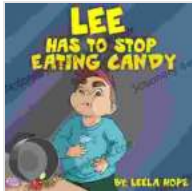


Lee Has to Stop Eating Candy Before Bedtime

Lee was a young boy who loved candy. He loved it so much that he would eat it all the time, even before bedtime.



Lee Has to Stop Eating Candy (Bedtime children's books for kids, early readers) by Juan Villalba

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1303 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 18 pages
Item Weight	: 14.9 ounces
Dimensions	: 5.39 x 0.98 x 8.46 inches



One night, Lee's mom told him that he couldn't eat any more candy before bedtime. She said that it was bad for his teeth.

But Lee didn't want to listen. He snuck into the kitchen and ate a whole bag of candy.

The next morning, Lee woke up with a terrible toothache. His teeth were all rotted and black.

Lee's mom took him to the dentist. The dentist said that Lee had to have all of his teeth pulled out.

Lee was so sad. He couldn't believe that he had lost all of his teeth because he ate too much candy.

Lee learned his lesson the hard way. He never ate candy before bedtime again.

The Importance of Brushing Your Teeth

Brushing your teeth is one of the most important things you can do to keep your teeth healthy.

When you eat candy, the sugar in the candy sticks to your teeth. This sugar can cause bacteria to grow in your mouth.

Bacteria can cause cavities, which are holes in your teeth. Cavities can be very painful and can even lead to tooth loss.

Brushing your teeth helps to remove the sugar and bacteria from your mouth. It also helps to strengthen your teeth and prevent cavities.

Eating Healthy Snacks

Eating healthy snacks is another important way to keep your teeth healthy.

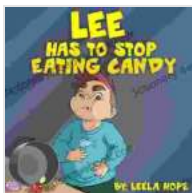
Healthy snacks, such as fruits, vegetables, and yogurt, don't contain sugar. This means that they won't stick to your teeth and cause cavities.

Eating healthy snacks can also help you to maintain a healthy weight. This is important because being overweight or obese can increase your risk of developing cavities.

Eating candy before bedtime is a bad idea. It can lead to cavities, tooth loss, and other health problems.

Brushing your teeth and eating healthy snacks are two important ways to keep your teeth healthy.

If you follow these tips, you can help to ensure that you have a healthy smile for life.



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