

Oral health and healthy eating



What is oral hygiene?

Oral hygiene is the care we take with our mouth, especially the teeth.



Good oral hygiene includes proper brushing two to three times a day, with a good brush and toothpaste. Also, frequent use of dental floss

Why do we have different teeth?

We have four different types of teeth:

- **Incisors:** help us to chew all foods, such as fruits and cookies.

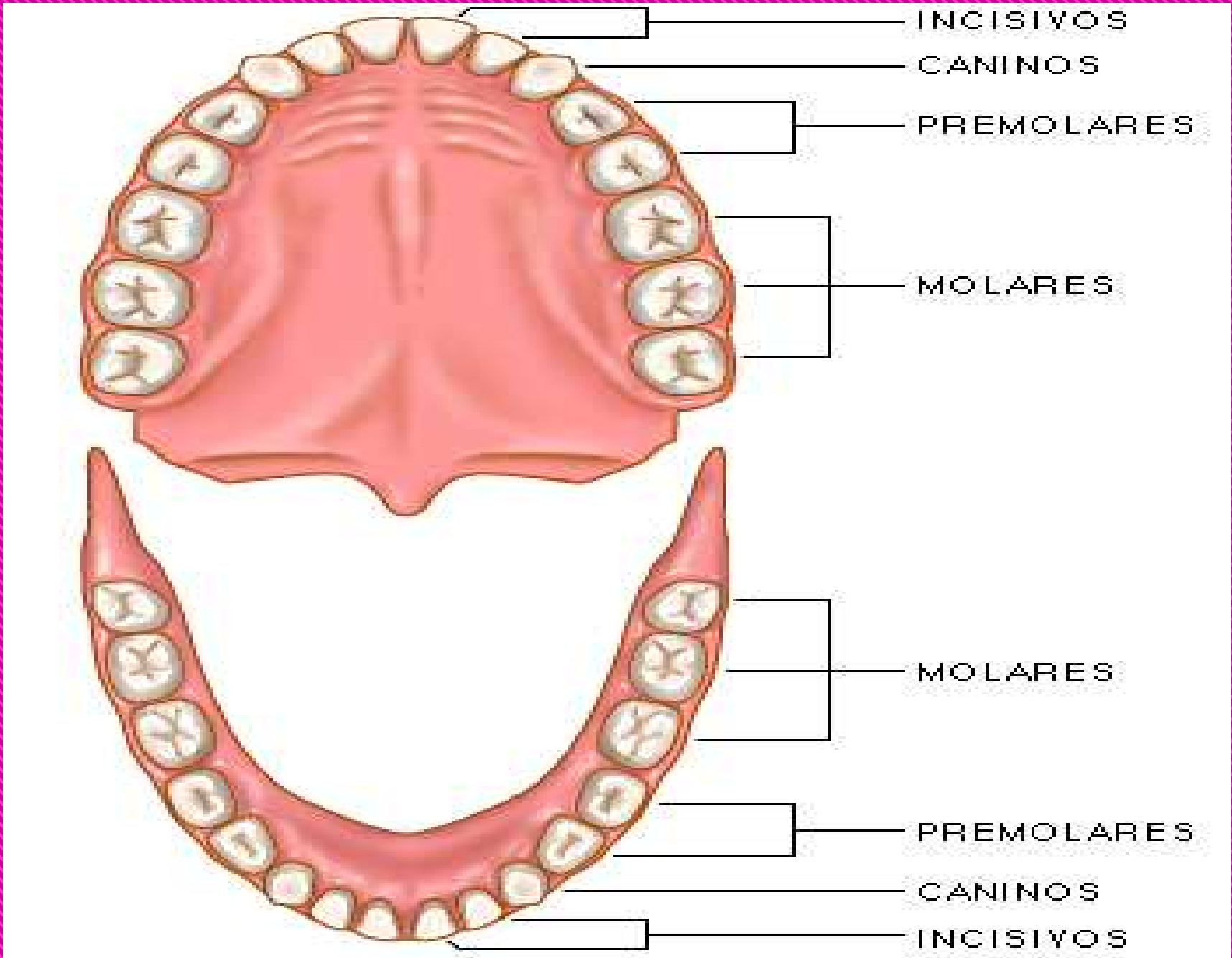


- **Canines:** those who used to tear, when we eat a chicken or going to bite a piece of meat.



- **Premolars and molars:** are necessary for us to chew and grind all food.





Why are my teeth falling out?

All children loose their teeth.

