



All About Healthy Teeth

August 2018
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Preventing Dental Caries in Children from Birth Through Age Five Years

The U.S. Preventive Services Task Force (Task Force) has issued a **final** recommendation statement on *Prevention of Dental Caries in Children From Birth Through Age Five Years*.

This final recommendation statement applies to children from birth through age 5 and to preventive services provided by primary care clinicians. Primary care clinicians include doctors and nurses who provide general health care in a medical setting. This recommendation does not apply to care provided by dentists and other oral health professionals.

The final recommendation statement summarizes what the Task Force learned about the potential benefits and harms of efforts by primary care clinicians to prevent dental caries (tooth decay): (1)

Primary care clinicians should prescribe oral fluoride supplements (such as drops, tablets, or lozenges) to children who don't get enough fluoride from their water supply. The supplements should start when a child is six months old. (2) Primary care clinicians should apply fluoride varnish to the teeth of all infants and children, starting with the appearance of the first primary ("baby") tooth. (3) There is not enough evidence to say whether having primary care clinicians regularly screen children for dental caries by examining their teeth improves children's future health.

This fact sheet explains the recommendation and what it might mean for you.

What are dental caries?

Dental caries, also known as tooth decay, occurs when bacteria in the mouth use the sugar in food and drinks to make acids. The acids wear away the outer layer of the tooth (enamel). Tooth decay can eventually lead to a hole, or cavity.

Facts About Tooth Decay and Fluoride

Any child whose teeth have come in can develop tooth decay. This risk is especially high for children whose water supply does not have enough fluoride. Almost half of children ages 2 to 11 have decay in their baby teeth (the first set of teeth that come in).

Tooth decay can be prevented. If tooth decay in children starts and is not treated, it can lead to pain and loss of the affected teeth, and can negatively affect a child's growth, speech, and appearance.

Fluoride is a mineral that helps strengthen teeth. It is often added to a community's water supply to help prevent tooth decay. However, many Americans live in communities without fluoridated water. Fluoride supplements (drops, tablets, or lozenges) can decrease the risk of tooth decay for children who live in areas with low levels of fluoride in their water. *(Water supply companies are required to produce an annual report that includes information about the fluoride level in the water they provide. Contact your water utility to find out the fluoride level of your water.)*

Studies also show that painting a thin coat of fluoride, called fluoride varnish, on the teeth of all young children can prevent tooth decay.

Potential Benefits and Harms of Actions to Prevent Tooth Decay in Young Children

Most young children do not visit a dentist, but they often do see a primary care doctor or nurse. Primary care clinicians, therefore, can complement the important role that dentists play in keeping children's teeth healthy.

The Task Force reviewed recent studies on the benefits and harms of actions that doctors or nurses can take to prevent tooth decay in infants and children up through age 5. They found two ways that primary care clinicians can help:

- Prescribing fluoride supplements (drops, tablets, or lozenges) to children whose water supply does not have enough fluoride. The supplements should start when children are six months old.
- Putting fluoride varnish on all children's teeth. This should be started when a child's first baby tooth has come in.

The Task Force found that any harms from these actions are likely to be small. In nearly all cases in the United States, these harms are very mild changes to the appearance of the teeth, such as small white spots.

The Task Force did not find enough evidence to determine whether regularly screening all children for dental caries will improve a child's future health. The Task Force found that any harms of screening are likely to be very small.

The Final Recommendations on Preventing Tooth Decay: What Do They Mean?

Here are the Task Force's final recommendations on actions to prevent tooth decay. The grades are based on the quality and strength of the evidence about the potential benefits and harms of these actions. They also are based on the size of the potential benefits and harms. Task Force recommendation grades are explained in the box at the end of this fact sheet.

When the Task Force recommends a preventive service (**Grade B**), it is because it has more potential benefits than potential harms. When there is not enough evidence to judge benefits and harms, the Task Force does not make a recommendation for or against—it issues an **I Statement**. The Notes explain key ideas.

Visit the Task Force Web site to read the full **final recommendation statement**. The statement explains the evidence the Task Force reviewed and how it decided on the grade. An **evidence report** provides more detail about the studies the Task Force reviewed.

