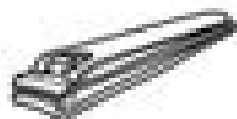
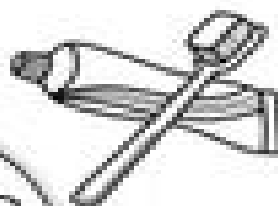
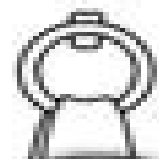


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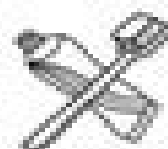
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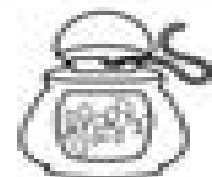


growing
IN
GUIDANCE



Oral Hygiene

Establishing good habits of brushing your mouth clean



- ☐ 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 crucial to your oral health. Help get back and forth to work!

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

Soybean/Cheese
Pre-packaged snacks
cereal

Teaching 5th Graders About Personal Hygiene

Zhe Xu



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In some sort of driven by information and connectivity, the ability of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Teaching 5th Graders About Personal Hygiene**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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