





Oral Health



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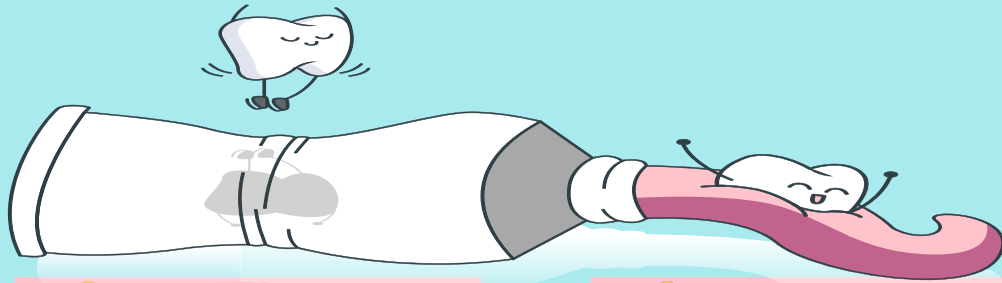


Nutrition



Here is where your oral hygiene begins!

OUR TOOTH FAIRIES



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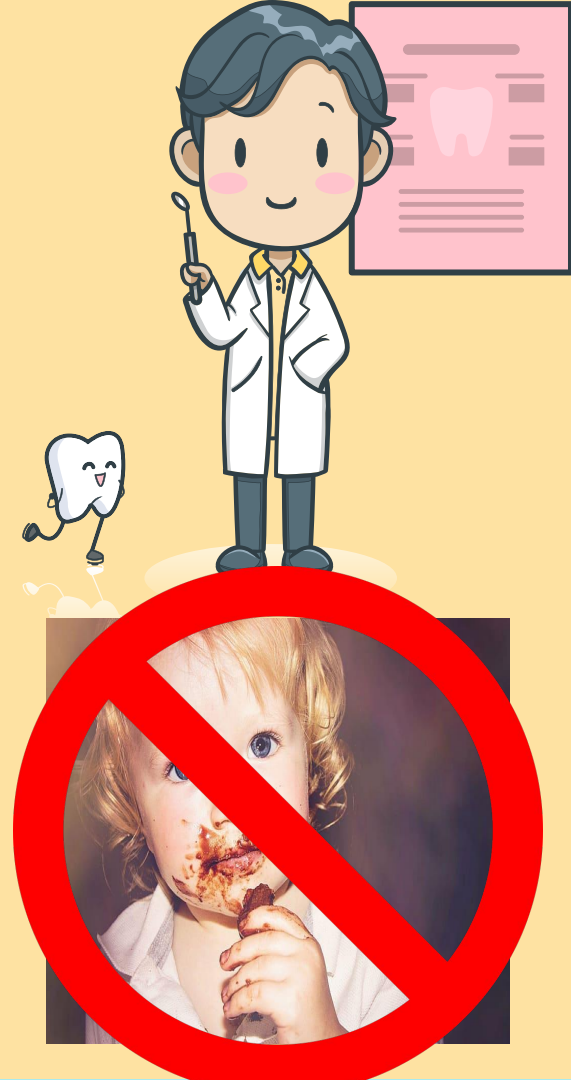


Milana Vilotijevic







Nutrition








- 🍏 Unhealthy diet: Candy, chips, french fries, fried chicken, soda, sugary cereals, etc.
- 🍏 Healthy diet: fruits (grapes, apples, strawberries, pineapple, etc.), salad, nuts, vegetables (broccoli, lettuce celery, carrots etc.)
- 🍏 It is important to avoid unhealthy snacks. They may cause obesity and tooth decay. Instead of eating a chocolate bar try a fruit instead.



Why Are Certain Foods Healthier than Others?

-  Foods/Drinks with a high sugar content are acidic and cause teeth to break down.
-  Sticky and mushy food such as candy or bread can stay stuck on your teeth for a long time.
-  Crunchy food that you have to chew a lot such as apples or nuts don't get stuck.
-  It's better to drink water instead of juice because there is no sugar and it will help keep your mouth clean.

