One Tooth, Two Teeth, Clean Teeth, Good Teeth... join the cavity free generation!

My name is ONE-TOOTH, and I want to talk to you about your teeth.

Do you know why you have four, eight, or more teeth? Taking care of your teeth is important because you have them for life. That's why you should develop good habits now like brushing twice a day, flossing, eating a balanced diet, and visiting your dentist regularly.

Let me explain. Every time you eat, tiny particles called acids are produced in the mouth. These acids eat away at the enamel on your teeth and make tiny holes called cavities. If you don't take care of your teeth, these cavities can get bigger and cause tooth decay.

The most important thing you can do to prevent tooth decay is to brush and floss your teeth regularly. Brushing removes food particles and plaque from your teeth, and flossing helps remove food particles that get stuck between your teeth.

Are you ready? Well then, let's begin.

1. Brush teeth
2. Floss
3. Clean your tongue
4. Rinse with mouthwash
5. Rinse your toothbrush

Now it's time to FLOSS and reach the bits of food and under your gum. Plaque your teeth mixed between your teeth and under your gum.

Take about half a width of DENTAL FLOSS, and hold the ends of the FLOSS and twirl it around your finger. Slide the FLOSS between your teeth. Use the FLOSS to get between your teeth and under your tongue.

Have a smile!
Sometimes

Questions:

To avoid cavities...

One of the best ways to help prevent cavities and avoid fillings... Untidily eating and brushing are often the culprits. Try to eat slowly and to save... Ask yourself...

BUT! I'M TELLING YOU THAT YOU CAN'T EAT THESE FOODS AT ALL!

Absolutely not! Why I bet these are some of your favorite foods! And I don't know that many of these foods are good for you.

I am telling you to eat these foods as part of your meals each day more often than that as snacks. Why? Because after meals you brush and floss your teeth. Another reason is there's more saliva in your mouth during meals, and saliva helps fight cavities as well.

Let's have a quick review.

Now, here are TEETH ACTIVITIES from the tooth expert-ME.

One Tooth...

That's all for now. Good luck, and remember, clean teeth are healthy teeth.

Smile!