- 1 The Task Force recommends that **primary care clinicians** prescribe **oral** fluoride **supplementation** starting at age 6 months for children whose water supply is **deficient** in fluoride. **Grade B**
- 2 The Task Force recommends that primary care clinicians apply fluoride varnish to the **primary teeth** of infants and children **starting at the age of primary tooth eruption**. **Grade B**
- 3 The Task Force concludes that the **current evidence is insufficient** to assess the balance of benefits and harms of routine **screening** examinations for dental caries performed by primary care clinicians in children from birth to age 5 years. **I Statement**

Taking Action to Prevent Tooth Decay in Young Children

Getting the best health care means making smart decisions about what preventive medications, screening tests, and counseling services to get and when to get them. Many people don't get the medications, tests, or counseling they need. Others get medications, tests, or counseling they don't need or that may be harmful to them.

Task Force recommendations can help you learn about preventive medications, screening tests, and counseling services. These services can keep you and your family healthy and prevent disease. The Task Force recommendations do not cover diagnosis (tests to find out why you are sick) or treatment of disease.

Task Force recommendations also apply to some groups of people, but not others. For example, this recommendation applies only to infants and young children ages five and younger.

Notes

- 1 **primary care clinicians**
Health care professionals who provide general health care, including doctors, nurses, physician assistants, and nurse practitioners. This recommendation does not apply to care provided by dentists and other oral health professionals.
- oral**
Taken by mouth.
- supplementation**
Getting fluoride through drops, tablets, or lozenges.
- deficient**
Doesn't have enough (fewer than 6 parts per million).
- 2 **primary teeth**
The first set of teeth that come in; also called **baby teeth**.
- starting at the age of primary tooth eruption**
Beginning when the first baby tooth has come in.
- 3 **current evidence is insufficient**
The Task Force did not find enough information on screening children ages five and younger to determine potential benefits and harms.
- screening**
Examining a child's entire mouth to see whether a child has dental caries.

Talking to your doctor about preventing tooth decay in infants and young children

You can do many things to keep your children's teeth healthy and strong. Make sure they have a healthy diet, brush every day with fluoridated toothpaste, and see a dental professional regularly.

Your primary care clinician will likely want to talk with you about applying a fluoride varnish to your child's teeth once the baby teeth come in. If you live in an area where the local water supply is not fluoridated, he or she may also talk with you about giving your child fluoride supplements. Discuss your child's risk factors for tooth decay and whether your child is already seeing a dentist. Be comfortable that all your questions have been answered. And consider scientific recommendations, like this one from the Task Force. Use this information to become fully informed about preventing tooth decay.



What is the U.S. Preventive Services Task Force?





The Task Force is an independent group of national experts in prevention and evidence-based medicine. The Task Force works to improve the health of all Americans by making evidence-based recommendations about clinical preventive services such as screenings, counseling services, or preventive medicines. The recommendations apply to people with no signs or symptoms of the disease being discussed.

To develop a recommendation statement, Task Force members consider the best available science and research on a topic. For each topic, the Task Force posts draft documents for public comment, including a draft recommendation statement. All comments are reviewed and considered in developing the [final recommendation statement](#). To learn more, visit the [Task Force Web site](#).

USPSTF Recommendation Grades

Grade	Definition
A	Recommended.
B	Recommended.
C	Recommendation depends on the patient's situation.
D	Not recommended.
I statement	There is not enough evidence to make a recommendation.

Click Here to Learn More About Preventing Tooth Decay

-  **Take Care of Your Child's Teeth** (healthfinder.gov)
-  **The Tooth Decay Process: How to Reverse It and Avoid a Cavity** (National Institute of Dental and Craniofacial Research)
-  **Children's Oral Health** (Centers for Disease Control and Prevention)
-  **Tooth Decay—Early Childhood** (MedlinePlus)

Get Dental Care for Your Child

- Check your child's teeth and gums once a month. Look for white spots. If you see white spots, take your child to a dentist right away.
- If your child has not been to the dentist, make an appointment.
- Continue to visit the dentist to have your child's teeth and gums checked. The dentist will tell you when you need to come back.

