



# Taking Care of our Teeth!



Dear Grade 2 Families,

On Friday, November 08, 2013 the dental hygienist, Ms. Jennifer Fan came to our classroom to talk to us about taking care of our teeth. We learned many interesting facts and important information about how to keep our teeth healthy!

We learned that plaque is bacterial build up and we need to take care of our teeth since we will need our adult teeth for a lifetime.

We learned that it is important to brush our teeth twice a day: morning and night to keep our bones, gums and teeth healthy.

Ms. Fan demonstrated to our class how to brush our teeth properly and how to floss properly: to 'see-saw' through our teeth and to make sure we floss once a day.

After each meal we should rinse our mouth with water to get rid of any sugar or acid on our teeth (i.e., juice).

It is important to minimize eating candy to keep our teeth healthy. If we do eat some candy it is best to eat it with a meal. We learned that it is really important to eat healthy snacks to protect our teeth.

The best snacks are: baby carrots, plain popcorn, celery, cucumbers and cheese. Cheese is the best choice and really important because it coats and protects our teeth from the acid in foods.

We have also been learning about Procedural Writing and how to write a procedure for: How to Brush our Teeth.

Now we know how to keep our teeth healthy and how to brush our teeth and floss properly.

We hope you find this information as useful as we have!

Sincerely,

Mrs. Economou's Grade 2 Class - Room 210!