

KEEP YOUR TEETH CLEAN

**Presented by:
Janeth Canola, Carolina Fritman, Ivy Lin,
Wendy Ma, Cynthia Yun**

Questions:

Who has been to the dentist before?



Questions:

**How many times a day
do you brush your teeth?**



Questions:

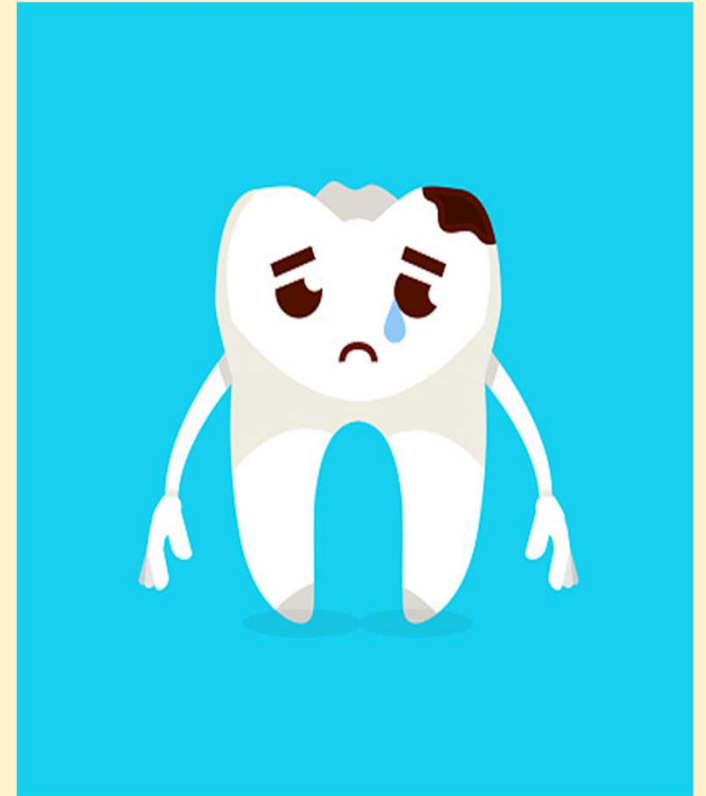
Who knows what a cavity is?





What is a Cavity?

- Also called "Tooth decay"
- It eats away your teeth creating a hole
- The hole on your teeth starts small and gets bigger overtime
- If it gets too big, it will hurt!

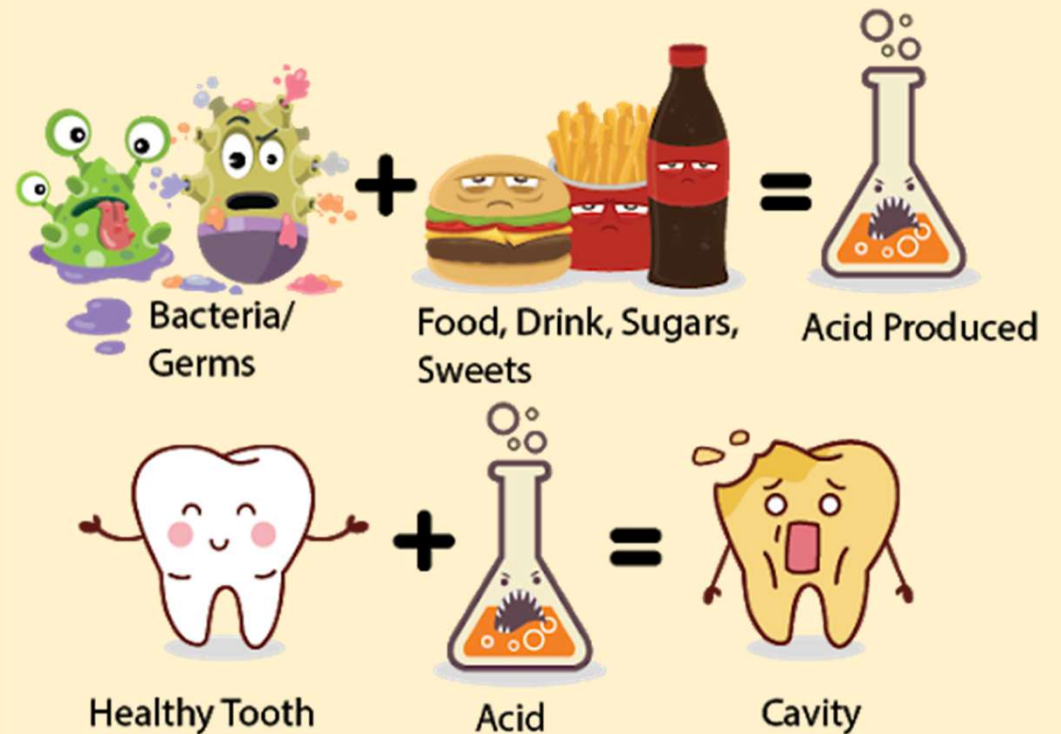


How Does a Cavity Start?