Keep Your Own Mouth Healthy

- Brush your teeth with a soft toothbrush and toothpaste with fluoride, twice a day, after breakfast and before bed.
- Floss once a day before bedtime.
- Eat healthy foods, like whole-grain products, dairy products, fruits, vegetables, meat, fish, chicken, eggs, beans, and nuts.
- Eat fewer sweets like candy, cookies, or cake. Drink fewer sugary drinks like fruit-flavored drinks or pop (soda). Eat sweets or drink sugary drinks at mealtimes only.
- Get dental care.



Resources

Finding a Dentist

- <http://www.aapd.org/finddentist>
- <http://www.ada.org/ada/findadentist/advancedsearch.aspx>
- <http://www.knowyourteeth.com/findadentist>

Finding Low-Cost Dental Care

- <http://www.nidcr.nih.gov/FindingDentalCare/ReducedCost/FLCDC.htm>

Finding Dental Insurance Coverage

- <https://www.insurekidsnow.gov>

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A Healthy Smile for Your Young Child

Tips to Keep Your Child Healthy



Taking care of your young child's teeth and gums is important. Brush your child's teeth, give your child healthy foods, and take your child to the dentist. If you take care of your teeth, it will help your child's teeth stay healthy, too.

Children need healthy teeth.

Healthy teeth help them to chew and to speak clearly. Baby teeth also make space for adult teeth. Young children want to brush their own teeth, but they need help. Until your child is about 7 or 8, you should brush her teeth.

Give your child a healthy start! Here are tips to keep your child's teeth and gums healthy.



Take Care of Your Child's Mouth

- Brush your child's teeth with toothpaste with fluoride (floor-ide) twice a day, after breakfast and before bed. Use a soft toothbrush made for young children.
- For children under age 3, use a small smear of toothpaste. For children ages 3 to 6, use toothpaste the size of a pea.



Smear



Pea-size

- Brush the front and back of your child's teeth. Lift his lips to brush at the gum line of his front teeth.
- Make sure your child spits out the toothpaste after brushing. Do not have your child rinse with water. The toothpaste that stays in your child's mouth is good for his teeth.
- Floss your child's teeth if they touch each other. Ask dental office staff for help.
- If your child has sore gums from a tooth coming in, give him a cold teething ring, cool spoon, or cold wet washcloth. Or you can rub your child's gums with a clean finger.
- Germs can pass from your mouth to your child's mouth. Use a different spoon to taste your child's food. If your child's pacifier falls on the floor, clean it with water.
- Do not dip pacifiers in sweet foods like sugar, honey, or syrup.

Give Your Child Healthy Foods

- Give your child healthy foods. Give her foods like fruits, vegetables, whole-grain products like bread or crackers, and dairy products like milk, yogurt, or cheese. Lean meats, fish, chicken, eggs, and beans are also good for your child.
- Wean your child from a bottle to a cup by age 12 to 14 months.
- Do not put your child to sleep with a bottle filled with milk, juice, or sugary drinks like fruit-flavored drinks or pop (soda).
- Serve juice in a cup with no lid, not a bottle. For children ages 1 to 3, offer no more than 4 ounces of juice each day. For children ages 4 to 6, offer no more than 4 to 6 ounces of juice each day. Give your child 100-percent fruit juice only. It is even better to give your child fruit instead of juice.
- Give your child water several times a day. The water should have fluoride.
- Give your child fewer sweets like candy, cookies, or cake. And give your child fewer sugary drinks. If you give your child sweets or sugary drinks, give them at mealtimes only.
- Reward your child with a big smile or a hug, not with food.



Proper Brushing

Proper brushing is essential for cleaning teeth and gums effectively. Use a toothbrush with soft, nylon, round-ended bristles that will not scratch and irritate teeth or damage gums.

Place bristles along the gumline at a 45-degree angle. Bristles should contact both the tooth surface and the gumline.



Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back & forth rolling motion. A rolling motion is when the brush makes contact with the gumline and is moved downward toward the chewing surface. Move brush to the next group of two to three teeth and repeat.



Maintain a 45-degree angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth, and rolling motion along all of the inner tooth surfaces.



Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.



--Illustrations adapted by and used courtesy of the John O. Butler Company--

Remember to replace your toothbrush every three to four months. Researchers have established that thousands of microbes grow on toothbrush bristles and handles. Most are harmless, but others can cause cold and flu viruses, the herpes virus that causes cold sores, and bacteria that can cause periodontal infections.

Proper Flossing

Flossing is an essential part of the tooth-cleaning process because it removes plaque from between teeth and at the gumline, where periodontal disease often begins.

If you find using floss awkward or difficult, ask your dental hygienist about the variety of dental floss holders or interdental cleaning devices that are available.

Wind 18" of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving a 1"- 2" length in between. Use thumbs to direct floss between upper teeth.



Keep a 1" - 2" length of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth.



Gently guide floss between the teeth by using a zig-zag motion. Gently wrap floss around the side of the tooth.



Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.



--Illustrations adapted by and used courtesy of the John O. Butler Company--

From baby bottle to cup

Choose training cups carefully, use them temporarily

Tooth decay can occur as soon as a baby's teeth appear. One of the risk factors for early childhood caries (sometimes called "baby bottle tooth decay") is frequent and prolonged exposure of a baby's teeth to liquids containing sugar—including milk, formula and fruit juice.

Because decay can destroy the teeth of an infant or young child, parents should encourage their children to drink from a cup by their first birthday.

As you make the change from baby bottle to training cup, be very careful about

- what kind of training cup you choose;
- what goes into the cup;
- how frequently your child sips from it;
- not allowing your child to carry the cup around.

HOW TO SELECT THE RIGHT TRAINING CUP

The best training cup for your child is one with no valve. Stores offer a large and often confusing variety of training cups (also called "sippy cups" or "tippy cups"). Many if not most of these are

"no-spill" cups—nothing more than baby bottles in disguise. "No-spill" cups include a valve beneath the spout, which does stop spills. However, cups with valves do not allow your child to sip. The only way your

child can get liquid from a cup with a valve is by sucking (as from a baby bottle). This defeats the purpose, as it prevents your child from learning to sip.

When shopping for a training cup, avoid those that have no-spill valves. A useful training cup will have a snap-on or screw-on lid with a spout. If you can find a cup with two handles, that may be best. A useful cup also may be self-righting, with a weighted base that pulls the cup upright when it tips, keeping spills to a minimum.

WHAT—AND HOW OFTEN—YOUR CHILD SHOULD DRINK

Do not let your child constantly sip liquids containing sugar (including milk and juice drinks), because that encourages tooth decay. Offer these liquids only at mealtimes—understanding that mealtimes for little ones may be more frequent than the standard three times a day for adults. (Saliva production increases during a meal and helps neutralize acid production and rinse food particles from the mouth.) If your child is thirsty between meals, offer water in the cup.

Do not let your child carry the training cup around, or get into the habit of keeping it within reach while riding in a car or stroller. At-will, frequent sips of sugary liquids encourage tooth decay. Another problem is that toddlers often are unsteady on their feet. They take an unnecessary risk if they try to walk and drink at the same time. Falling while drinking from a cup can injure the mouth. Do not let your child walk or run around with a training cup.

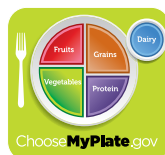
A training cup should be used temporarily. Once your child has learned how to sip, the training cup has achieved its purpose. It can and should be set aside when no longer needed. ■

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**10
tips**
Nutrition
Education Series



**MyPlate
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Based on the
**Dietary
Guidelines
for Americans**

Cut back on your kid's sweet treats

Set your kids on a path for lifelong healthy eating by limiting the amount of added sugars they eat. Sweet treats and sugary drinks have lots of calories but few nutrients. Most added sugars come from sodas; sports, energy, and fruit drinks; cakes; cookies; ice cream; candy; and other desserts.

1 Serve small portions
Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods and serve them in bite-size portions.

2 Sip smarter
Soda and other sugar-sweetened drinks contain a lot of sugar and are high in calories. Offer water when kids are thirsty.



