



Healthy Teeth, Healthy Kids



Service Learning Project

Thursday Morning Group 4
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Did You Know...?

Healthy Teeth
are
Happy Teeth



- You should brush 2 times a day!
- you can protect your teeth from tooth decay
- tooth decay makes your teeth hurt; fruit juices, cornflakes, milk and smoothies contain sugar; fruit juices could be bad for your teeth;
- the most important time of day to brush your teeth is just before bedtime;
- it is better to have toothpaste with Fluoride in it;

Tips for Terrific Teeth!



Floss every day!

Brush at least twice a day!



Eat healthy foods and visit your dentist every 6 months!



SO WHY DO WE BRUSH OUR TEETH???



See this guy here? He has
plaque on him!

We get plaque when we don't
brush our teeth after
eating!

Plaque causes tooth decay
and cavities which can be
very painful!

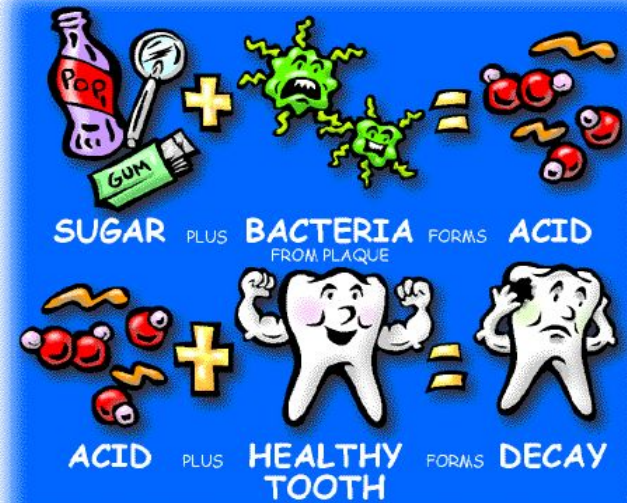
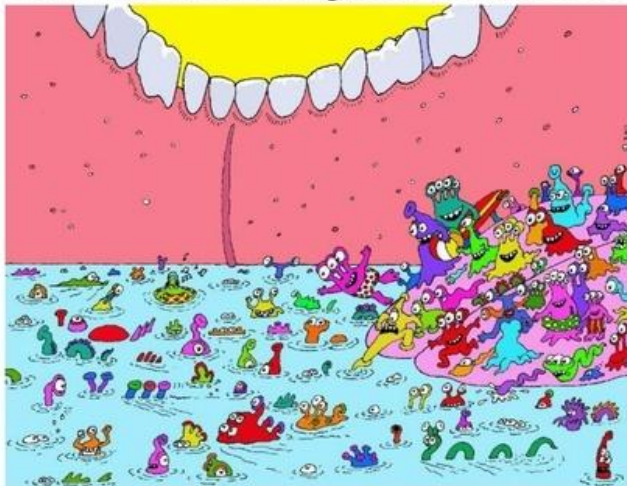
Brushing keeps our teeth
nice & white and our
breath fresh!



DID YOU KNOW?

On a daily basis, your mouth is home to over 100,000,000 micro-creatures who are swimming, feeding, reproducing, and depositing waste in your mouth.

Makes you want to brush your teeth, doesn't it?



Next time you think of "skipping a night"...

...just imagine the thousands upon thousands of happy bacteria in your mouth - pooping acid all over your


i DENTAL HUB teeth.
LEADING DENTAL CONSULTATION



HOW TO BRUSH THE TEETH

www.eschooltoday.com



Brush the outside and inside surfaces of all the lower and upper teeth in circular motion



Use back and forth motion for the lower and upper chewing surfaces



Make short vertical brushes from the gum, across the teeth. Repeat with circular motion

STEP 1

Wet your toothbrush.



STEP 2

Apply toothpaste to your toothbrush.



STEP 3

Smile! Brush the bottom, top, and sides. And brush your tongue.



STEP 4

Rinse your mouth.



STEP 5

Don't swallow. Spit!



STEP 6

Turn the water off.



STEP 7

Put your brush away.



DON'T FORGET!

For good oral hygiene, floss your teeth!



