

Vegemi's Tooth Adventure

Vegemi is a small, friendly bacteria that lives in your stomach. He loves to go on adventures inside you with his friends. Tonight, Vegemi is going on an adventure to YOUR mouth!

Your mouth is home to many bacteria: some are bad, some are good. The good bacteria take care of your mouth. The bad bacteria need to be brushed away carefully! Vegemi greets the good bacteria and looks around. In front they see the Tooth Mountains: "WOW! There are so many amazing teeth here!" Vegemi notices.



It's snack time. YOU are eating bread, cheese, radishes, and carrot sticks. Vegemi feels the Tooth Mountains move. The vegetables are hard and need chewing. CRUNCH! As you chew, your jaw and teeth grow stronger.

"From this delicious snack, we get the superpower of strong teeth and a sparkling smile!" they cheer. Vegemi and the good bacteria in your mouth love healthy food. But the bad bacteria do not like healthy food at all.

The movement of the Tooth Mountains slows down and everything becomes calm. Then a large wave of water enters your mouth. WOOOSH! Vegemi and friends swim in the water and hold on to the walls of the Tooth Mountains. Vegemi is happy and completely soaked. Water is the best drink! It rinses the teeth and increases saliva production. This helps your mouth stay healthy.

"Your mouth also needs to rest. At night, only water is drunk!" Vegemi reminds. Even during the day, the mouth needs rest between meals. That's how teeth stay strong, Vegemi knows.



Vegemi and friends sit on the Tooth Mountains, chatting. They move out of the way as a big toothbrush arrives to clean YOUR mouth! First, the inner surfaces of the back teeth are brushed, then the outer surfaces, and finally the chewing surfaces. SWISH SWISH!

An adult brushes YOUR teeth carefully for two minutes at a time, morning and evening! Away with the bad bacteria: the brush cleans every corner of the Tooth Mountains, from top to bottom. Now the Tooth Mountains sparkle, and the air feels fresh. Vegemi is getting tired too. It's good to go to bed with a clean mouth and let it rest all night!