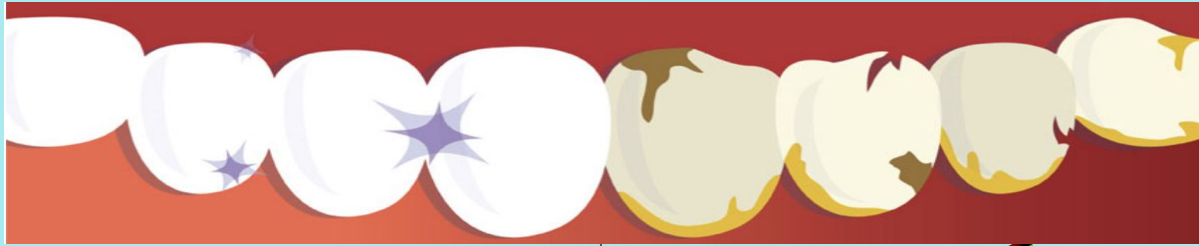
How Much Healthy Food Should You Eat?

-  Fruits: 1 small fruit, about the size of a tennis ball.
-  Veggies: 1 cup, about the size of a baseball.
-  Milk: 1 cup, about the size of a baseball.
-  Cheese: 1.5 Ounces, about the size of a 9-volt battery.
-  Lean Beef/Poultry: 3 Ounces, about the size of a deck of cards.
-  Oil/salad dressing: 1 teaspoon, about the size of a water bottle cap.
-  Whole Grain Bread: 1 slice of bread.

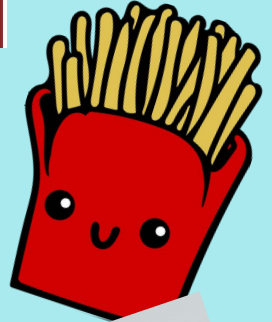
Nutrition



milk



apple



cheese



carrot



almond



The Do's

1. DO maintain a healthy diet of fruits & vegetables, lean protein, low-fat dairy products, & whole grains that provide essential nutrients.
2. DO practice good oral hygiene (brush your teeth twice a day for two minutes, rinse, floss, & go to your dentist every 6 months).

The Don'ts

1. DON'T regularly sip on sugar-sweetened or carbonated drinks.
2. DON'T overly consume sticky foods or slow-dissolving candy like Jolly Ranchers or hard Life-Savers.
3. DON'T frequently eat desserts or other sugary foods.

What is Oral Health?

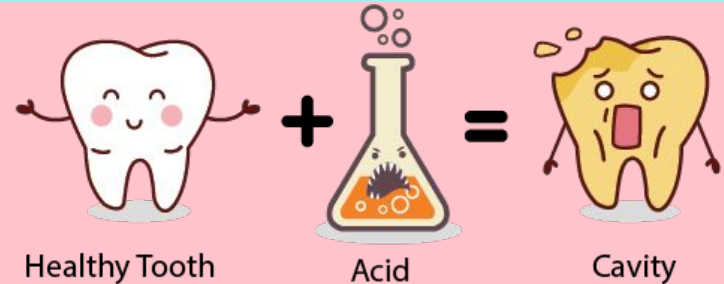


Oral health is the practice of caring for a healthy mouth & healthy teeth

Dental Decay Process



How to Brush Your Teeth Properly - For Kids



The Toothy Toad

A long, long time ago there was a wizard who accidentally invented an unusual spell. Whoever the spell was used on would get perfect teeth. The wizard didn't know what to do with his new spell, so he decided to use it on one of his toads.

After he cast the spell, the toad started to smile very wide. He was a happy toad because now he can eat all the foods he wanted. He could even talk!

"I'm so happy with my new teeth," said the toad, "I can now eat yummy candy instead of eating flies all day!"

The wizard noticed that the toad wasn't thinking about taking care of his new teeth, so he told the toad, "Look after your teeth, Mr. Toad. Brush them so you don't get any cavities because then your teeth will start to ache. My number one rule for you is to not eat so many sweets!"

The toad didn't pay any attention to what the wizard was saying. He thought his teeth were so strong that they didn't need to be brushed and that he could eat all the candy he wanted.

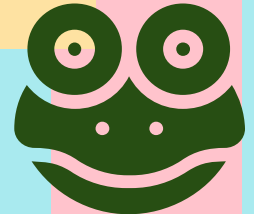
One day, one of Mr. Toad's teeth started to hurt, and soon enough all his teeth began to hurt. They were all decayed from all the candy he's been eating! Mr. Toad started to see holes in all his teeth, and they started to fall out.