3 Use the checkout lane that does not display candy
Most grocery stores will have a candy-free checkout lane to help avoid temptation. Waiting in a regular checkout lane tempts children to ask for candy that is right in front of them.

4 Choose not to offer sweets as rewards
By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 Make fruit the first choice
Offer a variety of fruits in different ways. Make fruit kabobs using cantaloupe, bananas, and strawberries or offer whole fruits such as pears, clementines, or apples.



6 Make food fun
Sugary foods that are marketed to kids are advertised as “fun foods.” Make nutritious foods fun by preparing them with your child’s help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 Encourage kids to invent new snacks
Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Let school-age kids choose the ingredients to create their own snack.



8 Play detective in the grocery aisle
Show kids how to find the amount of total sugars on the Nutrition Facts label in various cereals, yogurts, and other products. Challenge them to compare products they like and select the one with the lowest amount of sugar.

9 Make treats “treats,” not everyday foods
Treats are okay once in a while. Just don’t make treat foods an everyday thing. Limit sweet treats to special occasions.

10 If kids don’t eat their meal, they don’t need sweet “extras”
Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.



Reduzca los dulces de su hijo

Encamine a sus hijos hacia una alimentación saludable para toda la vida limitando la cantidad de azúcares añadidos que comen. Los dulces y las bebidas azucaradas tienen muchas calorías pero pocos nutrientes. La mayoría de los azúcares añadidos provienen de refrescos; refrescos deportivos, energéticos y de frutas; pasteles; galletas; helado; caramelo; y otros postres.

1 Sirva porciones pequeñas
Muestre a los niños que una pequeña cantidad de golosinas puede durar mucho. Use tazones y platos más pequeños para estos alimentos y sívalos en porciones de tamaño de bocado.

2 Beba con más inteligencia
El refresco y otras bebidas azucaradas contienen mucha azúcar y son ricos en calorías. Ofrezca agua cuando los niños tengan sed.



3 Use el carril de salida que no exponga caramelos
La mayoría de las tiendas de comestibles tienen un carril de salida sin caramelos para ayudar a evitar la tentación. La espera en un carril de salida regular tienta a los niños a pedir los dulces que están justo en frente de ellos.

4 Elija no ofrecer dulces como recompensas
Al ofrecer comida como recompensa por el buen comportamiento, los niños aprenden a pensar que algunos alimentos son mejores que otros alimentos. Recompense a su hijo con palabras amables y abrazos reconfortantes, o deles artículos no alimentarios, como pegatinas, para que se sientan especiales.

5 Haga de la fruta la primera opción
Ofrezca una variedad de frutas de diferentes maneras. Haga kabobs de fruta usando cantalupo, plátanos y fresas u ofrezca las frutas enteras tales como peras, clementinas o manzanas.



6 Haga que los alimentos sean divertidos
Los alimentos azucarados que se comercializan para los niños se anuncian como “alimentos divertidos.” Haga que los alimentos nutritivos sean divertidos preparándolos con la ayuda de su hijo y siendo creativos juntos. Haga una cara sonriente con los plátanos rebanados y las pasas. Corte la fruta en formas divertidas y fáciles con cortadores de galletas.

7 Anime a los niños a inventar nuevos bocadillos
Haga sus propias mezclas de bocadillos de cereal de grano entero seco, frutas deshidratadas y frutos secos o semillas sin sal. Deje que los niños en edad escolar escojan los ingredientes para crear su propio bocadillo.



8 Juegue a los detectives en el pasillo de comestibles
Enseñe a los niños cómo encontrar la cantidad de azúcares totales en la etiqueta de información nutricional en varios cereales, yogures y otros productos. Desafíelos a comparar los productos que les gustan y seleccionar el que tenga la menor cantidad de azúcar.

9 Convierta las “golosinas” en delicias ocasionales, no en alimentos diarios
Las golosinas están bien de vez en cuando. Simplemente no haga que las golosinas sean una cosa cotidiana. Limite los dulces a ocasiones especiales.

10 Si los niños no comen su comida, no necesitan dulces “extras”
Tenga en cuenta que los dulces o las galletas no deben reemplazar los alimentos que no se comen a la hora de comer.

