

# Healthy Teeth = Happy Smile!



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# Keeping your Teeth Healthy is Important!



Eat your favorite  
foods



Have a bright  
smile



Avoid painful  
toothache

## 3 Ways to Keep your Teeth Healthy



Brush and floss



Eat healthy foods



Visit your dentist

# 1. Brush and Floss Regularly!



Brush twice a day



Floss once a day

## How to Brush your Teeth Well?



Set a timer for  
2 minutes



Brush in circular  
motions



Don't forget your  
tongue!

## 2. Eat Healthy Foods!



Fruits



Vegetables



Dairy

### 3. Visit your Dentist!



Dentist will help keep  
your smile healthy



Visit your dentist  
twice a year



Ask questions if  
you're curious!