He began taking care of his teeth by brushing twice a day and flossing. He even stopped eating candy and started eating healthy foods like fruits and vegetables.

But it was too late. The damage was already done, and there was nothing he could do to go back to making his teeth strong again.

When his last tooth fell out, he couldn't talk anymore.

Poor Mr. Toad! He wished that he had went to the wizard and asked him for new teeth and that he would take better care of them.



 **The moral of the story: take care of your teeth, because these are the only ones we get!**

Daily Routine



Brush

Brush for 2 minutes, twice a day in circular motions



Floss

Floss using a "C" shape to get any leftover food stuck between your teeth



Rinse

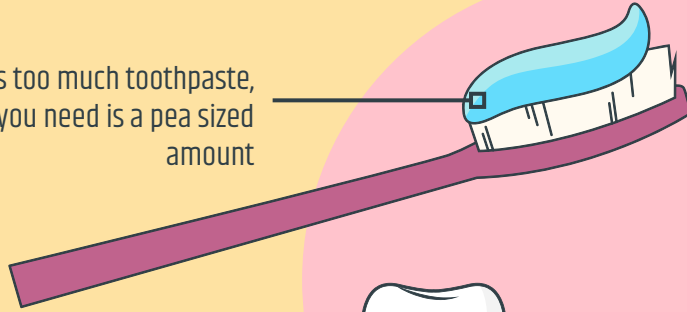
Rinse for 30 seconds. This will get rid of all the germs on your tongue and the rest of your mouth



Brushing



This is too much toothpaste, all you need is a pea sized amount



Make sure you aren't brushing on your gums

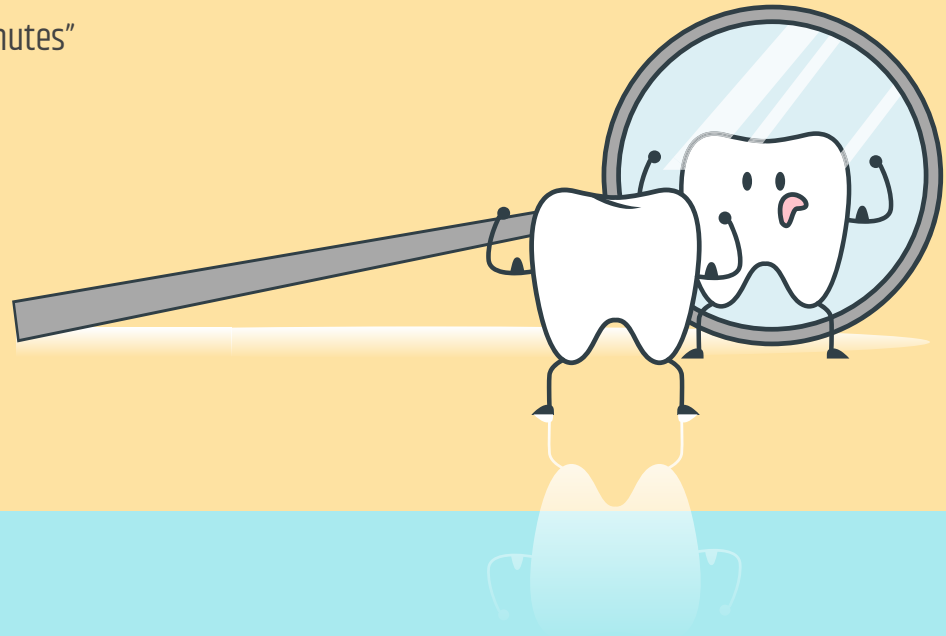


Brush the front, back, and top of your teeth to make sure you are cleaning all surfaces



“Brush your teeth 2x a day for 2 minutes”

—your dental hygienist



A normal check-up



TOOTH DECAY

If you feel your teeth are in pain when you eat something sweet like chocolate, have your parent make an appointment for you to see your dentist



X-RAYS

Your dentist will take some photos of your teeth so they can see where the problem is



