

The background of the slide is decorated with various colorful illustrations of fruits and vegetables. These include a blue cluster of grapes, a slice of orange, a green leaf, a slice of watermelon, a lime, a yellow lemon, a green leaf, a slice of avocado, a slice of lemon, a green leaf, a slice of lime, a strawberry, a banana, a slice of lime, an orange, and a cluster of red grapes.

Oral Health

Upper Elementary Level



**The Los Angeles Trust
for Children's Health**

Oral Health Initiative

333 S. Beaudry Ave
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Los Angeles, CA 90017
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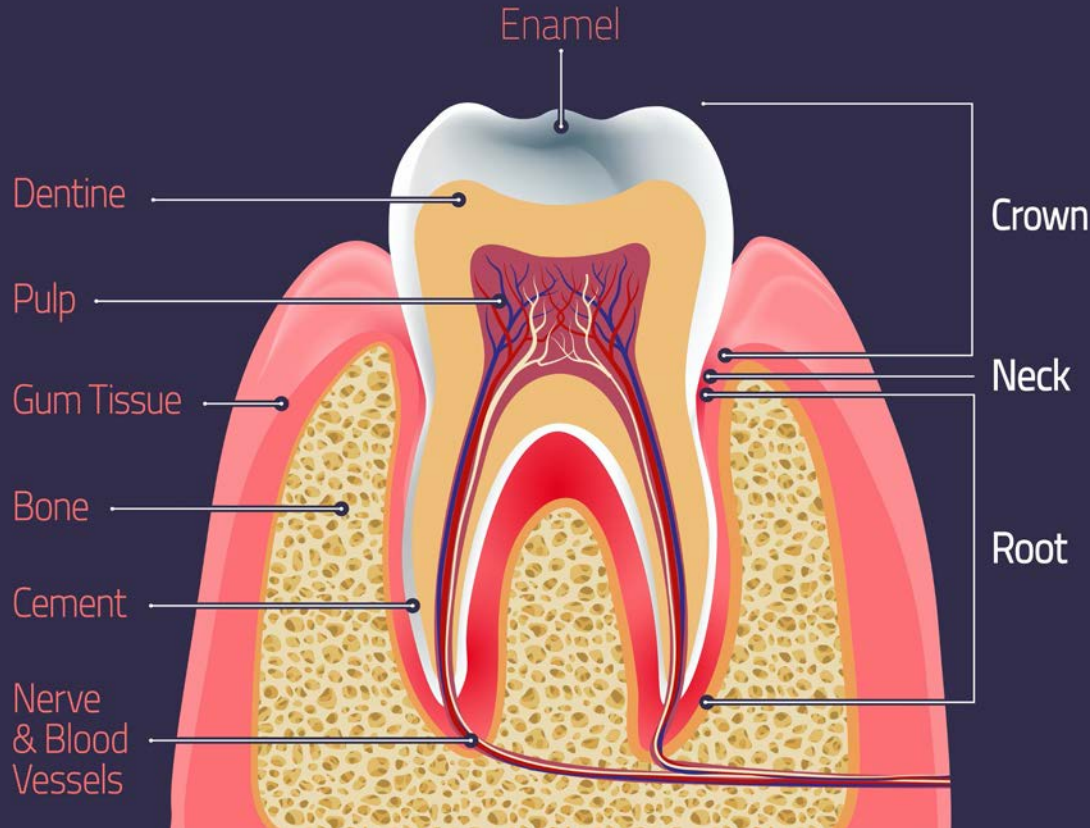


Teeth Are Super Important!

- × bite
- × chew
- × smile

TOOTH ANATOMY

Vector Infographic



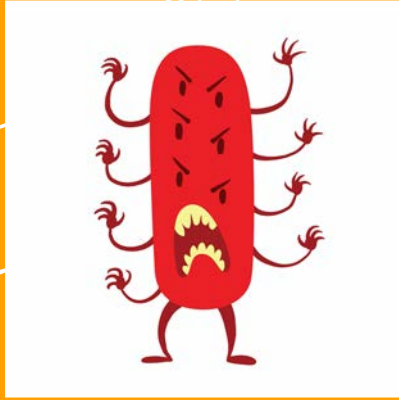
Let's Learn
about our
Teeth!!



What are Oral Diseases?



