

What Foods are Healthy or Unhealthy For Our Teeth?

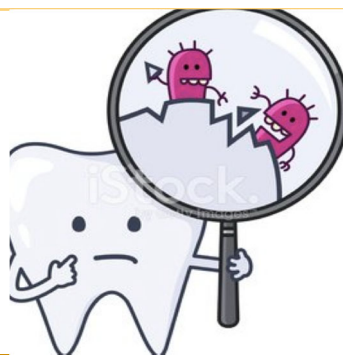


Foods that are healthy:

- Fiber-rich fruits and vegetables
- Dairy products

Foods that are unhealthy:

- Sticky candies and sweets products
- Starchy foods that can get stuck on and between the teeth



What are Cavities?



A cavity develops when a tooth decays, or breaks down. A cavity is a hole that can grow bigger and deeper over time.

How do we prevent cavities?

- ❖ Proper Oral Hygiene-Brush your teeth with fluoride toothpaste two times a day for 2 minutes. (Use Floss two times a day if the space of your molar is closed)
- ❖ Nutrition-Limit the "BAD" food and drinks.
- ❖ Regular dental care - Visit your dentist twice a year for checkups.

What Drinks are Healthy or Unhealthy For Our Teeth?



Drinks that are healthy:

- Water that contain fluoride
- Dairy drinks that contain calcium and phosphates, e.g. milk

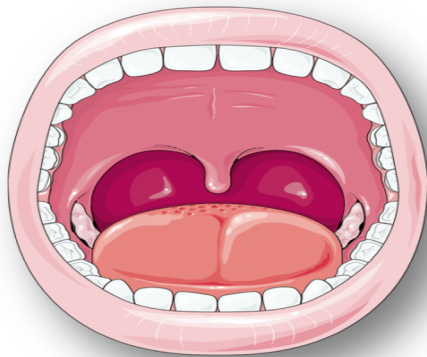
Drinks that are unhealthy:

- Sugary drinks/energy drinks
- Juices/acidic drinks



What Are the Purposes of Having Teeth?

- Chewing – so we can break down foods into smaller pieces so it's easier to swallow
- Eating- so we can get energy to run, play, and learn.
- Smiling- so we can show others our bright, white, shiny teeth
- Talking- so we can meet new friends, tell our family of how our day was.



References

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Healthy Teeth, Pretty Smile



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