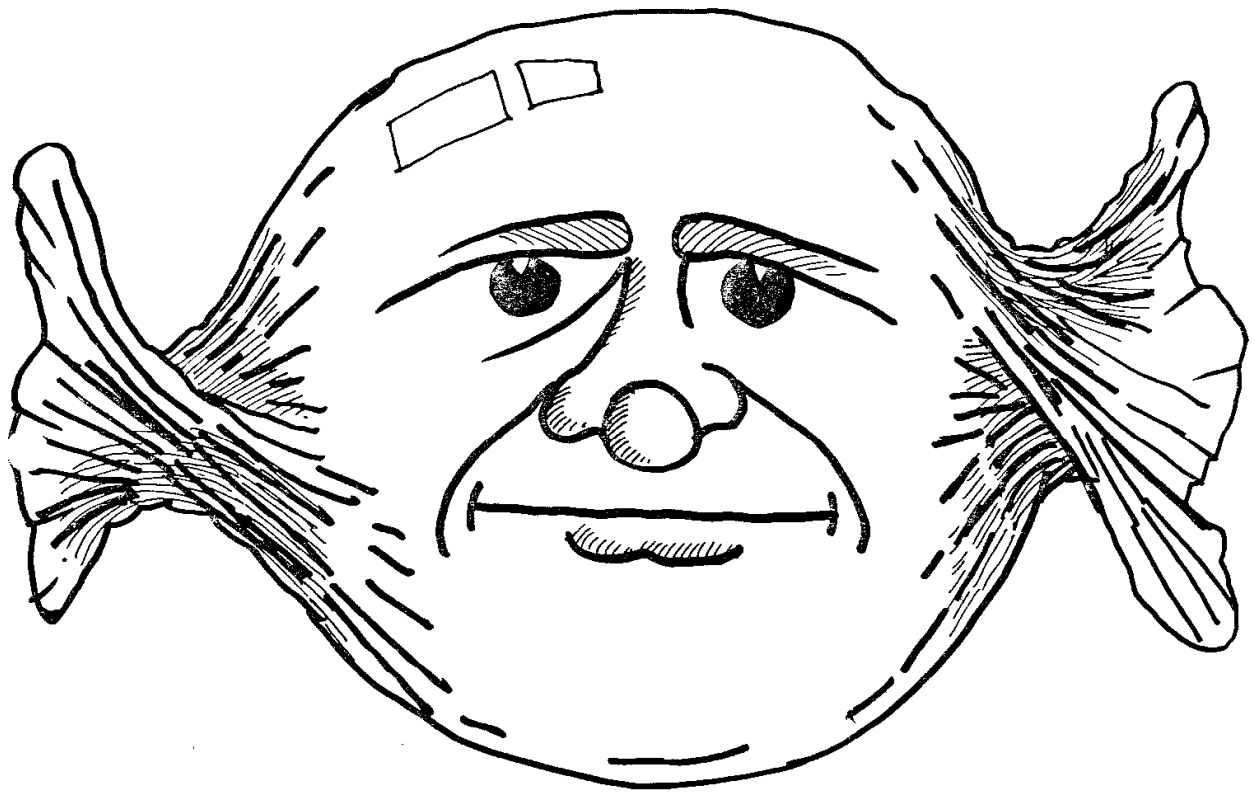


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