



Early  
Elementary  
Level



**ORAL  
HEALTH**

333 S. Beaudry Ave. 29th Floor  
Los Angeles, California 90017 (213) 241-3511



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

# Why Teeth are Important ?



© dak



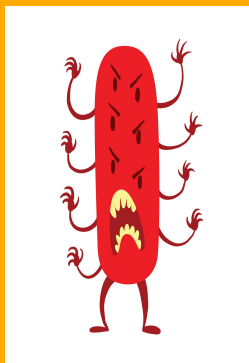
**\*BITE**

**\*CHEW**

**\*SMILE**



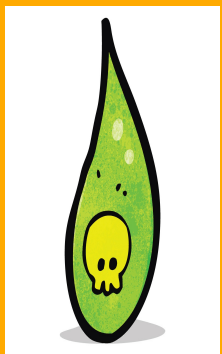
# Tooth Decay



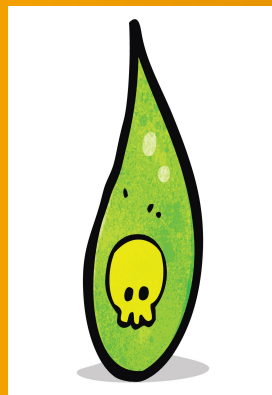
BACTERIA



SUGAR



ACID



ACID



HEALTHY TOOTH



DECAYED TOOTH

# Bleeding Gums



# Bad Breath

# Good Oral Hygiene Habits



DENTIST

**Brushing**

**Flossing**

**Tongue Cleaning**

**Tooth Friendly Diet**

**Regular Dental Visits**

**Fluoridated Drinking Water**



**Why is brushing important?**

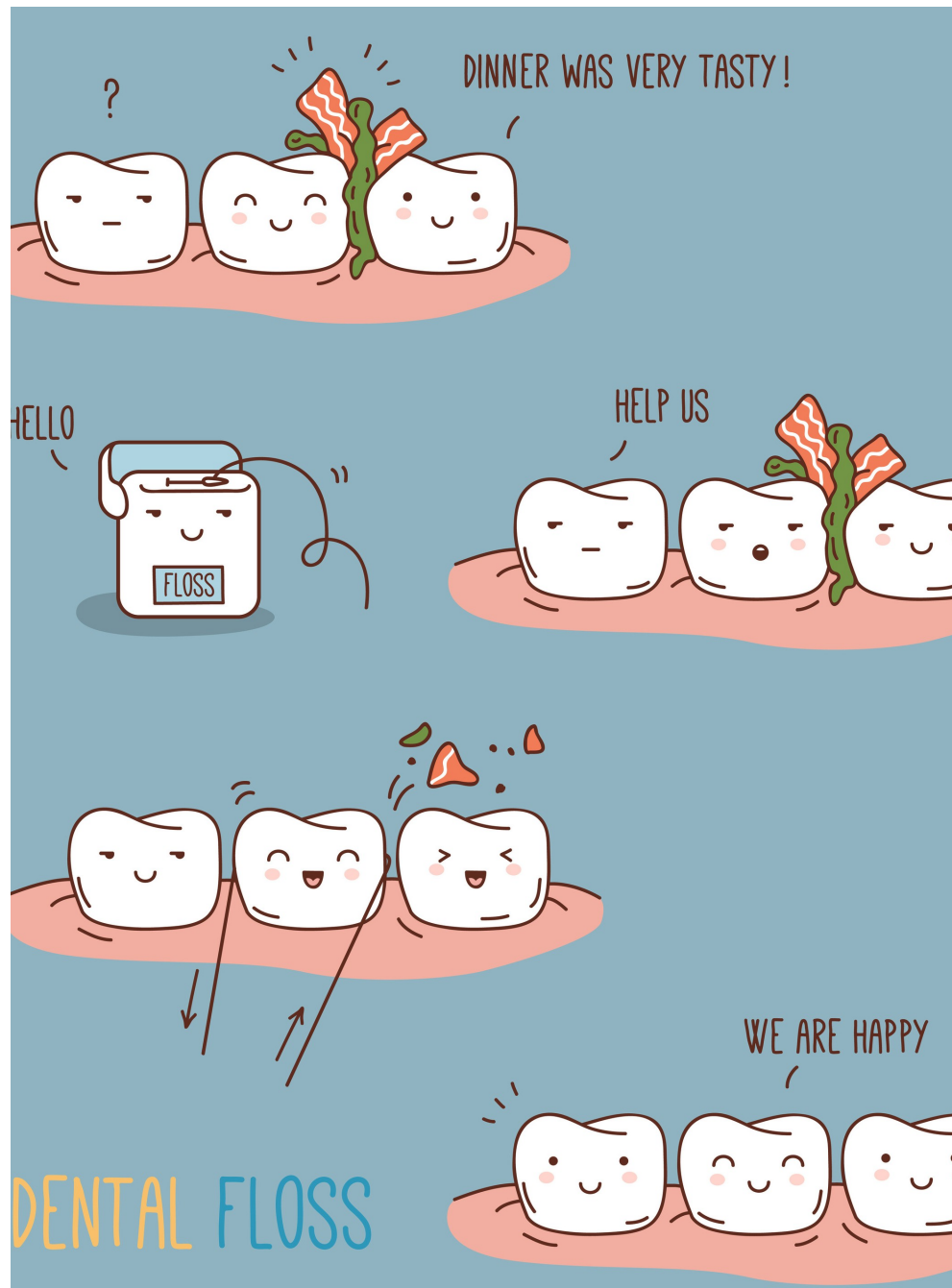


