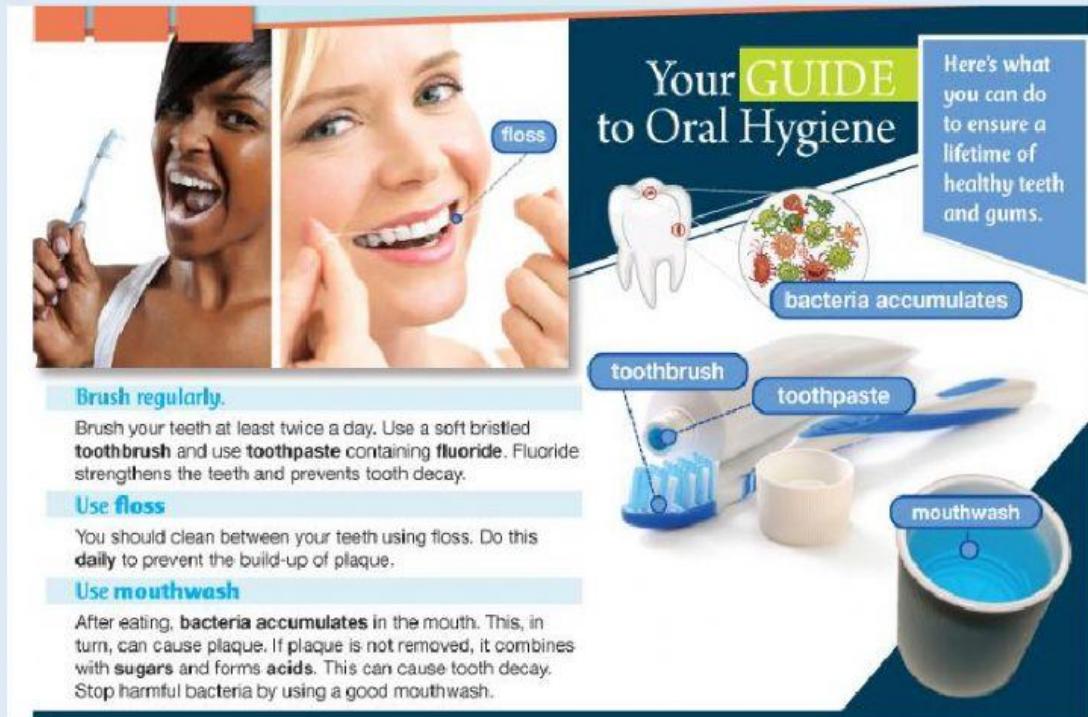


ORAL HYGIENE

LISTEN AND READ THE TEXT, THEN COMPLETE THE INFORMATION ASKED.



Your GUIDE to Oral Hygiene

Here's what you can do to ensure a lifetime of healthy teeth and gums.

Brush regularly.
Brush your teeth at least twice a day. Use a soft bristled **toothbrush** and use **toothpaste** containing **fluoride**. Fluoride strengthens the teeth and prevents tooth decay.

Use floss
You should clean between your teeth using floss. Do this **daily** to prevent the build-up of plaque.

Use mouthwash
After eating, **bacteria accumulates** in the mouth. This, in turn, can cause plaque. If plaque is not removed, it combines with **sugars** and forms **acids**. This can cause tooth decay. Stop harmful bacteria by using a good mouthwash.

bacteria accumulates

toothbrush **toothpaste** **mouthwash**

COMPLETE THE FOLLOWING CHART WITH THE CORRECT INFORMATION

- CUT DOWN ON SUGAR
- DO NOT SHARE YOUR TOOTHBRUSH
- BRUSH YOUR TEETH AT LEAST TWICE A DAY
- DO NOT LEAVE BACTERIA TO ACCUMULATE
- REMOVE PLAQUE BY BRUSHING AND FLOSSING
- VISIT THE DENTIST REGULARLY
- REPLACE YOUR TOOTHBRUSH EVERY 3 MONTHS
- USE TOOTHPASTE WHICH CONTAINS FLUORIDE
- DON'T EAT SUGARY FOOD
- EAT FRUIT, VEGETABLES, MILK AND WATER
- USE MOUTHWASH

GOOD HABITS FOR ORAL HEALTH	THINGS TO AVOID FOR A GOOD ORAL HEALTH

