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## Oral Hygiene

Our teeth are a very important part of our body. We are able to chew food with the help of our teeth to get energy.

Come, let us learn how to maintain a good oral hygiene.



Brush twice a day:

- ◆ When you wake up in the morning
- ◆ Before going to bed



But why do we need to brush before going to bed?

Because while sleeping, our bodily functions are in resting mode, and our mouth and teeth do not produce the amount of saliva that they usually do.

### Pro TIP

- ◆ Brush with a toothbrush that has soft bristles.
- ◆ Rinse your mouth well to ensure all the toothpaste comes out.
- ◆ Do not swallow the toothpaste. In case you swallow any toothpaste, tell your parents.

### FUN FACTS

A dentist is a doctor who specialises in taking care of teeth and gums.



We must brush our teeth well in the right way to keep our teeth and gums healthy.

Come, let us learn about our teeth with the help of a quiz.



1. What causes tooth decay?
  - (a) Acid
  - (b) Age
  - (c) Cavities
  - (d) Caffeine
2. At what age should a child visit a dentist?
  - (a) 7 years old
  - (b) 5 years old
  - (c) 3 years old
  - (d) 1 year old
3. Toothbrushes should be replaced every \_\_\_\_\_.
  - (a) 2 to 3 months
  - (b) 4 to 6 months
  - (c) 7 to 9 months
  - (d) 10 to 12 months
4. Which is the hardest tissue in our body?
  - (a) Tooth
  - (b) Bones
  - (c) Enamel
  - (d) Cartilage
5. Tooth decay is also called \_\_\_\_\_.
  - (a) cavity
  - (b) bad breath
  - (c) plaque
  - (d) all of the above



**F U N** FACTS

It is important to see your dentist after every 6 months.