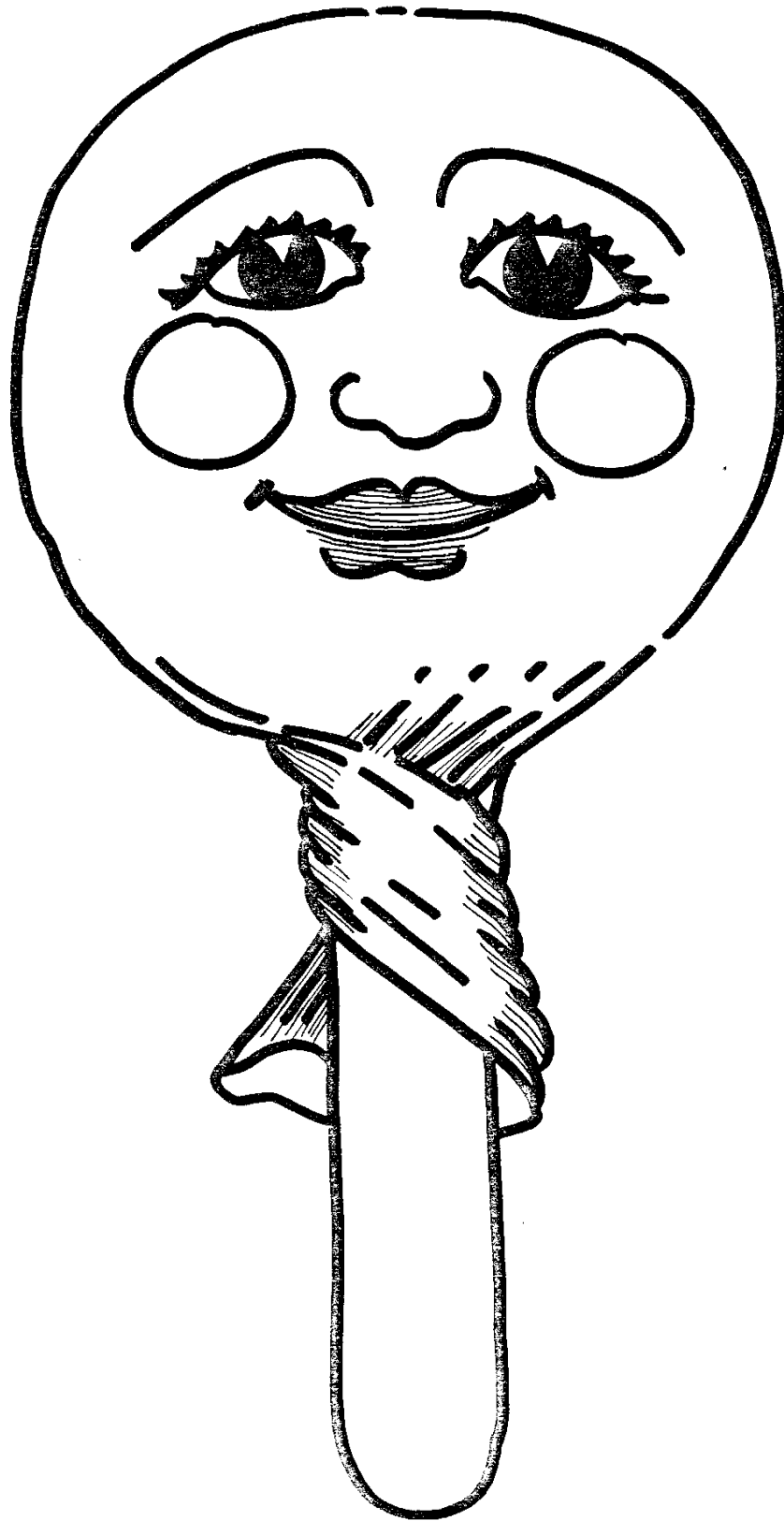
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