Tooth Decay



BACTERIA



SUGAR



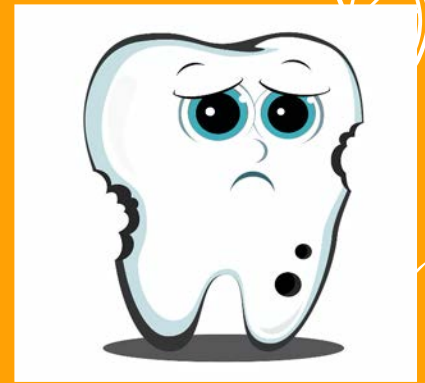
ACID



ACID



HEALTHY TOOTH

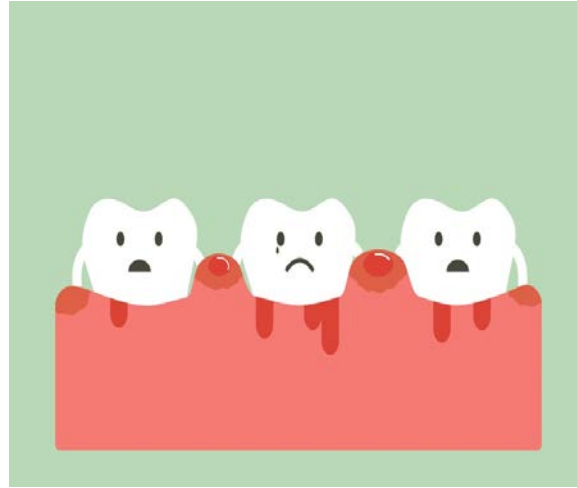


DECAYED TOOTH

Bleeding Gums

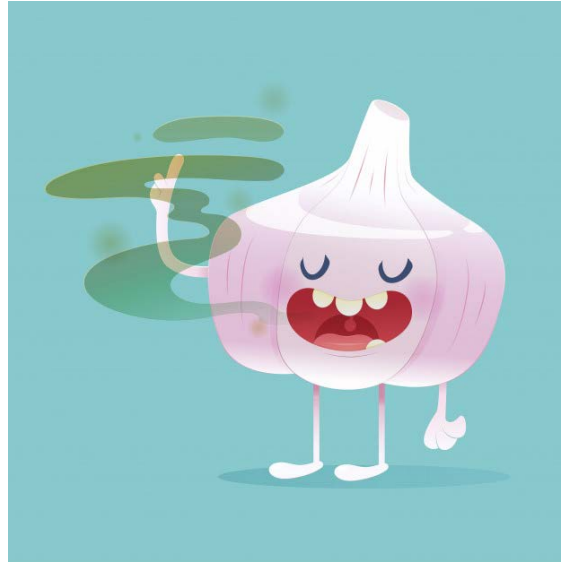
Are caused by

- × Poor oral hygiene
- × Plaque deposits
- × Brushing too hard
- × Vitamin deficiencies



Bad breath

- × Poor oral hygiene
- × Infections
- × Certain foods
- × Bacteria on tongue
- × Dry mouth





How do we fight
and prevent oral
diseases?

