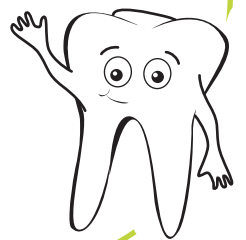
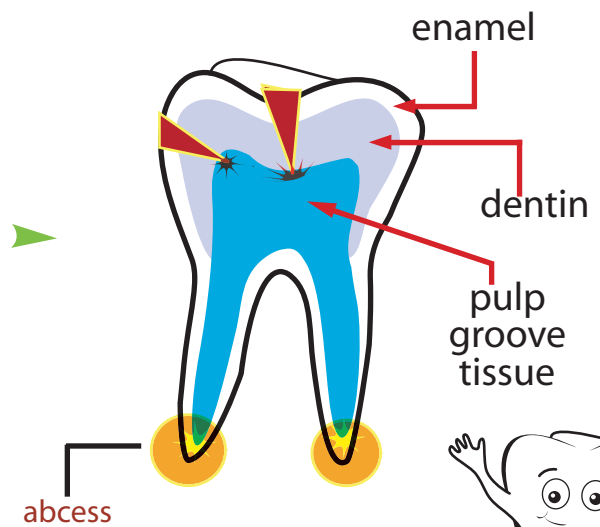
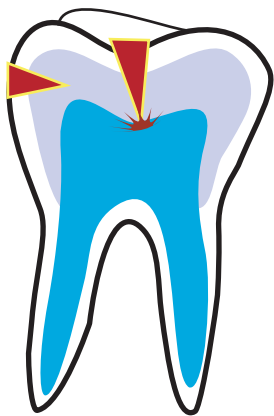
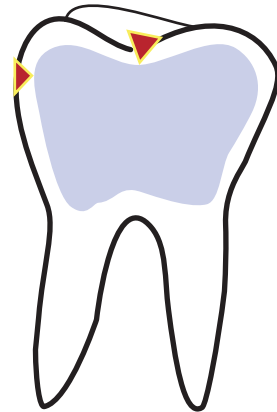
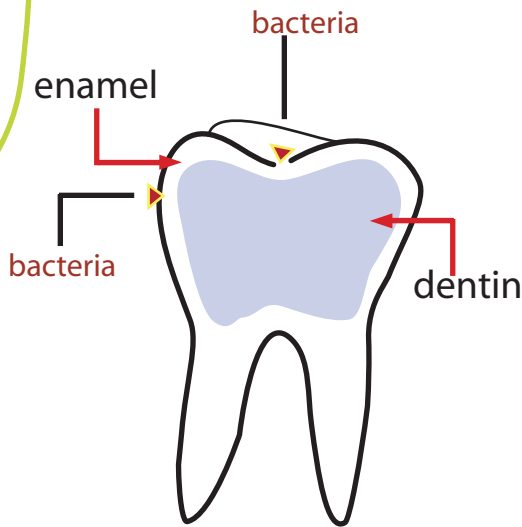
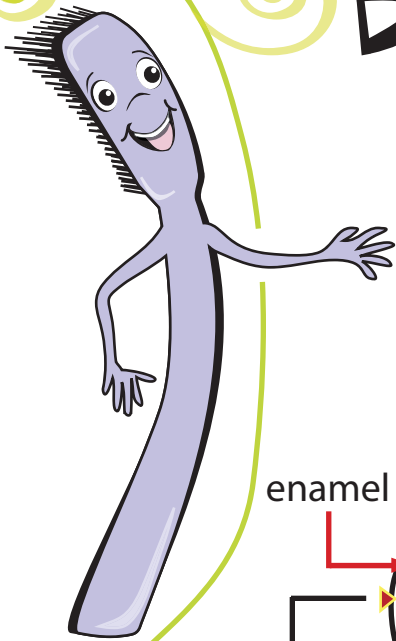
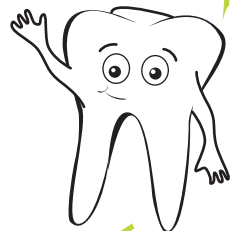
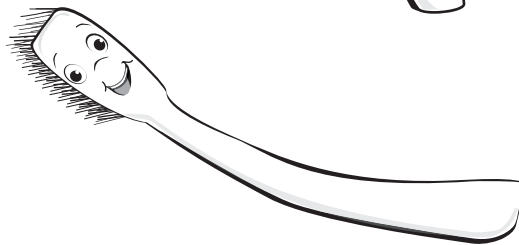
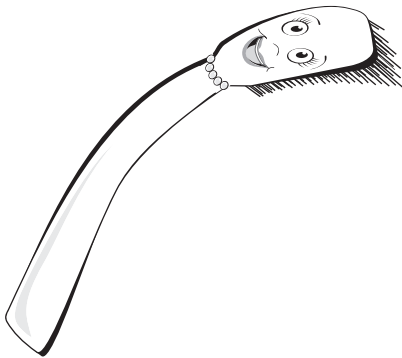
