

# Oral Hygiene

## Quiz!



# What is this?



That's right!

- Toothbrushes.





# What is this?



# Well Done!

- Toothpaste



# What is this?





# Did you get it right?

- It's Mouthwash!



# What is this?





# Brilliant!

- Dental Floss



# HOW OFTEN SHOULD YOU BRUSH YOUR TEETH?



**I hope you knew the answer!**

- Twice a day.
- Once in the morning.
- And before you go to bed.

**How often should you go to the dentist for a check up?**





# Well done!

- Every 6 months.
- That's twice a year!



# How long should you spend brushing your teeth?

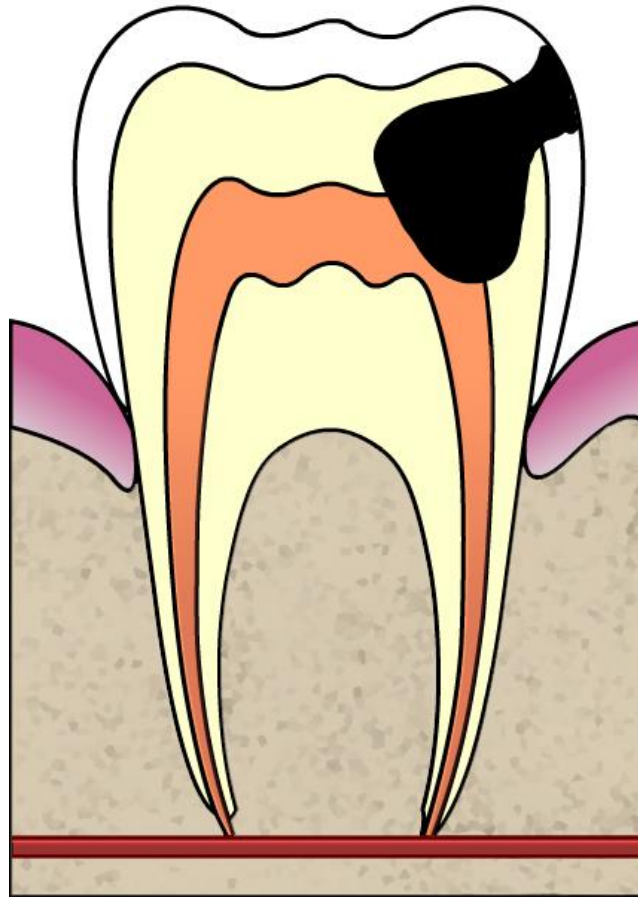


That's right!

- At least 2 minutes.



**What foods are bad for your teeth?**





# Fantastic answer!

- Sugar, sweets, acidic foods and fizzy drinks are all bad for your teeth.



# What foods are good for your teeth?



**Very good.** Milk, cheese, fruit and vegetables, bread, fish, and meat.



You know lots about keeping  
your teeth and mouth clean and  
healthy. Good work!