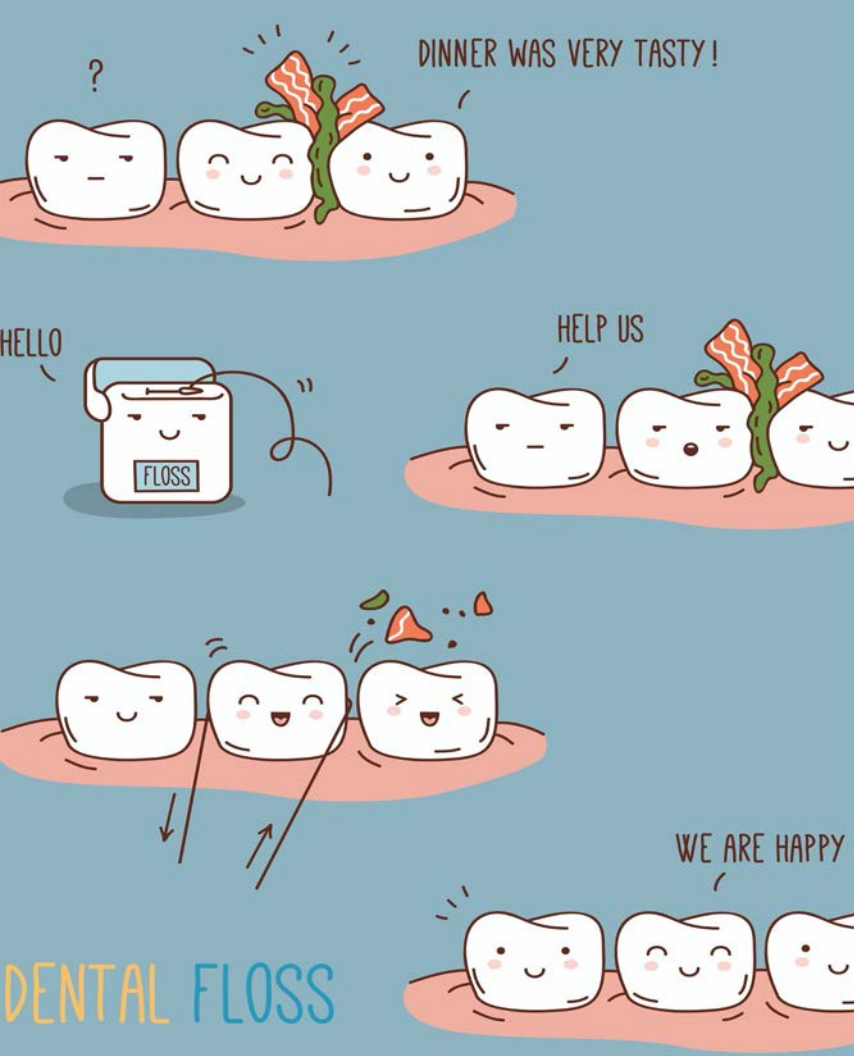
1. Brushing Demonstration





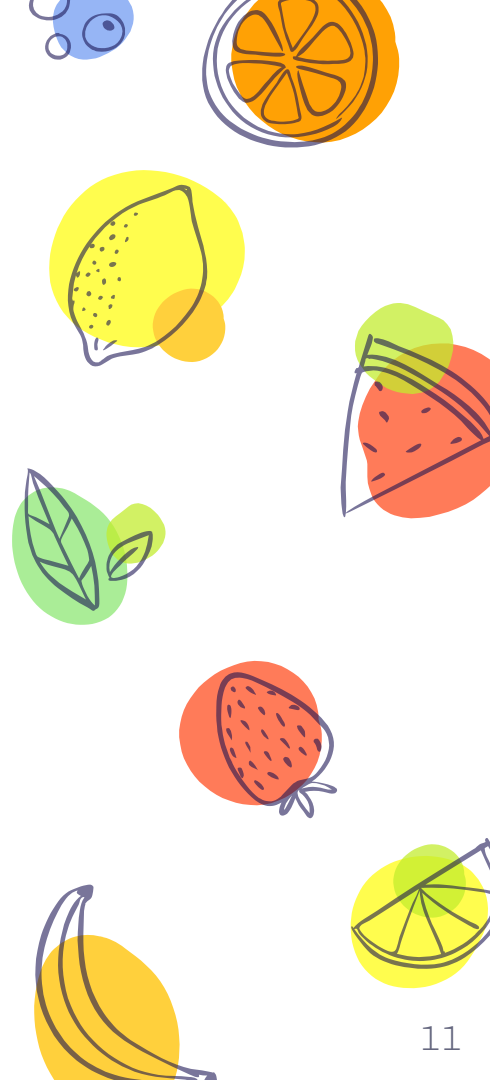
Brush TWICE
a day
For
TWO minutes!