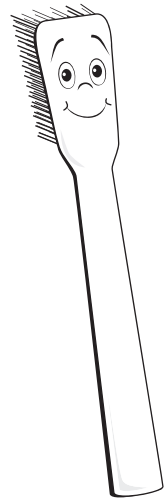
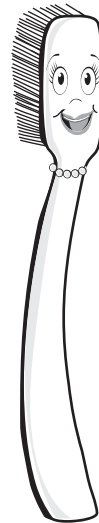
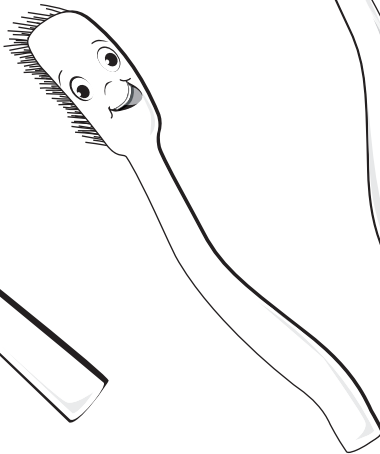
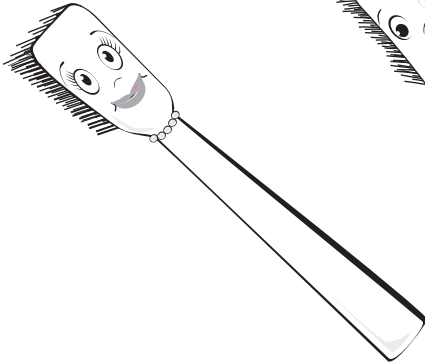
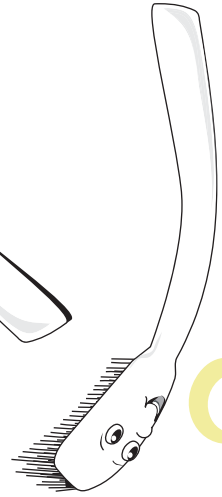
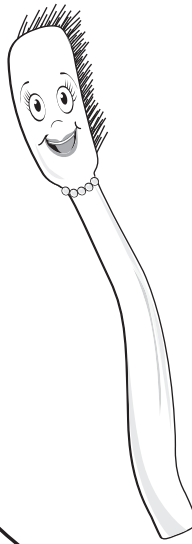
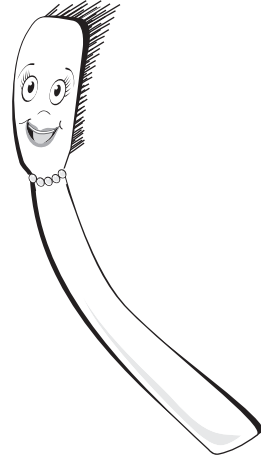
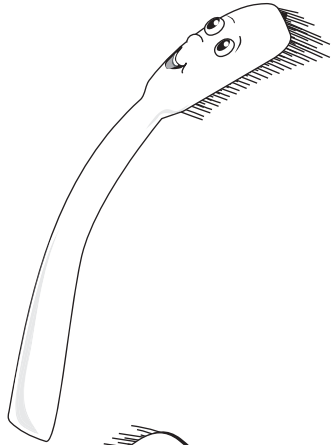
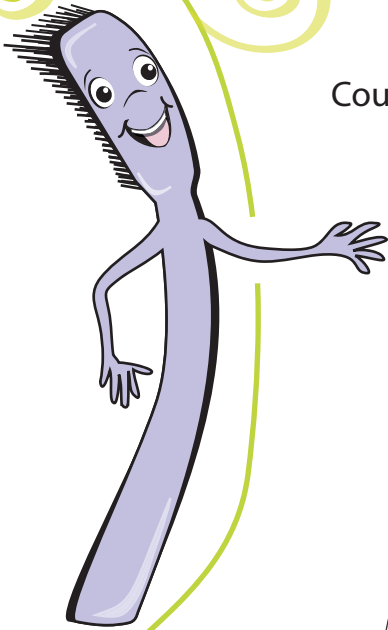