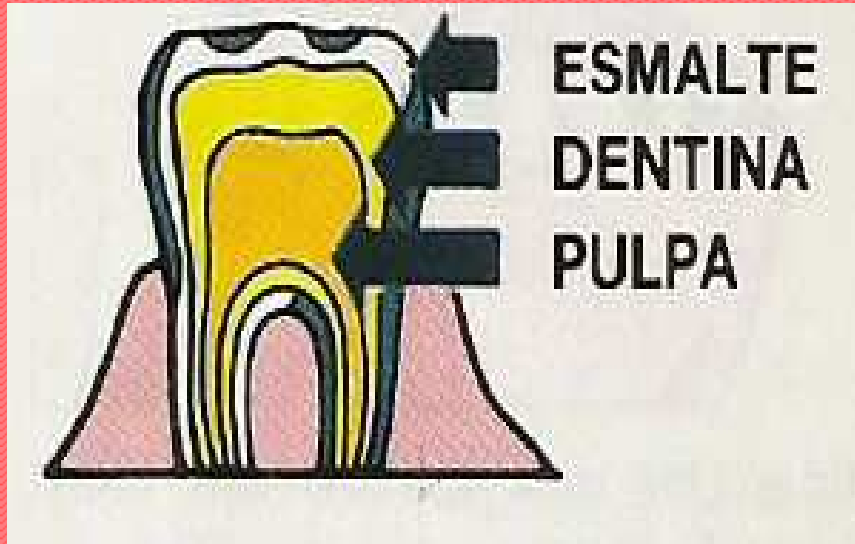
Why is that?

When we are children in the mouth we have baby teeth, which are small to fit in the mouth of a child.

When teeth are formed grow larger, these teeth are called permanent teeth and they will be in the mouth for the rest of our lifes.

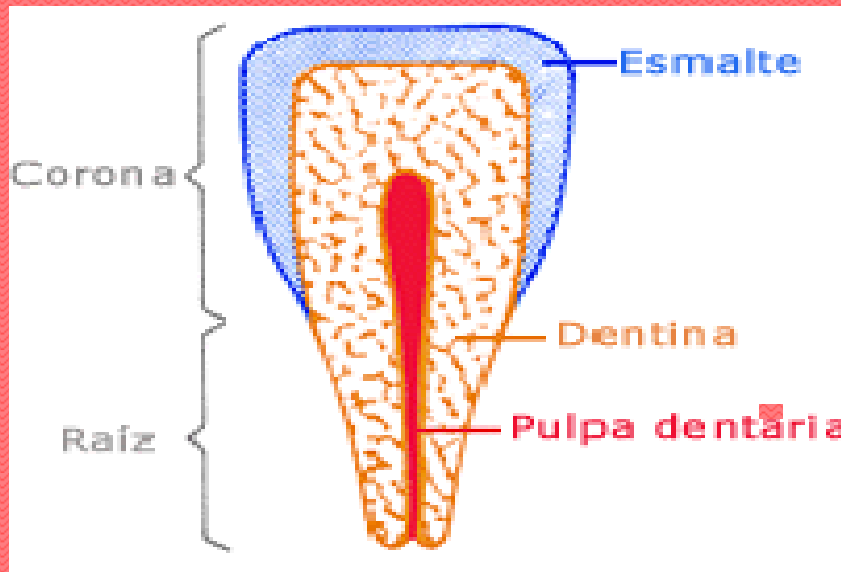


Parts of the tooth:



The enamel or outer layer that covers and protects the tooth.

Dentin or middle layer, which hardens the tooth and makes it safer.



The pulp or inner layer, where the nerve and blood vessels that feed it.

What about tooth cavity?



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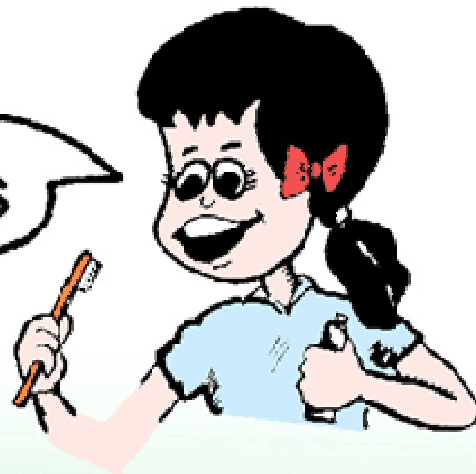
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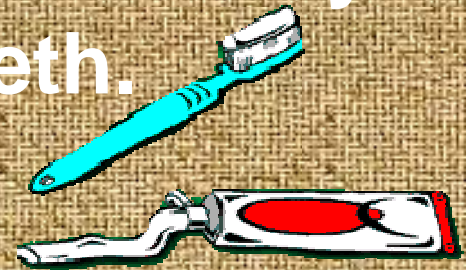
How to prevent tooth cavity?

