

Healthy Teeth



Your teeth and gums are
very **IMPORTANT!**

Do you know why ?



Why are teeth & gums very important ?



1. For TALKING

You need teeth to talk clearly.

See for yourself how you use your teeth when you talk.

Say THUMB and your tongue goes between your teeth to make the TH sound.

Now say SAUSAGES. Where does your tongue go ?

2. For **EATING**

To help you to bite and chew your food so that you can swallow it easily.



3. For your **APPEARANCE**

Your face would look very strange without teeth.



Human Dental Disease

There are two main dental disease
in human beings.

1. Tooth Decay and
2. Gum disease



What causes those dental diseases ?

Both are caused by germs living in PLAQUE found on the teeth and gums.

PLAQUE is a sticky almost invisible film made up of germs and material from the saliva and food.



Tooth Decay

Most tooth decay happens in children and teenagers.

Tooth decay can destroy a tooth completely.



The main causes of decay are germs and sugar.



The germs turn sugar into **acid** which rots the teeth.

How to prevent dental decay

The more often you eat sugar and the longer it stays on the teeth, the more acid will be made by the germs in the plaque. This causes tooth decay.

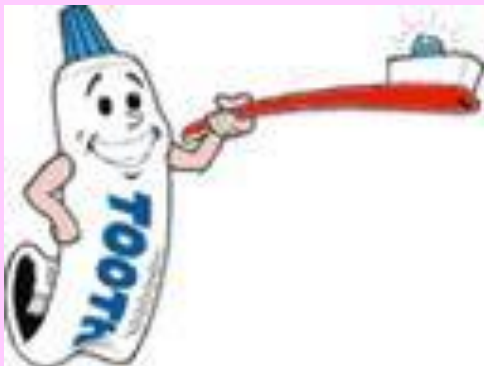
- ☹ Try not to be an all day sweet sucker.
- 😊 Cut out sugary snacks between meals.
- 😊 Save your sweets and eat them all in one go.
- 😊😊 Better still try foods without sugar in them such as nuts, crisps, cheese, fruit and savoury biscuits.



The Important Dental Health Messages



- Remember to change your toothbrush when the bristles lose their shape.
- Buy a brush with a straight handle and a small head.
- It doesn't matter which way you brush your teeth as long as you clean them thoroughly and carefully for at least **2 MINUTES**



- Avoid sugary snacks and drinks between meals.



- Clean the teeth and gums carefully twice a day with a fluoride toothpaste.

- Always brush your teeth before going to bed. Don't drink anything afterwards !

- Visit the dentist regularly.