HOW TOOTH DECAY WORKS

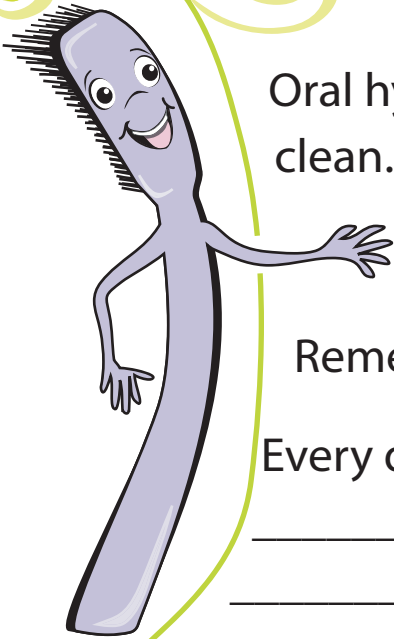


COUNT AND COLOR

Count and color the Terrence and the Tina Toothbrushes.



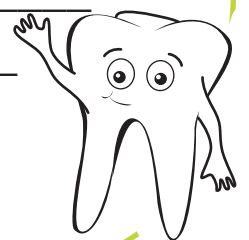
MY TEETH GO WITH ME



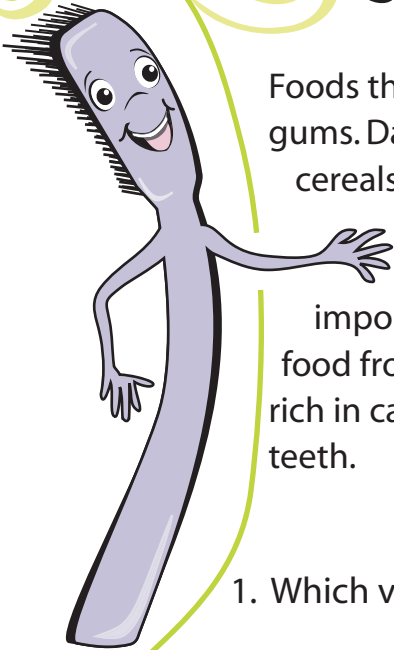
Oral hygiene is the practice of keeping the mouth clean. Write about what you do in one day to help keep your mouth its cleanest and healthiest. Web for ideas.

Remember to use sequencing and transition words:

Every day I _____



FOODS FOR STRONGER TEETH



Foods that help your muscles and bones also help your teeth and gums. Dairy contributes vitamin D, which strengthens teeth. Breads and cereals are rich in vitamin B. Fruits and vegetables contain vitamin C. Vitamins B and C contribute to healthy gum tissue. Lean meat, fish, and poultry are also healthy for teeth as they contain important minerals. Brushing and flossing after meals helps prevent food from sticking to your teeth and causing cavities. Some foods are rich in calcium, such as milk and cheese, which also promote stronger teeth.

