

Why brushing
our teeth is
important?



What are bacteria?

- Bacteria are small living things that you can't see without a microscope.
- They live everywhere including our mouth.
- Some bacteria are good for you, but some are not.



- Bad bacteria make sticky stuff on your teeth called - plaque. A sticky, slimy substance.



If plaque stays in your mouth for too long, it can create cavities.



This can be really painful and it also looks ugly!



How can you keep your teeth healthy and pretty?



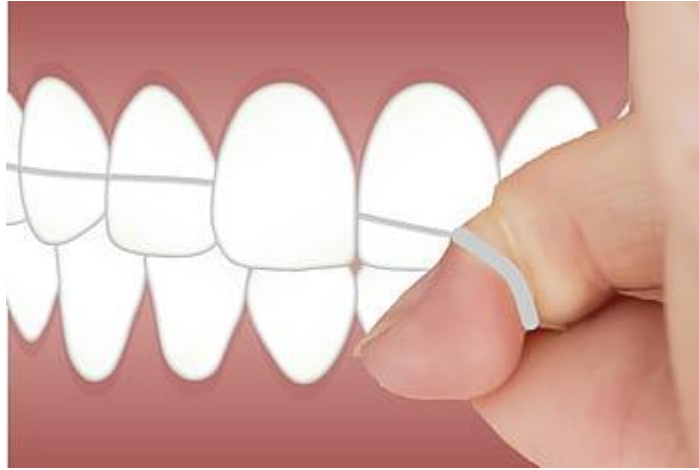
**BRUSH THE
GERMS AWAY**



Brush your teeth twice a day for two minutes.



Flossing time



How many times?

Once a day.

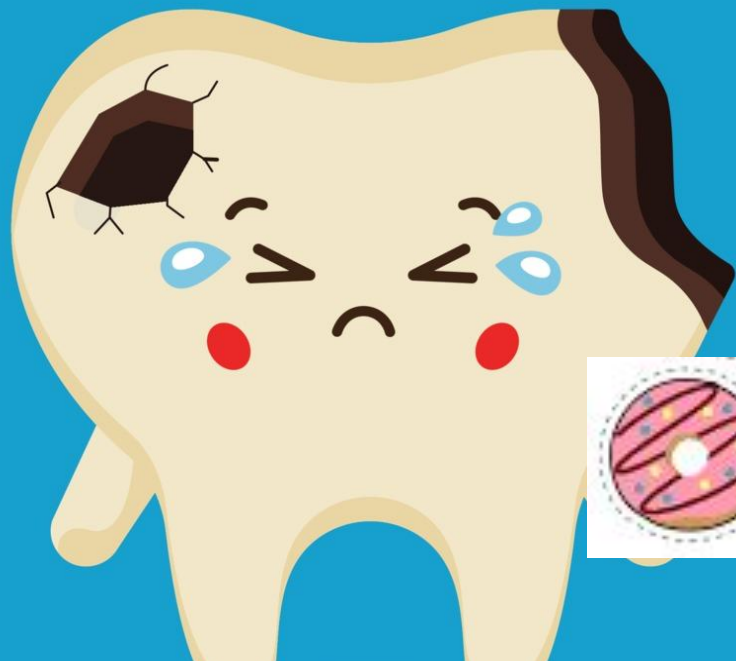
How to floss?

**Wrap around middle fingers
and go up and down
between your teeth.**

● Eat healthy food

- Spinach
- Avocado
- Kiwi
- Grapefruit
- Tomatoes
- Blueberries

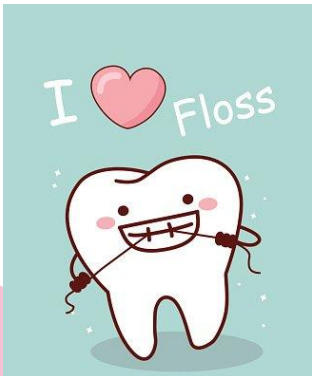




Don't forget to drink
water!



- Remember to eat healthy foods.
- Brush twice a day for 2 minutes.
- Floss once a day
- Visit your dentist and dental hygienist at least once a year. :)





How many times should you brush?



How many times should you floss?



How many times should you visit your dentist?



What causes a bad toothache?

