



HEALTH

MY TEETH





Our teeth are very important and we need to take good care of them.

WAYS WE LOOK AFTER OUR TEETH.

1. Brush them morning and evening.
2. Eat healthy food.
3. Drink plenty of water.
4. Visit the dentist often.

Why are our teeth so important ?

A large rectangular area with a dashed border, containing six horizontal lines for writing an answer to the question above.

Look at the pictures below and circle which you would use for keeping your teeth healthy.



Important ways to brush our teeth.



Make brushing teeth fun:

1. Think of the teeth in your mouth as a jungle in there !
2. Start by putting the tooth paste on the brush and open your mouth like an alligator.
3. Brush the front teeth first and then the back.
4. Once this is done rinse with water .

ANSWER KEY

WHY ARE TEETH IMPORTANT.

Teeth are very important and you need to take care for them, because you really need them. Your teeth are vital for our health.



Teeth enable you to:

1. Chew – to be able to chew our food properly and easily so we can eat the healthy foods we love and digest them properly.
2. Look Great – your teeth are critical to how attractive you look for yourself and others
3. Keep a Steady Jaw– they keep you jaw steady, your gums in place and your jawbone strong
4. Retain Bone – when you lose teeth you lose bone, and that distort the shape of your face. Without your teeth, you lose the support for your cheeks and it actually changes the shape of your face.
5. Smile Big – without your teeth you cannot truly smile; not the type of smile that gives you confidence and makes others happy. Yes, no matter their size, teeth are critical to your overall health and well-being, and keeping them strong is something that is fairly easy to do.