1. Which vitamins promote stronger teeth?

2. What actions help prevent the build-up of food on your teeth.

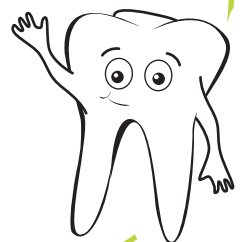
_____ & _____

3. Name foods that help strengthen your teeth and gums.

4. What is a good snack for stronger teeth and gums.

5. Name two foods that are rich in calcium.

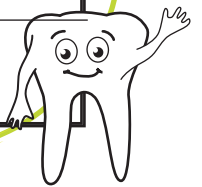
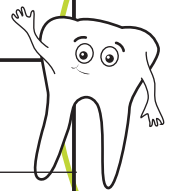
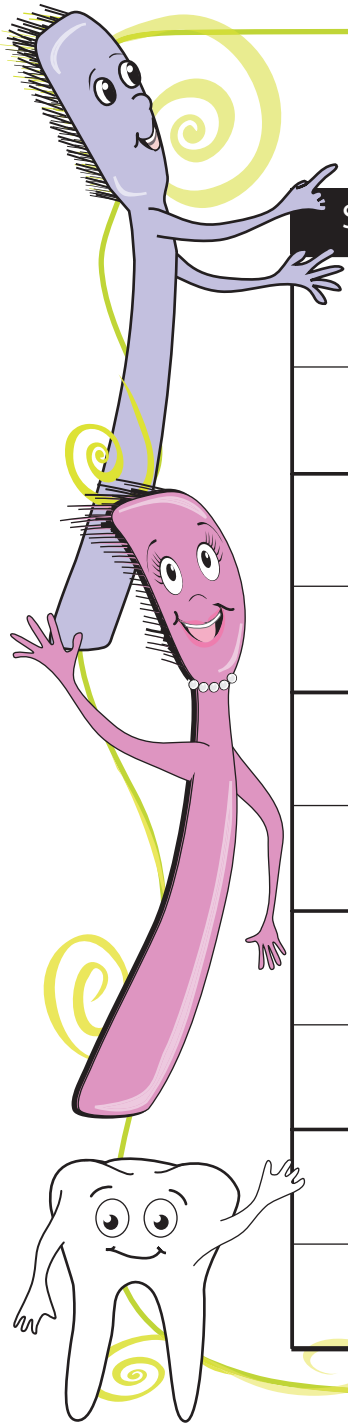
_____ & _____



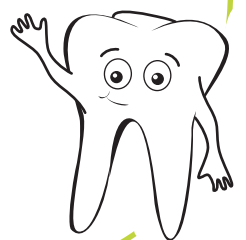
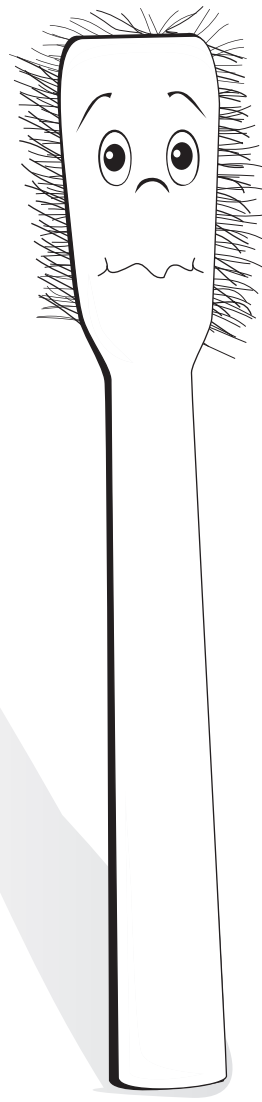
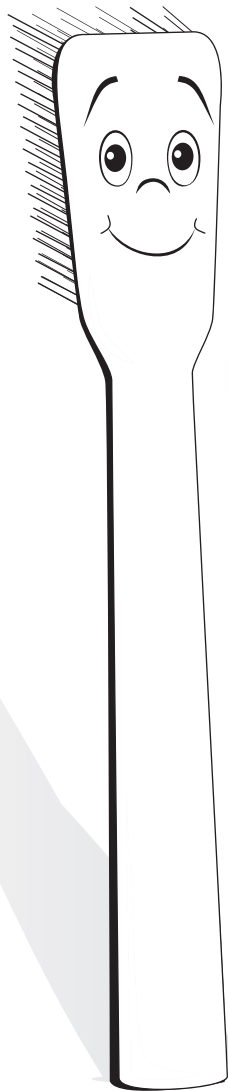
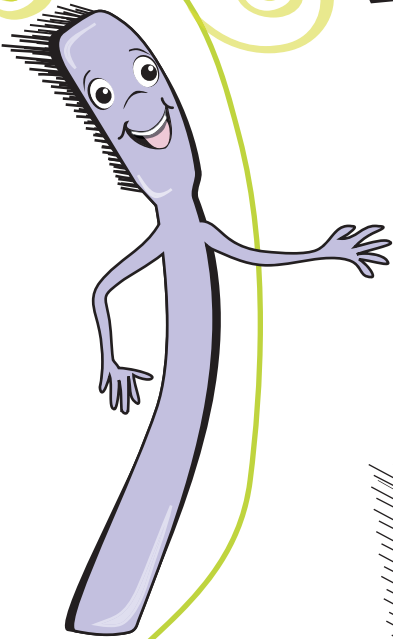
BRUSHING EACH DAY

