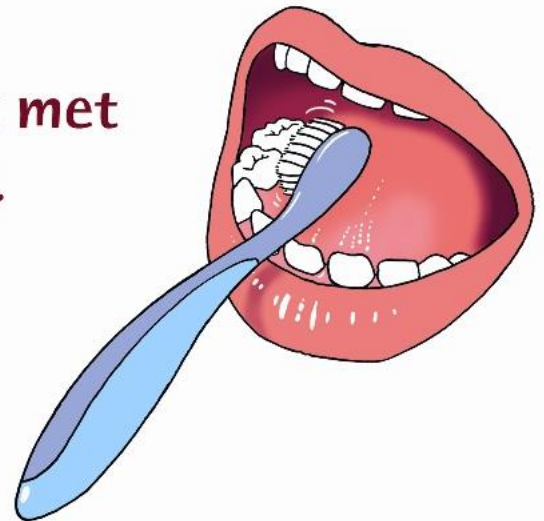
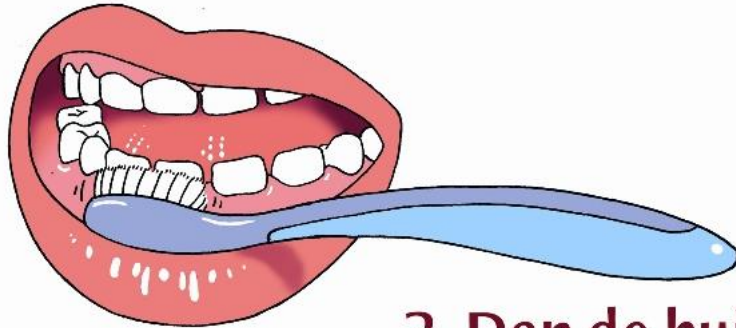
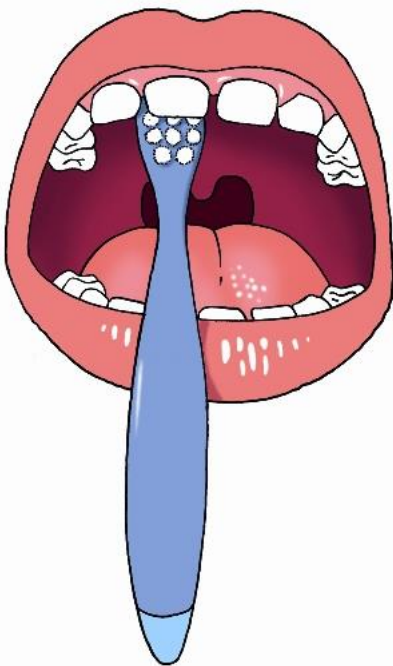


# Tandenpoetsen, hoe doe je dat?

1. Begin beneden met de binnenkant.



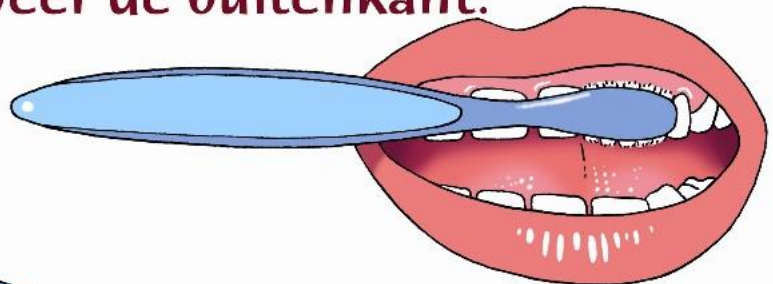
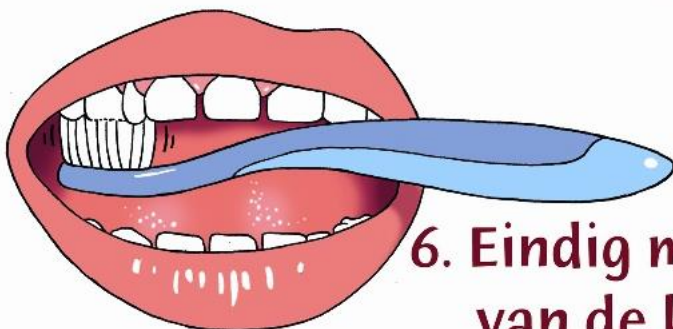
2. Dan de buitenkant.



3. Poets hierna bovenop de kiezen.

4. Poets vervolgens de boventanden en -kiezen.  
Poets eerst de binnenkant.

5. Dan weer de buitenkant.



6. Eindig met de kauwvlakken van de kiezen.