

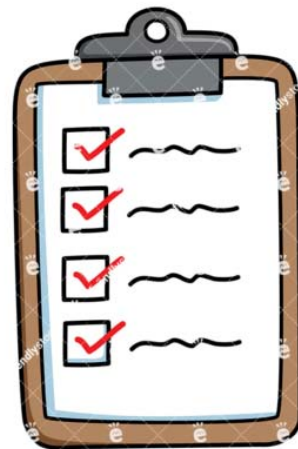
Healthy Teeth, Pretty Smile



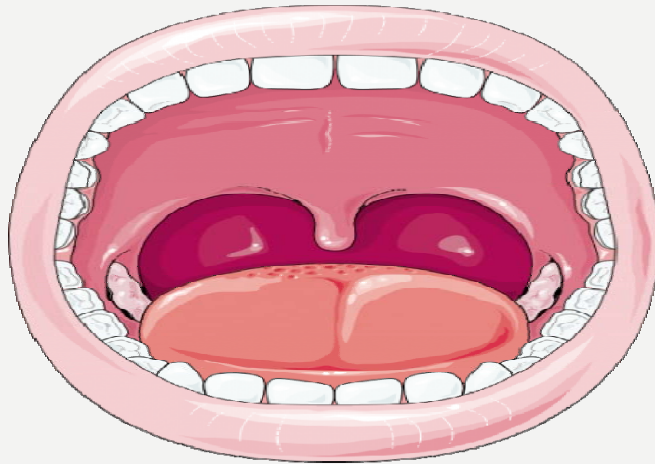
DENTAL HYGIENE:
UNICE LEE
YING LI
CHAOQUN PAN
DIANE DHANRAJ

AGENDA

- Introduction of the Mouth
- Purpose of Having Teeth
- Foods & Drinks That are Healthy and Unhealthy
- What Are Cavities?
- How to Prevent Cavities
- Questions and Answers



WHAT IS IN THE MOUTH?



WHAT IS THE PURPOSE OF HAVING TEETH?

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





WHAT FOODS ARE HEALTHY OR UNHEALTHY FOR OUR TEETH?



WHAT DRINKS ARE HEALTHY OR UNHEALTHY FOR OUR TEETH?



WHAT ARE CAVITIES?

- If you do not brush your teeth twice a day, then the bad bacteria in the mouth eat away your teeth leaving a dark, black hole.



- <https://www.youtube.com/watch?v=3ZHYO6f1BhU>

HOW DO WE PREVENT CAVITIES?

1. Brush your teeth with toothpaste two times a day for 2 minutes.
2. Limit the "BAD" food and drinks.
3. Visit your dentist twice a year for checkups.



**ANY
QUESTIONS?**