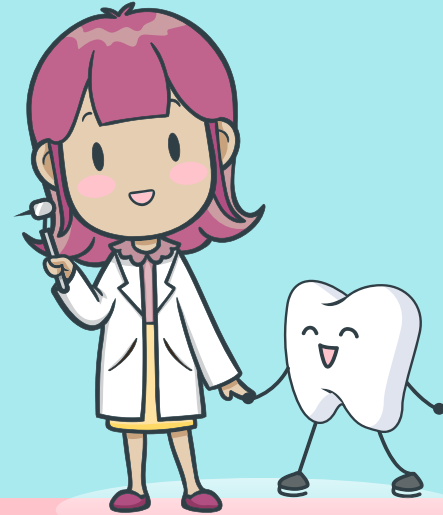
DENTAL CHECK-UP

Your dentist and dental hygienist will do everything they can to make you feel better

Question 1:

What is the name of a person who is qualified to clean people's teeth?

Dental Hygienist



Question 2:

How much veggies should you eat per serving?

- A. 1/2 CUP
- B. 1 CUP
- C. A TRUCK LOAD
- D. 3 CUPS

 **B. 1 Cup**

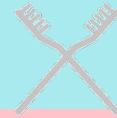


Question 3:

How long are you supposed to brush your teeth & how many times a day?

 **2 times a day for 2 minutes**

2 MINUTES



2 TIMES
PER DAY

2 TIMES
PER DAY

Question 4:

You are supposed to rinse your mouth for 30 seconds. True or False?

 True

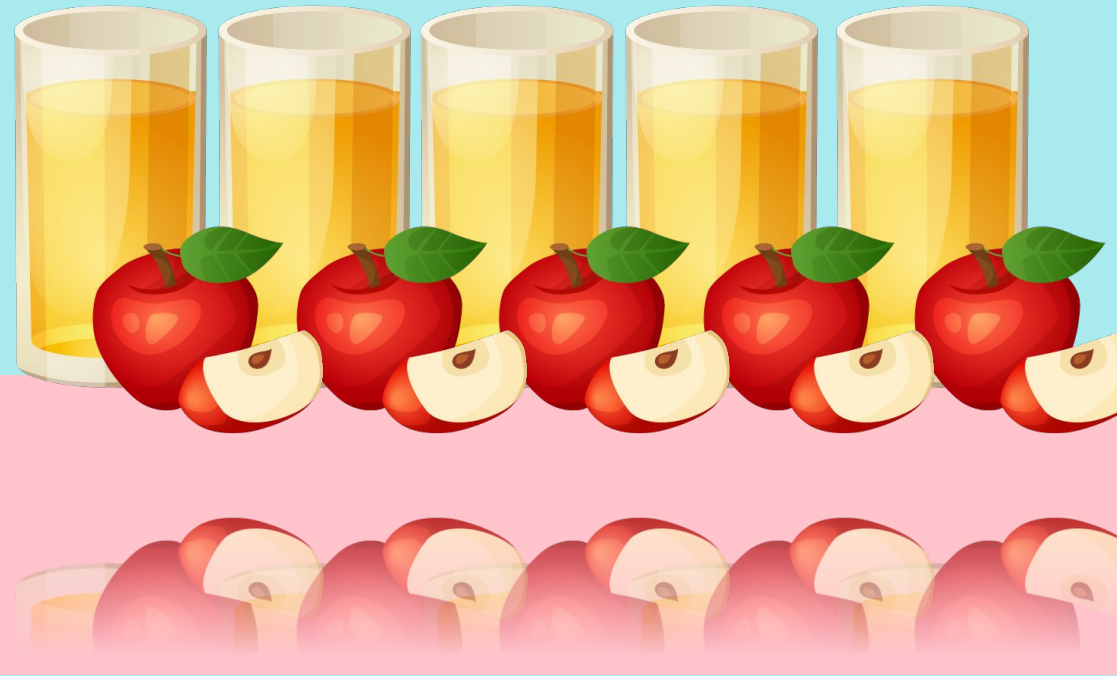
30

seconds
26c0uq2

Question 5:

Drinking apple juice 5x a day is healthy. True or False?