(Remember B-E-D. Brush when you get out of bed in the morning and again before bed at night.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

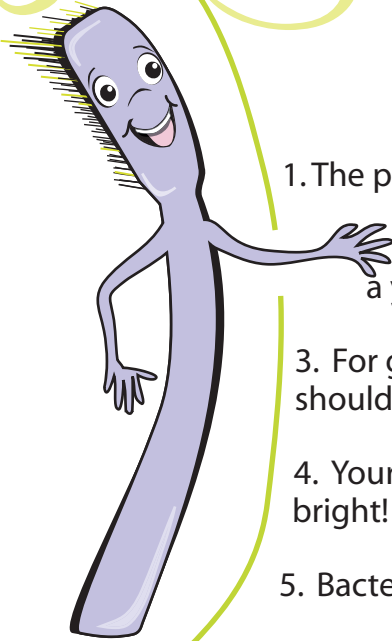


OLD & NEW TOOTHBRUSHES

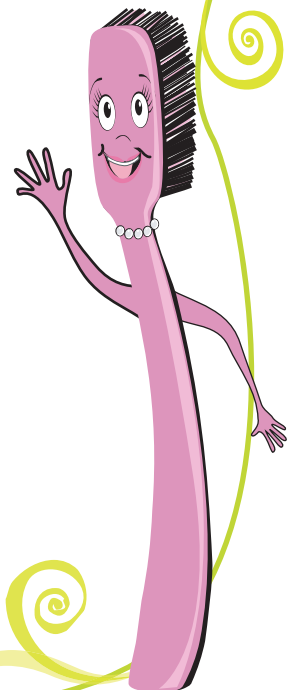
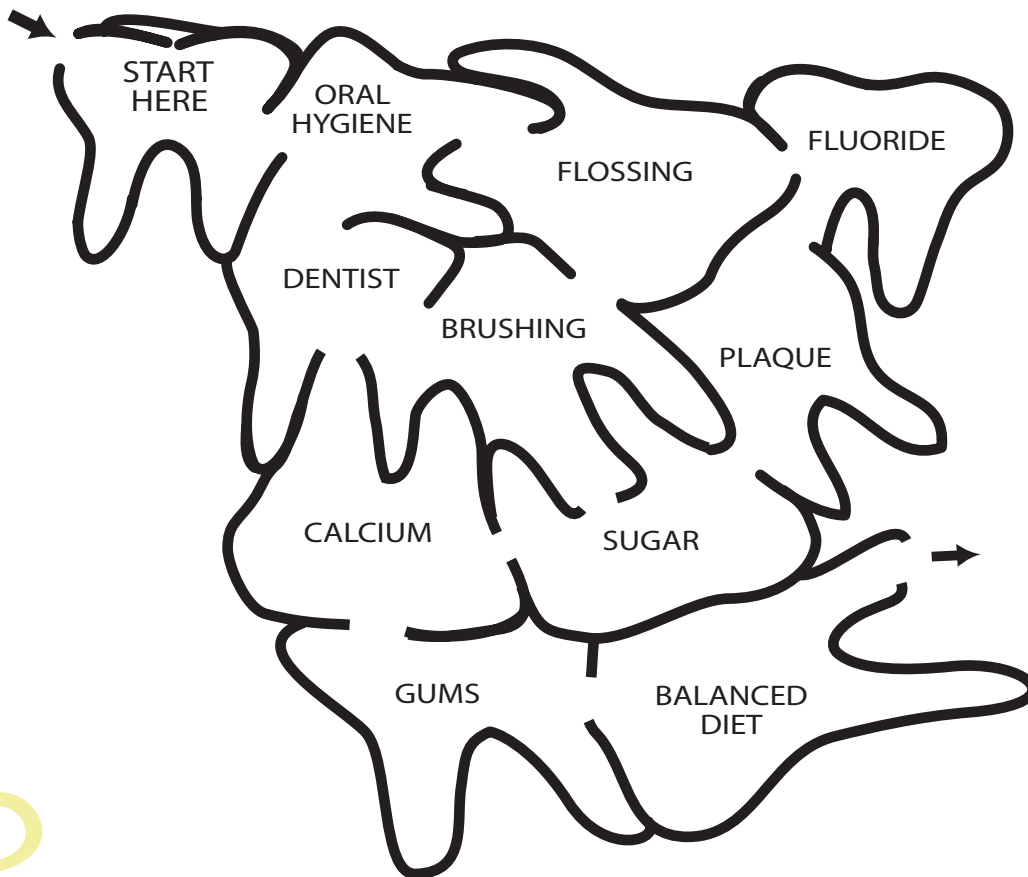


