

# Oral Health Literacy

## This Week's eTexts:

- [Improving Dental Health by Drinking More Water](#)
- [Drinking Milk for Healthy Teeth](#)

Learn how to improve your dental health and maintain healthy teeth by drinking more milk and water.

## eBook Vocabulary:

**Dry Mouth**- when you do not have enough saliva to keep your mouth wet and moisturized; can occur when the saliva glands in the mouth aren't working properly.

**Tooth Decay**- when types of bacteria produce acid that destroys the tooth's enamel and its underlying layer, the dentin.

## Will Soda Really Ruin My Teeth?



Deciding to Improve my Dental Health by Drinking More Water

by Jennifer White, Valerie Ubbes, and Carly Kraska



Deciding to Drink Milk for Healthy Teeth

By Jennifer White, Valerie Ubbes, and Carly Kraska



## Fun Fact:

Studies have indicated diet soda isn't any more tooth-friendly than regular soda. Although it is sugar-free, it's still overwhelming to your enamel if you drink it regularly.

**Learn More:** <https://www.colgate.com/en-us/oral-health/basics/nutrition-and-oral-health/say-no-to-soda-healthy-drinks-for-kids-0315>

# How to Promote Healthy Beverage Choices and Goal Setting at Home:

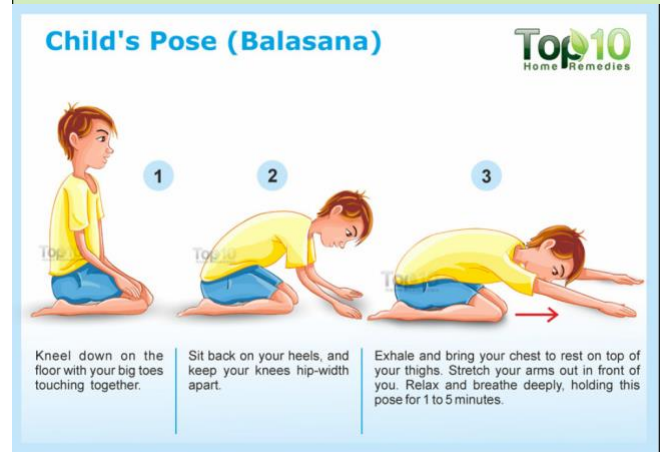
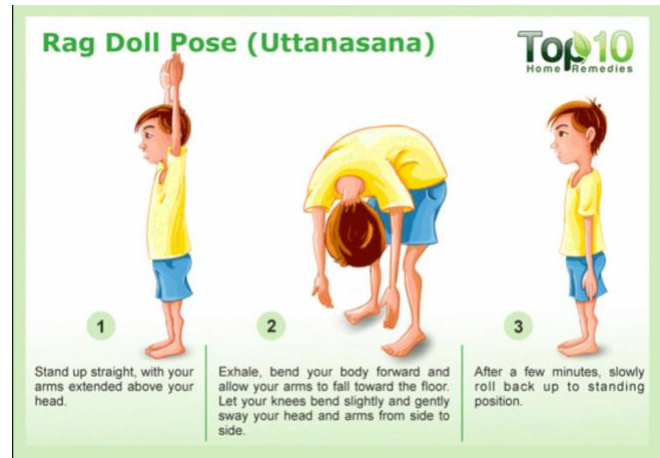
- 1) When you do want to drink soda or fruit juice, choose a low-acid, tooth-friendly alternative instead.
- 2) When drinking an acidic beverage, keep in mind you should have it with food rather than sipping it between mealtimes.

## eMotion:

Try these yoga poses (to the right) to help regulate emotions and reduce fear when visiting the dentist!

**Teachers-** Try the Rag Doll Pose in the classroom

**Parents-** Try the Child's Pose at home



Source: <https://www.top10homeremedies.com/news-facts/kid-friendly-yoga-for-a-healthier-generation.html>

## This Week's Plan of Action:

- I decide to drink chocolate milk with my friends instead of soda, because milk gives our teeth lots of vitamins and minerals.
- I decide to drink water every day, because it keeps my mouth clean by washing away cavity-causing bacteria in my mouth.

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