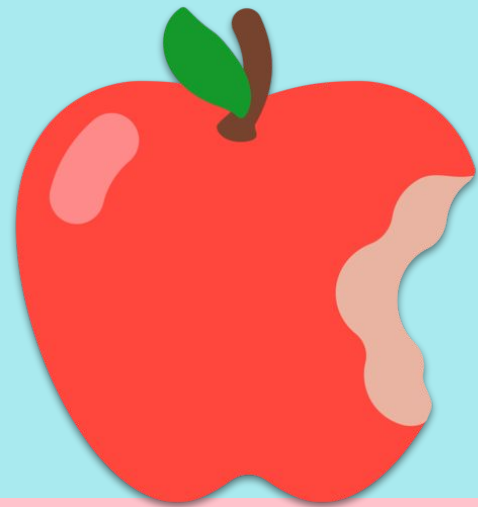
 **False**



Question 6:

What is more healthier a bag of potato chips or an apple?

 **An apple**



Question 7:

what is a nutritious after school snack?

- A) potato chips & soda
- B) an apple, cheese, & whole grain crackers
- C) a doughnut or a brownie



B. An apple, cheese & whole grain crackers



Question 8:

What should you drink the most each day?

- a) milk
- b) orange juice
- c) water

C. Water



Question 9:

If you eat a lot of candy everyday
what will happen to your teeth?

 **They will start to decay**

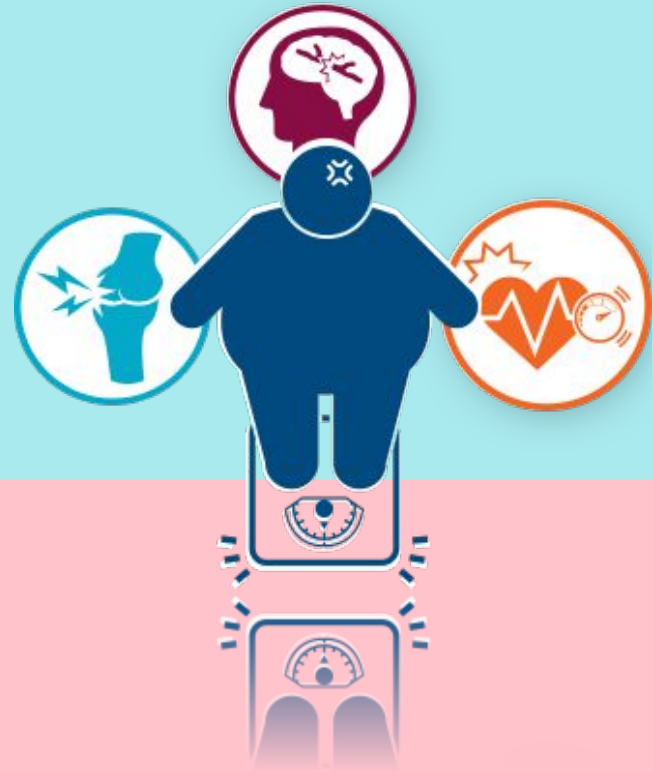


Question 10:

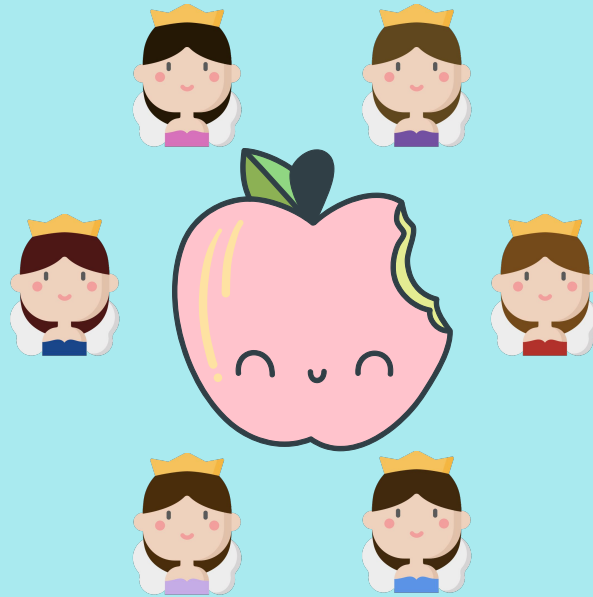
Eating non-nutritious foods will make you

- a) have a lot of cavities
- b) overweight
- c) not perform well
- d) all of the above

 D. All of the above



THANKS!



RESOURCES



<https://www.eatright.org/food/resources/eatright-infographics/nutrition-and-oral-health-infographic>



<https://freestoriesforkids.com/children/stories-and-tales/toothy-toad>



<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/kids-and-portion-control>