

PERSONAL HYGIENE

Workbook 3rd-5th



personal hygiene WORKBOOK

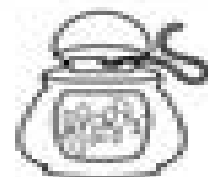


growing
IN
GUIDANCE



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 in your
oral health. Help
your dentist and your
teeth!

Eating for healthy teeth:

Eat & Drink More:

Fruits

Milk/Dairy

Egg

Sugar free gum

Vegetables

Water

Meat

Unpackaged foods

Eat & Drink Less:

Candy

Sports Drinks

Fast Food

Sweets/Candy

Pre-packaged snacks
candy

Teaching Hygiene To 5th Graders

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