© dak

- \* Removes plaque**
- \* Prevents cavities Prevents gum diseases**
- \* Keeps our mouth healthy!!!**

# FLOSSING

Cleans between  
teeth to  
fight  
cavities





# Tongue Cleaning

- \* **Removes germs on tongue**
- \* **Fights bad breath**
- \* **Makes food tastier**



# What are tooth friendly foods?



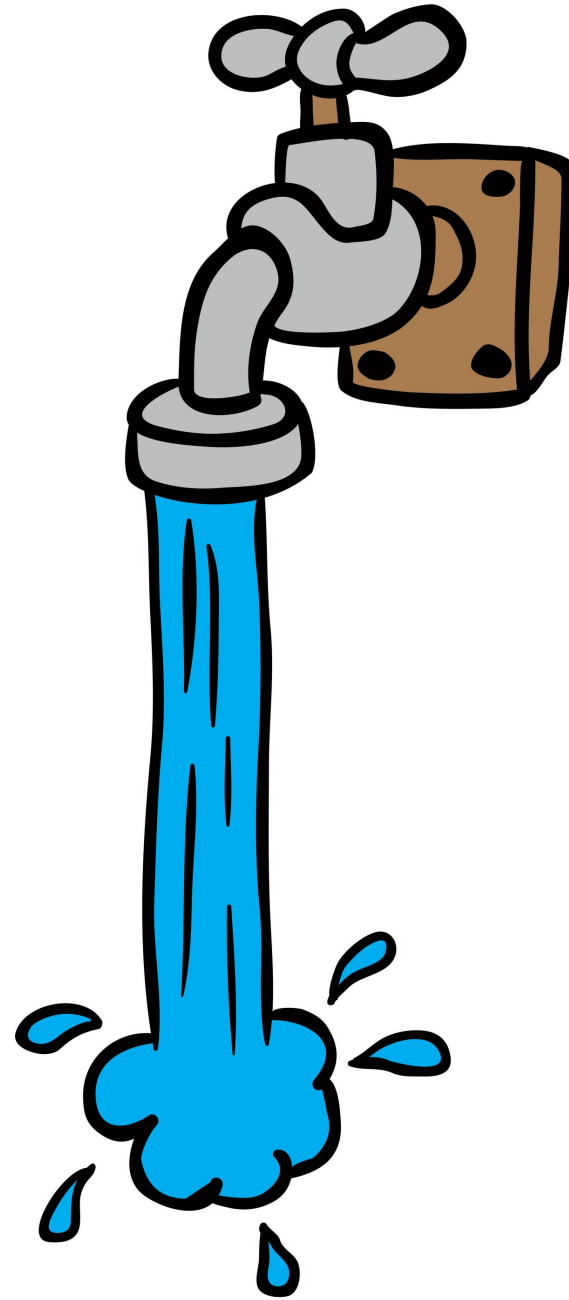
Visit the **DENTIST**  
twice a year

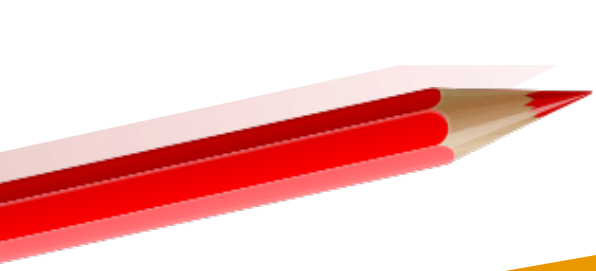
Keep your  
**SMILE**  
Healthy



# Fluoridated Water

Fluoride  
makes  
teeth  
stronger  
and  
Fights  
cavities





Thank You!

Smile