- Germs start forming after you eat
- Germs + frequent sweets and sticky food will create a hole on your teeth

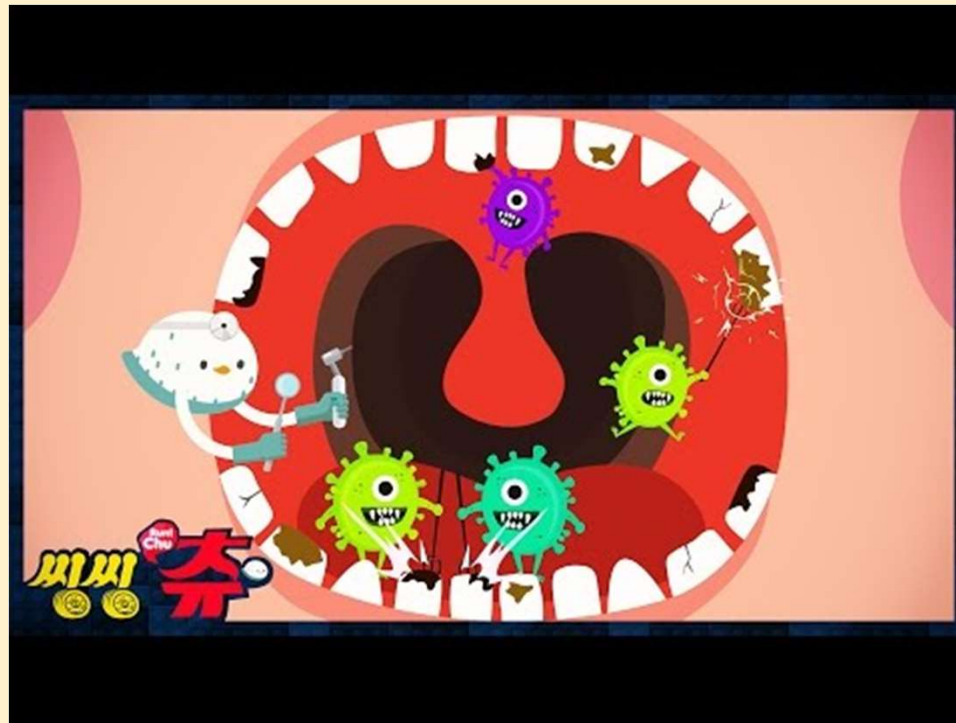


Dental Decay Process



Let's Watch a Video!

<https://www.youtube.com/watch?v=PFz5ZmZdYVM>



How To Prevent a Cavity?

- Eating less sugary and sticky snacks
- Eating more fruits and vegetables
- Drinking a lot of water
- Seeing your dentist at least 2 times a year
- Having fluoride vitamins to make your teeth stronger



How To Take Care of Your Teeth

- Good oral hygiene
- Brushing 2 times a day for 2 minutes
 - One time in the morning
 - One time at night
- Don't let your mouth get dry
- Keeping a good diet



More Tips to Keep Your Teeth and Mouth Healthy:

