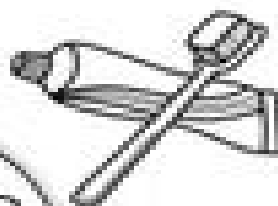
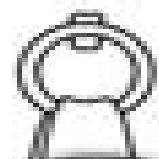


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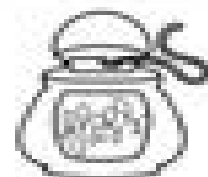


growing
IN
GUIDANCE



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
Sports Drinks
Fast Food

Sweet Ice Creams
Pre-packaged snacks
candy

Teaching 5th Graders About Personal Hygiene

Shasha Hu



Teaching 5th Graders About Personal Hygiene:

Reviewing **Teaching 5th Graders About Personal Hygiene**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Teaching 5th Graders About Personal Hygiene**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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