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FEBRUARY IS

NATIONAL CHILDREN'S DENTAL HEALTH MONTH

HOW CAN WE PROTECT OUR TEETH?

Another way we can protect our teeth is by eating healthy foods. A healthy diet is not only good for your teeth, but also helps you grow tall, build strong muscles, and helps you learn. Drinking water and white milk is recommended for meals and snacks. Sugar-sweetened drinks like soda, juice, sports drinks (Gatorade, Prime), tea, coffee, or energy drinks can lead to developing sugar bugs.

Healthy foods that are great for your dental health include crunchy fruits and veggies such as carrots, celery, apples; leafy greens such as spinach, kale, arugula; nuts and seeds; dairy products such as cheese, yogurt, milk; and meat and fish. Leafy greens and dairy products contain a lot of calcium, which provides nourishment to the teeth and gums. Calcium rebuilds and strengthens the armor (enamel) on your teeth, which protects against getting holes (cavities) in your teeth. Crunchy foods clean teeth while you eat since chewing breaks down food and washes away food debris. Chewing massages the gums, which keeps the tissues healthy. Protein such as salmon, mackerel, and sardines have a lot of vitamin D which also keeps your gums healthy.

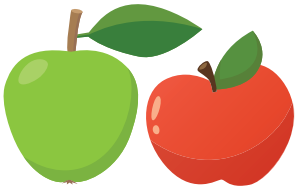
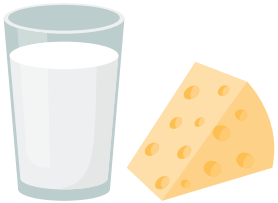
Drinking water instead of milk at bedtime is recommended since it washes away the sneaky sugar bugs and keeps the mouth fresh.

MATERIALS NEEDED:

- Scissors
- Glue or glue stick

INSTRUCTIONS:

1. Cut out the foods along the dotted lines.
2. Sort the foods by placing healthy foods on the happy tooth fairy sheet and unhealthy foods on the sad tooth fairy sheet.
3. Glue the foods in place using a glue stick.

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WHICH FOODS ARE GOOD FOR OUR TEETH?

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WHICH FOODS ARE BAD FOR OUR TEETH?