FILLING IN THE CAVITY

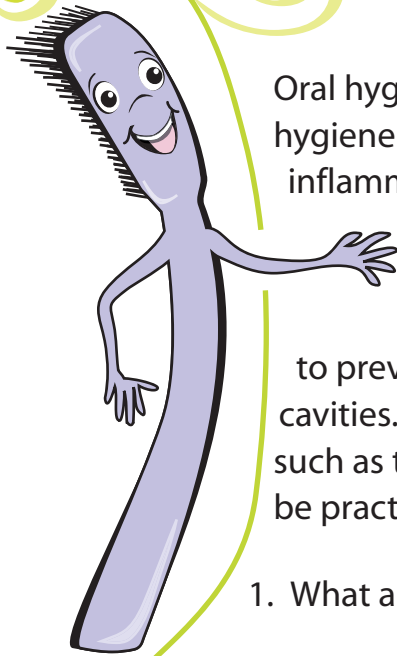
Fill in the blanks below. The answers will help Terrence Toothbrush meet Tina Toothbrush.



1. The practice of keeping the mouth clean is called _____.
2. To prevent cavities, you should visit a _____ twice a year.
3. For good dental health, _____ and _____ should be done twice a day.
4. Your toothpaste should contain _____ to keep your smile bright!
5. Bacteria that forms to the teeth is called _____.
6. Candy and other foods high in _____ may cause cavities.
7. Meat and cheese are high in _____ and promote healthy teeth.
8. Along with your teeth, you should also brush your _____.
9. Healthy teeth are the result of a _____.



OH, GOODNESS!



Oral hygiene (OH) is the practice of keeping the mouth clean. Oral hygiene helps in the prevention of cavities (dental caries), gingivitis (the inflammation of the gums), bad breath, and other dental disorders. Oral hygiene also includes personal care and regular visits to your dentist. Your dentist may take X-rays of your mouth when you visit. Frequent brushing of the your teeth and flossing help to prevent build-up of plaque and calculus (tartar), which may lead to cavities. Cavities can be expensive and painful. Other tools may also help, such as toothpicks and electric toothbrushes. Good oral hygiene should be practiced every day.

1. What are two ways to prevent build-up of plaque and tarter?

a. _____

b. _____

2. When should oral hygiene be practiced?

3. What are examples of two tools to help prevent cavities?

4. List two things good oral hygiene helps to prevent.

a. _____

b. _____

5. Who do you visit regularly for good oral hygiene?

