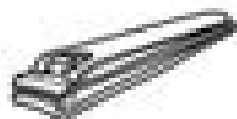
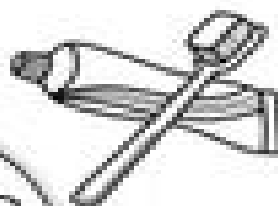
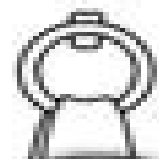


PERSONAL HYGIENE

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 to 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
Herb

Unpackaged Foods

Eat & Drink Less:

Candy
Soda/Drinks
Fast Food

Soda/Drinks
Pre-packaged snacks
candy

Teaching Hygiene To 5th Graders

Mike Jess



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Third Edition incorporates the 2024 SHAPE America National Health Education Standards and performance indicators to
present a skills based approach to teaching preK 12 health education *Annual Report of the Board of Education of the City*
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,1983-07 **Social Welfare** ,1921 **Idaho Bulletin of Education** Idaho. State Board of Education,1923 **The**
Indiana Teacher ,1927 Teachers' Monographs ,1924 **Bulletin** Missouri. Department of Education,1925
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