You must brush your teeth after every meal to have healthy teeth.

ME LAVO
LOS DIENTES
DESPUES
DE CADA
COMIDA



PARA TENER
DIENTES
SANOS

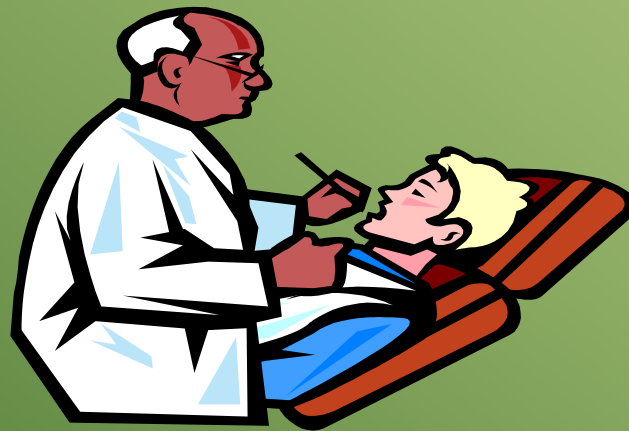


Do not eat too many sweets or trinkets.



And finally:

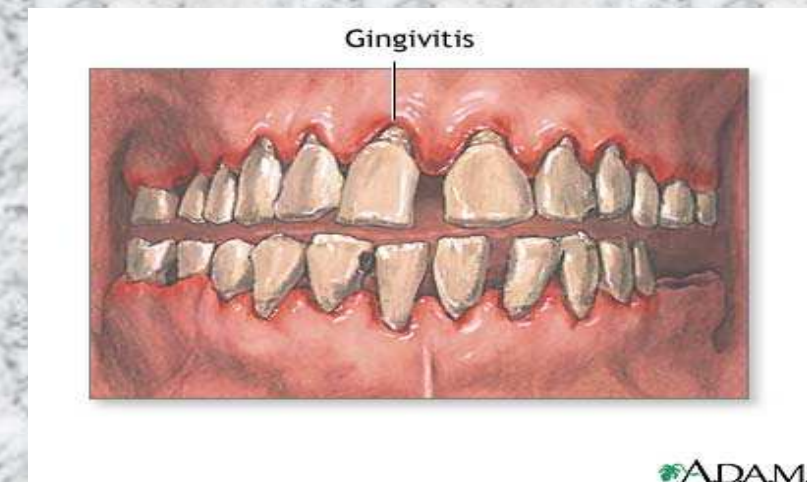
Visit the dentist at least two times a year.



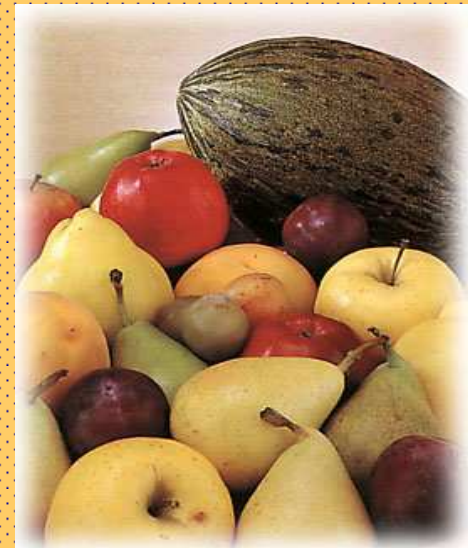
HEALTHY MOUTH



DISEASED MOUTH



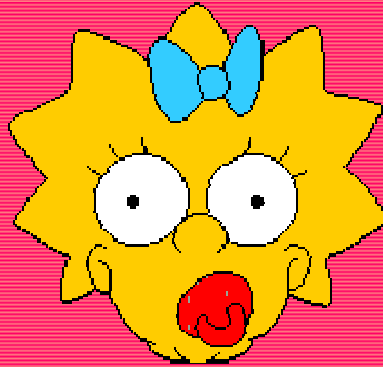
Healthy food for teeth



Unhealthy food for teeth



We also have to correct habits like:



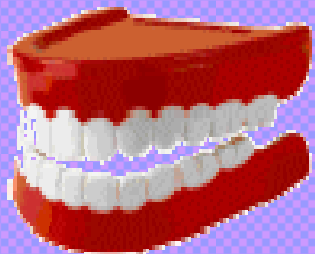
- Use a pacifier.



- Thumb sucking.



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Prevention of oral health