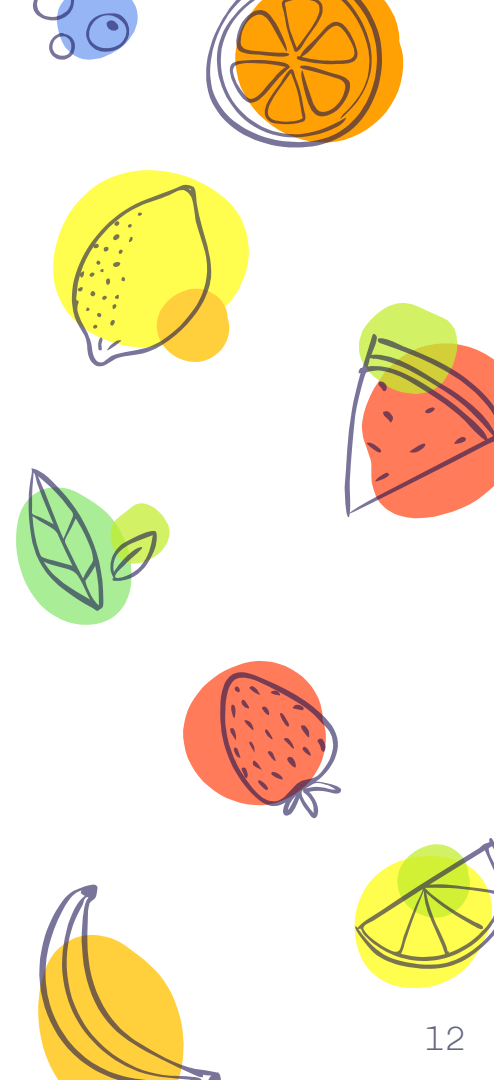
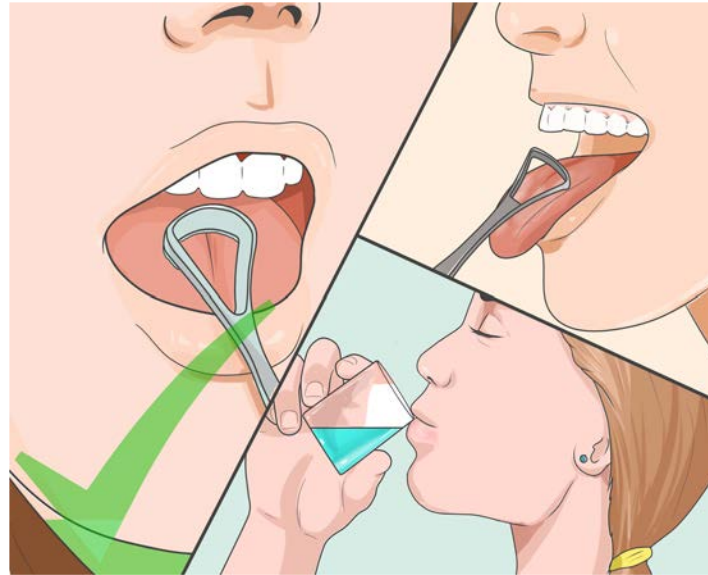
Flossing

- × Cleans Between teeth
- × Floss once a day



Tongue Cleaning

- × Removes germs on tongue
- × Fights Bad breath
- × Makes food tastier





Good Diet vs. Bad Diet

Regular Dental Visits

- × Visit the DENTIST twice a year!
- × The DENTIST helps us protect our teeth!!



Fluoridated Drinking Water

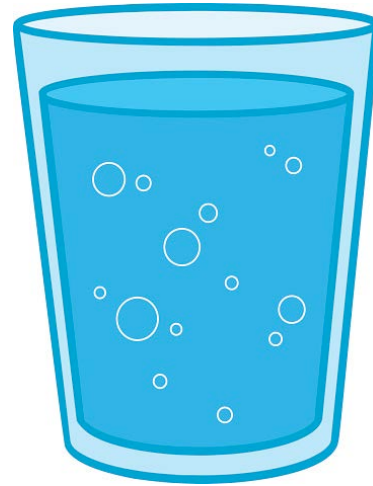
*

Fluoride makes
teeth **STRONGER**

And

FIGHTS cavities

*



The background of the slide is decorated with various colorful illustrations of fruits and leaves. At the top left, there are blueberries. Next to them is a slice of orange. To the right is a green kiwi slice. Further right is a slice of watermelon. On the far right edge, there is a green lime. In the middle right, there is a slice of yellow lemon. Below that is another slice of yellow lemon. At the bottom right, there is a small green leaf and a red cherry. At the bottom center, there is a green kiwi slice. To its left is a green leaf. Further left is a banana. At the bottom left, there is a strawberry. On the far left edge, there is a yellow lemon. In the middle left, there are two green leaves. At the top left, there are blueberries.

Thanks!

Let's protect our teeth