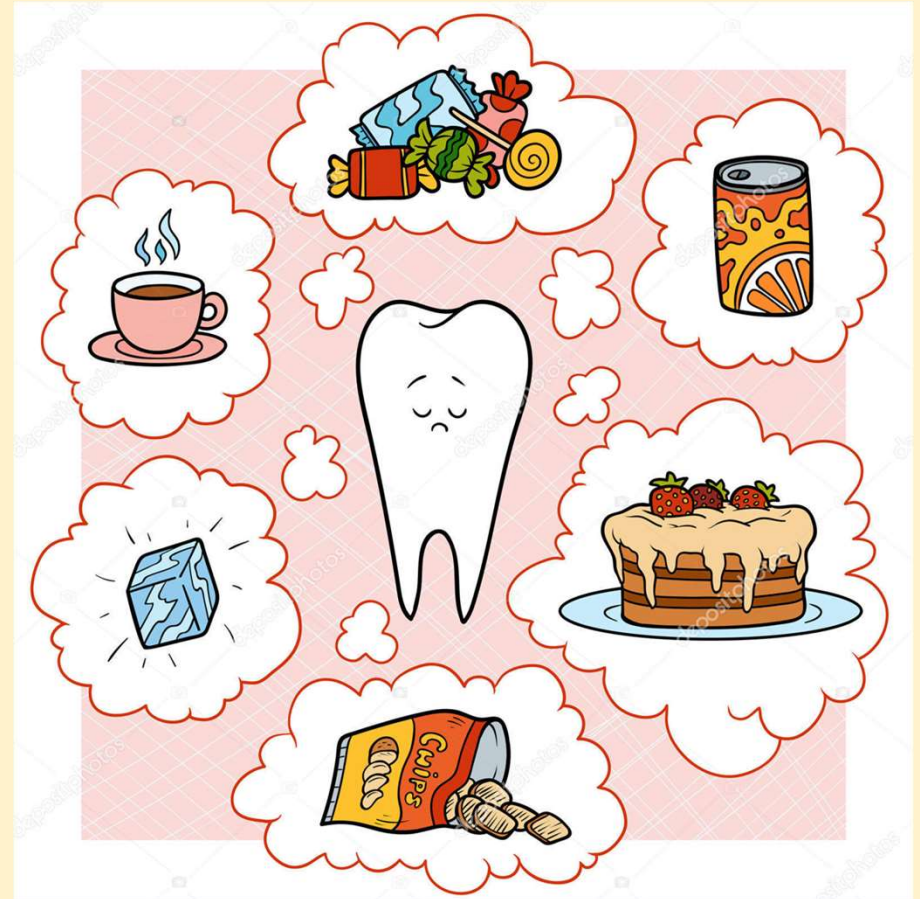
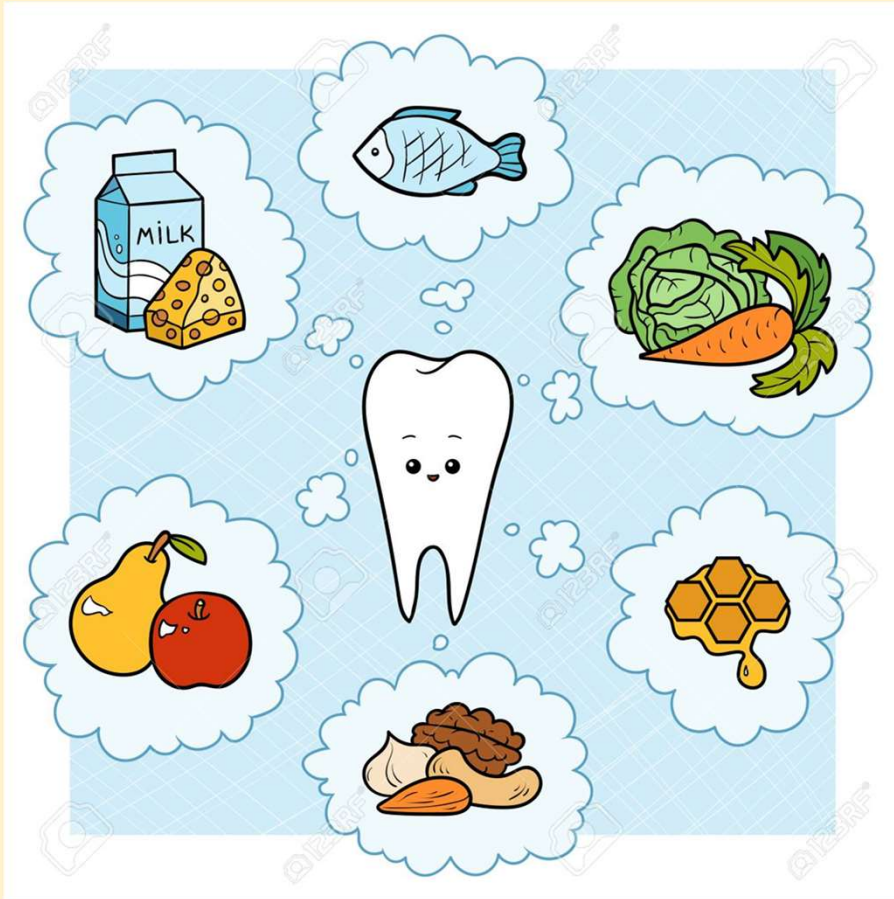
- Don't forget to brush your tongue
- Change your toothbrush every 3 months
- Use a soft-bristled toothbrush



Brush With Care



GOOD OR BAD? GAME TIME!!



Let's Watch Another Video!!

<https://www.youtube.com/watch?v=THXz06w6rBY&feature=youtu.be>



Tell-Show-Do Brushing Activity

- We will teach all of you how to properly brush your teeth
 - Please form groups of 4-5 students
 - Total of 5 groups
 - Each presenter will teach the group how to brush properly using the Fones Circular Toothbrush Method

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for two minutes

THANK YOU!