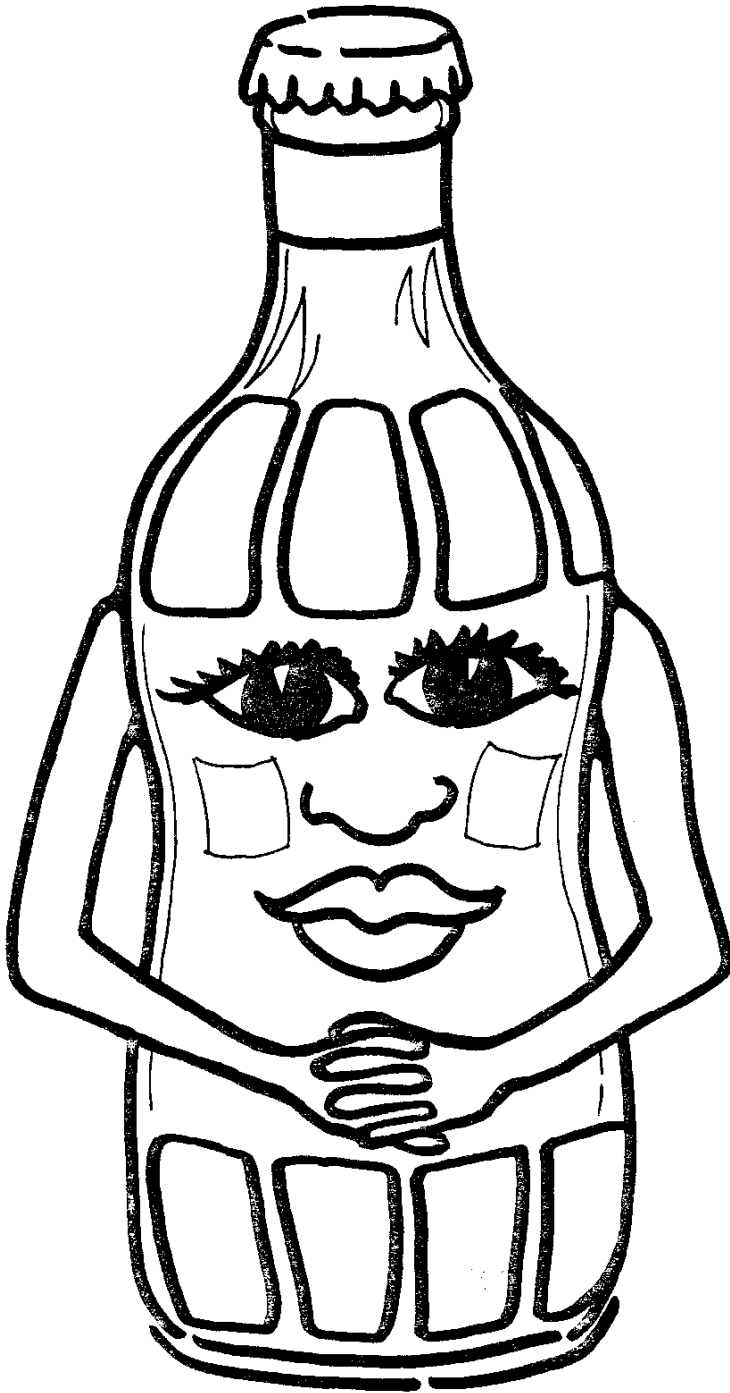
Charlie Tooth



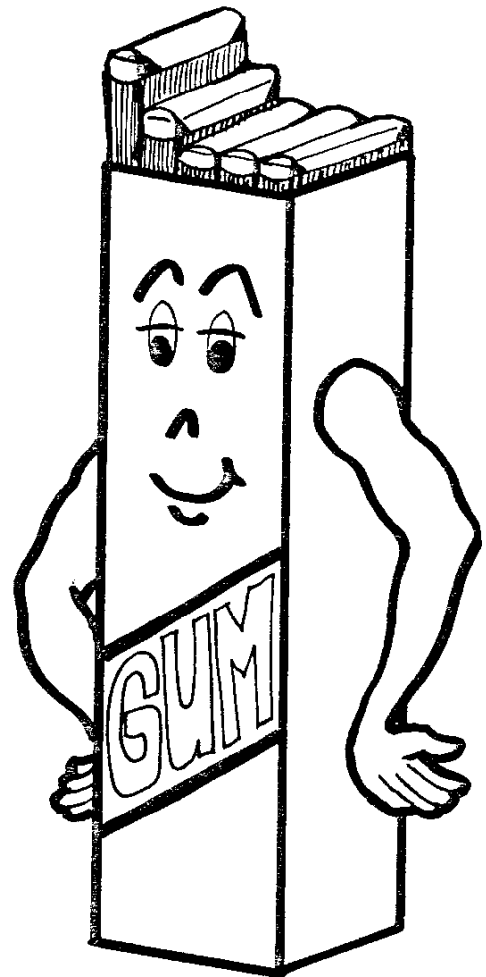
