Oral Health
Upper Elementary Level

The Los Angeles Trust for Children’s Health
Oral Health Initiative

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Teeth Are Super Important!

- bite
- chew
- smile
Let's Learn about our Teeth!
What are Oral Diseases?
Tooth Decay

- **BACTERIA**
- **SUGAR**
- **ACID**
- **ACID**
- **HEALTHY TOOTH**
- **DECAYED TOOTH**
Bleeding Gums

Are caused by

- Poor oral hygiene
- Plaque deposits
- Brushing too hard
- Vitamin deficiencies
Bad breath

- Poor oral hygiene
- Infections
- Certain foods
- Bacteria on tongue
- Dry mouth
How do we fight and prevent oral diseases?
1. Brushing Demonstration
Brush TWICE a day For TWO minutes!
Flossing

- Cleans Between teeth
- Floss once a day
Tongue Cleaning

- Removes germs on tongue
- Fights Bad breath
- Makes food tastier
Good Diet vs. Bad Diet
Regular Dental Visits

- Visit the DENTIST twice a year!
- The DENTIST helps us protect our teeth!!
Fluoridated Drinking Water

* Fluoride makes teeth **STRONGER**
  And
  **FIGHTS** cavities
  *

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Thanks!

Let’s protect our teeth