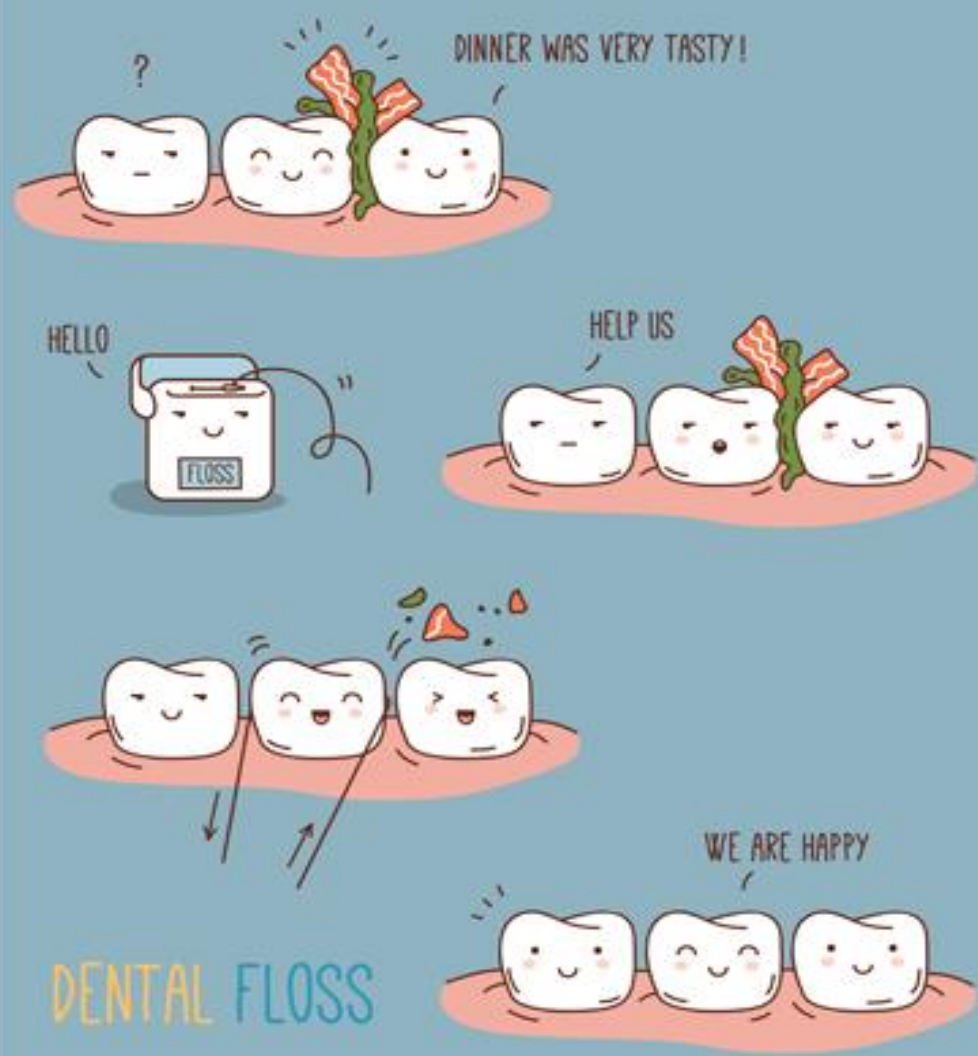
← HOW TO BRUSH

Toothy says...

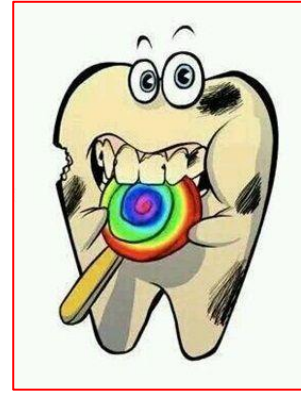
Brush **2** times a day for **2** minutes each time!



Make Sure to Floss Too!!



Happy Teeth vs. Sad Teeth

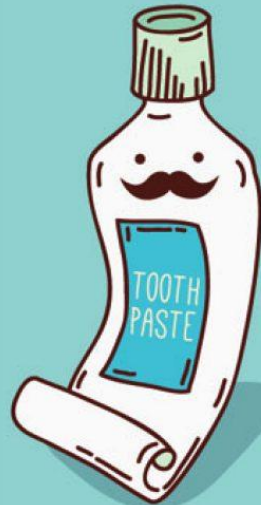


Love Your Teeth!

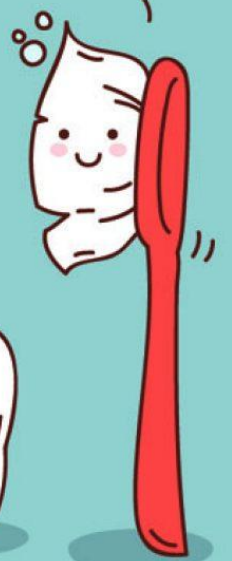


TEETH
BEST
FRIENDS

MR. TOOTH-PASTE



MRS. TOOTH-BRUSH



MR. FLOSS



IT'S ME !