Mr. Sweets



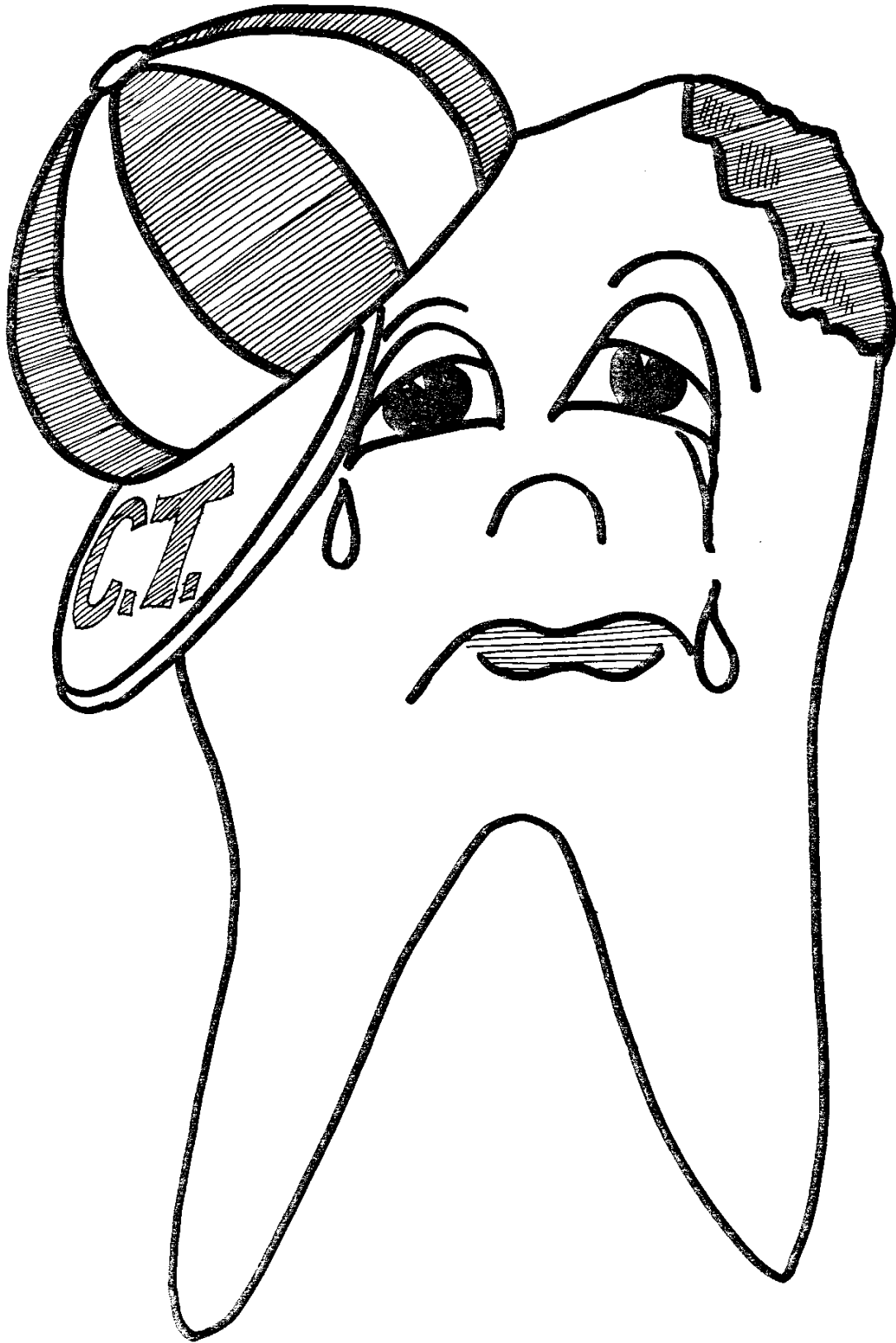
Susie Sucker



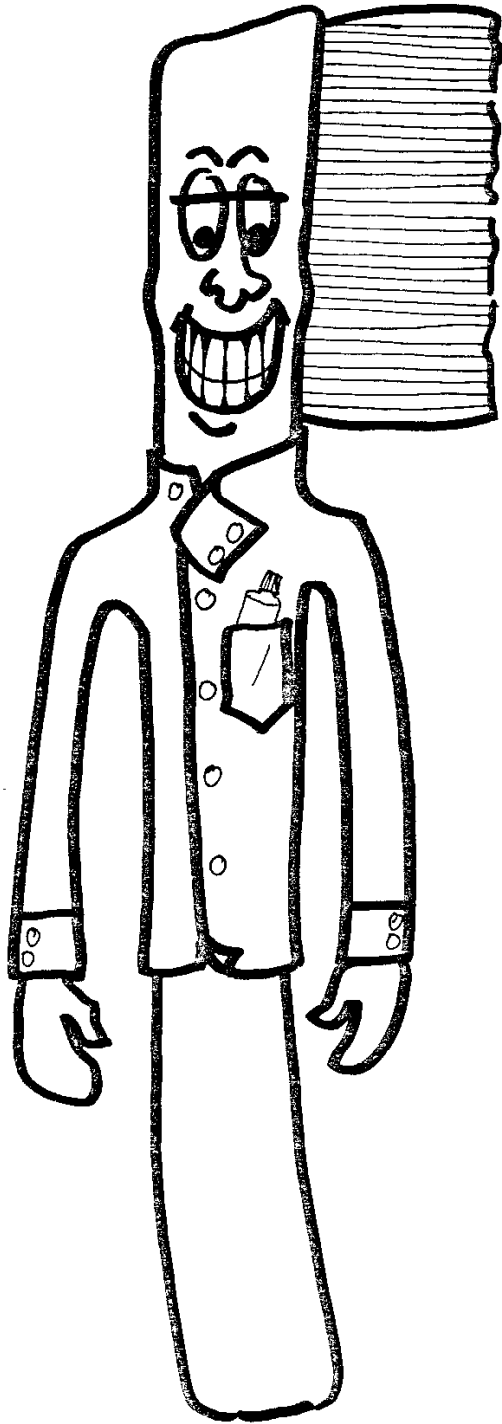
