

# Oral Health Literacy

## This Week's eTexts:

- [Decision to Keep My Teeth Healthy and Strong](#)
- [Setting Food Goals for Healthy Teeth](#)

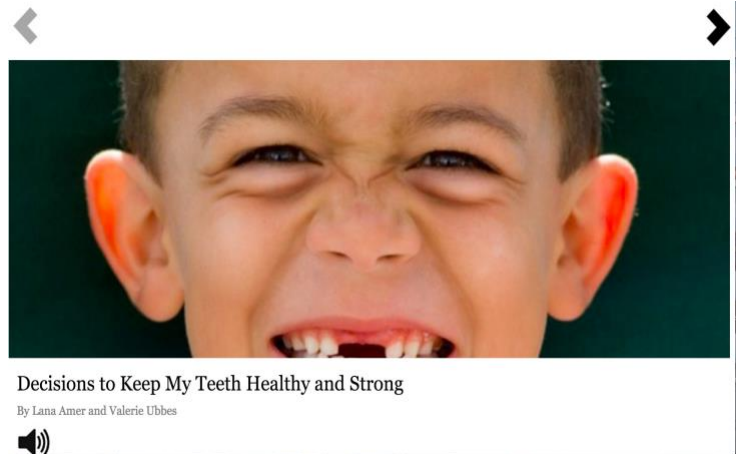
Learn how to keep your teeth healthy and strong by choosing healthy foods to eat.

## eBook Vocabulary:

**Plaque** – sticky, colorless film of bacteria that constantly forms on teeth and along the gum line; too much plaque can cause cavities and gum disease.

**Calcium**- an important nutrient that keeps your teeth strong and healthy.

## Eating Right for Healthy Teeth:



## Fun Fact:

Foods high in carbohydrates, sugars and starches greatly contribute to the production of plaque acids that attack the tooth enamel. Eventually these acids can cause tooth enamel to break down, forming a cavity.

**Learn More:** <https://www.colgate.com/en-us/oral-health/basics/nutrition-and-oral-health/ada-04-food-choices-affect-your-oral-health>

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

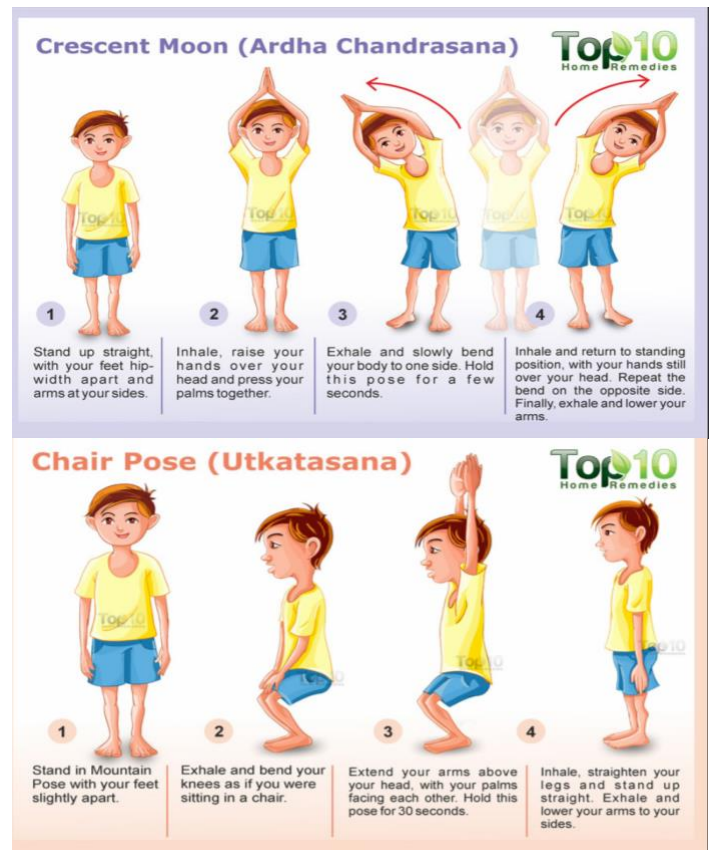
- 1) Save sugary treats for the end of a meal or before a tooth-brushing session, rather than throughout the day.
- 2) Offer healthy snacks like cheese, fruits, yogurt or peanut butter instead of sugary foods for an after school snack.
- 3) Make sure to check food labels for “hidden” sugars.

## eMotion:

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

**Teachers-** Try the Crescent Moon in the classroom

**Parents-** Try the Chair 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 set a goal to eat fibrous foods, because fiber helps to remove plaque and sugar from my teeth.

I decide to eat fresh foods and drink nutritious beverages with my family to keep my teeth healthy.

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