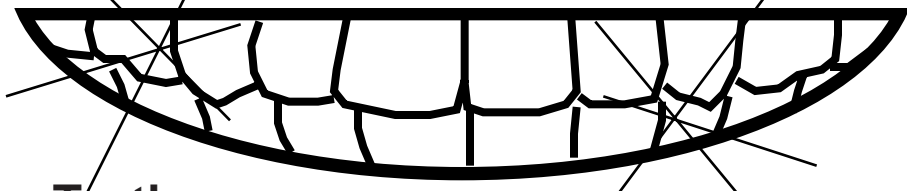


# TAKING CARE OF MY TEETH



## Foods for Teeth

1. Draw two pictures of foods that are:

Good for Teeth

Unhealthy for Teeth

## Brushing and Fluoride

1. If you have the pamphlet titled Caring for Your Teeth and Gums, have the student with the longest last name read pages 4 and 5.

If you have the pamphlet titled Taking Care of Your Teeth & Gums, have the student with the longest last name read the pages titled "brushing basics."

2. Read the following information:

Fluoride is a chemical that helps prevent cavities. It makes the tooth stronger, so it is harder for the acid in the mouth to eat through it and cause a cavity. There are many ways to get fluoride into the teeth.

"Systemic" means the fluoride is inside the body. There are two ways to get fluoride inside the body.

- One way is to drink water that has fluoride in it.
- The other way is to take vitamins that have fluoride in them. Your dentist must give you a prescription for this kind of vitamin.

# TAKING CARE OF MY TEETH

“Topical” means the fluoride is on the surface of the teeth. The fluoride can be put on your teeth by your dentist when you go for a checkup, or you can put fluoride on your teeth by:

- brushing with a fluoride toothpaste.
- rinsing with a fluoride mouth rinse.

3. Look at a tube of toothpaste. Locate the American Dental Association (ADA) seal of approval. Read the label to see if fluoride is an ingredient.
4. Practice proper brushing technique. Pretend that your finger is a toothbrush. Show how and where to brush each tooth in your mouth.
5. Answer these questions:

How does fluoride protect your teeth from decay?

How can you tell if a toothpaste has fluoride?



## Floss Your Teeth

1. If you have the pamphlet titled *Caring for Your Teeth and Gums*, have the student with the shortest last name read pages 6 and 7. Then have each person read half of the page 10.

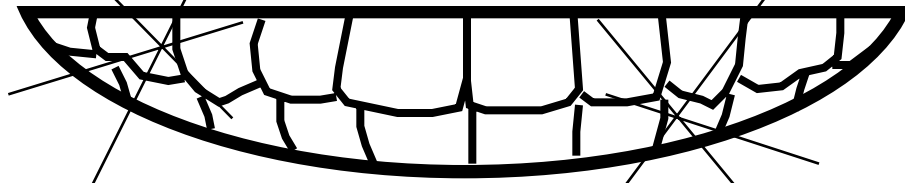
If you have the pamphlet titled *Taking Care of Your Teeth & Gums*, have the student with the shortest last name read the pages titled “plaque hides between teeth” or “Cleaning Between Your Teeth” (depending on which edition of the pamphlet you have). Then, have each person read half of the pages titled “maintaining a healthy smile.”

2. Take turns and practice wrapping the floss around your fingers.
3. Take turns flossing, using your partner’s fingers as teeth. Pretend that the fingers on one hand are a row of teeth and floss the sides of each finger.
4. Answer these questions:

What does flossing do that brushing can’t do?

How often should you floss?

# TAKING CARE OF MY TEETH



## Foods for Teeth

1. Draw two pictures of foods that are:

### Good for Teeth

crunchy  
contains calcium  
low in sugar

### Unhealthy for Teeth

sugary  
sticky

## Brushing and Fluoride

1. If you have the pamphlet titled Caring for Your Teeth and Gums, have the student with the longest last name read pages 4 and 5.

If you have the pamphlet titled Taking Care of Your Teeth & Gums, have the student with the longest last name read the pages titled "brushing basics."

2. Read the following information:

Fluoride is a chemical that helps prevent cavities. It makes the tooth stronger, so it is harder for the acid in the mouth to eat through it and cause a cavity. There are many ways to get fluoride into the teeth.

"Systemic" means the fluoride is inside the body. There are two ways to get fluoride inside the body.

- One way is to drink water that has fluoride in it.
- The other way is to take vitamins that have fluoride in them. Your dentist must give you a prescription for this kind of vitamin.

# TAKING CARE OF MY TEETH

“Topical” means the fluoride is on the surface of the teeth. The fluoride can be put on your teeth by your dentist when you go for a checkup, or you can put fluoride on your teeth by:

- brushing with a fluoride toothpaste
- rinsing with a fluoride mouth rinse

3. Look at a tube of toothpaste. Locate the American Dental Association (ADA) seal of approval. Read the label to see if fluoride is an ingredient.
4. Practice proper brushing technique. Pretend that your finger is a toothbrush. Show how and where to brush each tooth in your mouth.
5. Answer these questions:



How does fluoride protect your teeth from decay?

*It makes the tooth stronger, so it is harder for the acid to eat through it and form a cavity.*

How can you tell if a toothpaste has fluoride?

## Floss Your Teeth

1. If you have the pamphlet titled *Caring for Your Teeth and Gums*, have the student with the shortest last name read pages 6 and 7. Then have each person read half of the page 10.

If you have the pamphlet titled *Taking Care of Your Teeth & Gums*, have the student with the shortest last name read the pages titled “plaque hides between teeth” or “Cleaning Between Your Teeth” (depending on which edition of the pamphlet you have). Then, have each person read half of pages 8 and 9 titled “maintaining a healthy smile.”

2. Take turns and practice wrapping the floss around your fingers.
3. Take turns flossing, using your partner’s fingers as teeth. Pretend that the fingers on one hand are a row of teeth and floss the sides of each finger.
4. Answer these questions:

What does flossing do that brushing can’t do?

*It cleans between the teeth and under the gumline.*

How often should you floss?

*Floss once a day.*