☞ You'd never expect peppers to be sweet, but they are. My daughter loves the crunch, so I keep sliced bell peppers in the fridge. I serve them with a little ranch dressing...so good and so easy! ☞

Recipe

Colorful Quesadillas

Preparation time: 10 minutes

Cooking time: 15 minutes

Serves: 8

Serving size: 4 wedges or 1 quesadilla

Ingredients:

- 8 oz fat-free cream cheese
- ¼ tsp garlic powder
- 8 small whole-wheat tortillas
- 1 cup sweet red or green bell pepper, chopped 🌶️
- 1 cup shredded low-fat cheese
- 2 cups fresh spinach leaves 🌿
or 10 oz frozen spinach, thawed and squeezed dry

Directions:

1. In a small bowl, mix the cream cheese and garlic powder. 🤝
2. Spread about 2 Tbsp of the cheese mixture on each tortilla. 🤝
3. Sprinkle about 2 Tbsp bell pepper and 2 Tbsp shredded cheese on one half of each tortilla. 🤝
4. Add spinach: ¼ cup if using fresh leaves or 2 Tbsp if using frozen. Fold tortillas in half. 🤝
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.



Time Saver

Cooking together is not only a great bonding experience, but it gives kids skills that they'll need for life. Even better, it helps get dinner on the table faster.



Ask About

- What are some ways we can use fruits and vegetables to add color to our meals at home?
- What are some examples of dark-green, red, and orange vegetables?

Make an assembly line and put the family to work. One child can spread the cheese mixture, another can sprinkle the veggies. Make sure an adult does the cooking, though!



👂 Uno nunca espera que los pimientos sean dulces, pero lo son. A mi hija le encanta lo crujiente, así que tengo pimientos dulces rebanados en el refrigerador. Los sirvo con un poco de aderezo ranch... ¡son tan buenos y fáciles de preparar! 🗣️

Receta

Quesadillas de colores

Tiempo de preparación: 10 minutos

Tiempo de cocción: 15 minutos

Porciones: 8

Tamaño de la porción: 4 rebanadas o 1 quesadilla

Ingredientes:

- 8 oz de queso crema sin grasa
- ¼ de cucharadita de ajo en polvo
- 8 tortillas pequeñas de harina de trigo integral
- 1 taza de pimientos rojos o verdes, picados 🌿
- 1 taza de queso rallado bajo en grasa
- 2 tazas de hojas de espinaca fresca 🌿
o 10 oz de espinaca congelada, descongelada y seca exprimida

Instrucciones:

1. En un tazón pequeño, mezcle el queso crema y el ajo en polvo. 🤝
2. Unte alrededor de 2 cucharadas de la mezcla de queso en cada tortilla. 🤝
3. Esparza alrededor de 2 cucharadas de los pimientos y 2 cucharadas del queso rallado en una mitad de cada tortilla. 🤝
4. Añada la espinaca: ¼ de taza si usa hojas frescas o 2 cucharadas si usa congelada. Doble las tortillas a la mitad. 🤝
5. Caliente una sartén grande a fuego medio hasta que se caliente. Coloque 2 tortillas dobladas en la sartén y caliente de 1 a 2 minutos en cada lado o hasta que se doren.
6. Retire las quesadillas de la sartén, coloque en el plato y cubra con papel aluminio para mantenerlas calientes mientras cocina el resto.
7. Corte cada quesadilla en 4 rebanadas. Sirva caliente.



Ahorre tiempo

Cocinar juntos no sólo es una gran experiencia de unidad, sino también les brinda a los niños habilidades que necesitarán para su vida. Aún mejor, ayuda a tener la cena en la mesa con más rapidez.



Pregunte

- ¿Cuáles son algunas maneras en las que podemos usar frutas y vegetales para darle color a nuestras comidas en casa?
- ¿Cuáles son algunos ejemplos de vegetales color verde oscuro, rojo y anaranjado?

Establezca una línea de producción y ponga a la familia a trabajar. Un hijo puede untar la mezcla de queso, otro puede esparcir los vegetales. ¡Asegúrese de que un adulto sea el que cocine!