Patty Pop



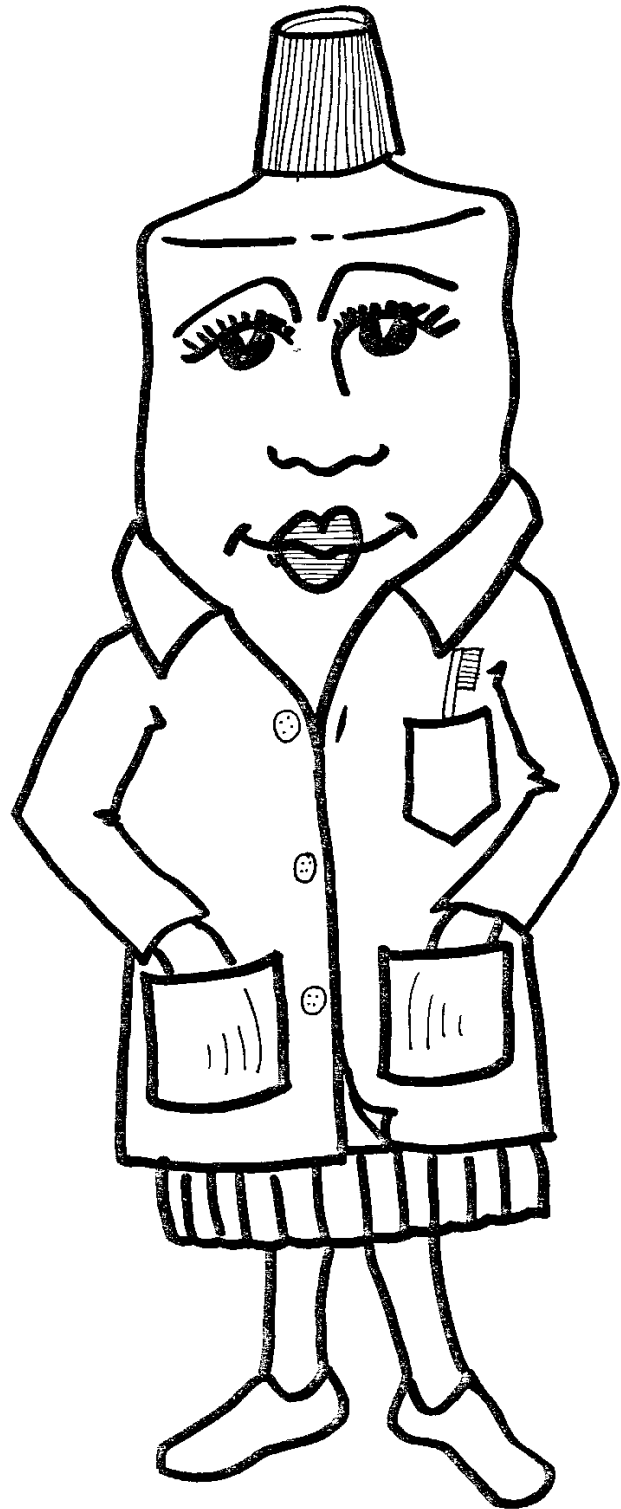
Gregory Gum



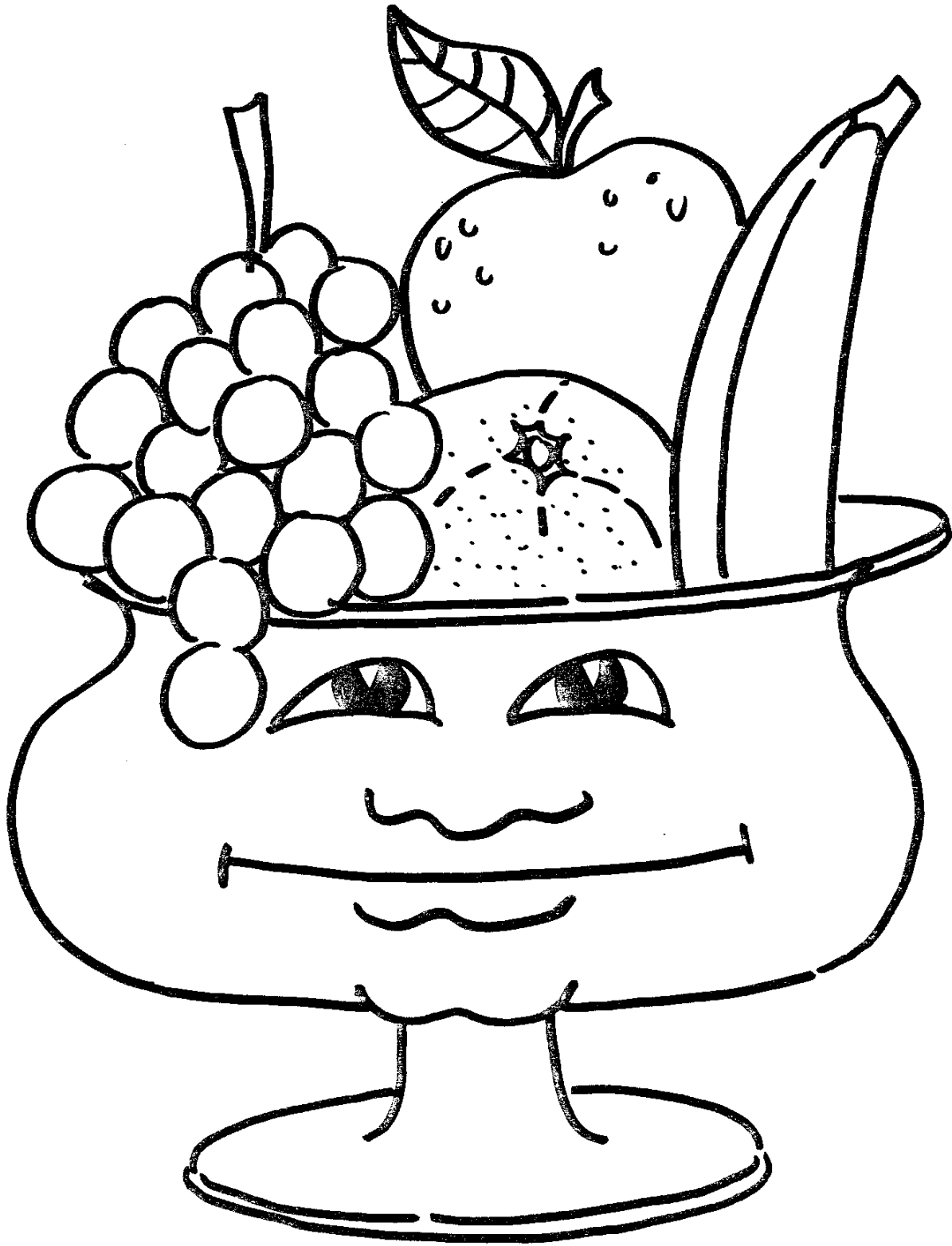
Charlie Tooth



Dr. Brushy



Dr. Pasty



Freddy Fruit



Virginia Vegetable