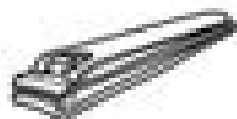
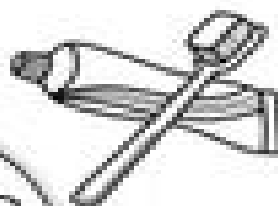
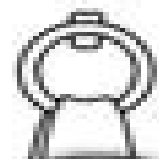


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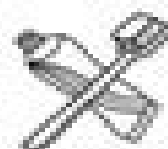
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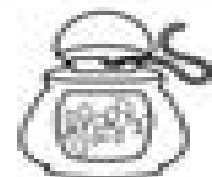


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Oral Hygiene

*Good oral hygiene habits help prevent
sickness, tooth decay, and gum disease.*



- ☐ Brush your teeth 2-3x a day with toothpaste.
- ☐ Floss between your teeth every day (especially your molars or teeth at the back of your mouth).
- ☐ Rinse with mouthwash.
- ☐ See a dentist at least twice a year.
- ☐ Don't put things in your mouth such as your pencil eraser, pen or fingernails.
- ☐ Change out your toothbrush when the bristles start falling out.
- ☐ Change out your toothbrush after being sick (especially if you had strep throat).

Good oral hygiene
habits help prevent
sickness, tooth decay,
and gum disease.



Dentist visits are
important to your
oral health. Help
your dentist and your
toothbrush.

Eating for healthy teeth:

Eat & Drink More:

Fruits
Milk/Dairy
Egg

Sugar Free Gum

Vegetables
Water
Herb

Unpackaged Foods

Eat & Drink Less:

Candy
Sports Drinks
Fast Food

Sweet Ice Creams
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candy

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Table of Contents Teaching Hygiene To 5th Graders

1. Understanding the eBook Teaching Hygiene To 5th Graders
 - The Rise of Digital Reading Teaching Hygiene To 5th Graders
 - Advantages of eBooks Over Traditional Books
2. Identifying Teaching Hygiene To 5th Graders
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Teaching Hygiene To 5th Graders
 - User-Friendly Interface
4. Exploring eBook Recommendations from Teaching Hygiene To 5th Graders
 - Personalized Recommendations
 - Teaching Hygiene To 5th Graders User Reviews and Ratings
 - Teaching Hygiene To 5th Graders and Bestseller Lists
5. Accessing Teaching Hygiene To 5th Graders Free and Paid eBooks
 - Teaching Hygiene To 5th Graders Public Domain eBooks
 - Teaching Hygiene To 5th Graders eBook Subscription Services
 - Teaching Hygiene To 5th Graders Budget-Friendly Options
6. Navigating Teaching Hygiene To 5th Graders eBook Formats

- ePub, PDF, MOBI, and More
- Teaching Hygiene To 5th Graders Compatibility with Devices
- Teaching Hygiene To 5th Graders Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Teaching Hygiene To 5th Graders
 - Highlighting and Note-Taking Teaching Hygiene To 5th Graders
 - Interactive Elements Teaching Hygiene To 5th Graders
- 8. Staying Engaged with Teaching Hygiene To 5th Graders
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Teaching Hygiene To 5th Graders
- 9. Balancing eBooks and Physical Books Teaching Hygiene To 5th Graders
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Teaching Hygiene To 5th Graders
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Teaching Hygiene To 5th Graders
 - Setting Reading Goals Teaching Hygiene To 5th Graders
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Teaching Hygiene To 5th Graders
 - Fact-Checking eBook Content of Teaching Hygiene To 5th Graders
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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