

# All's well with well teeth

The great tooth-ABC for small experts



## Beautiful teeth

Poor brushing is a main reason for having caries. You can find invisible bacteria in dental plaque which transform sugar from food remains in your mouth in acid. This acid eats tiny little holes in your tooth enamel. That is how caries develops. Teeth with black caries-spots are very sensitive and hurt. How do avoid this:

- ☺ Brush your teeth 2 times a day for 2-3 minutes, especially before going to bed!
- ☺ A pea-sized amount of toothpaste is enough. It should contain fluoride. 
- ☺ Ask your parents to help you with finishing brushing.
- ☺ Only drink water after brushing in the evening and don't eat anymore afterwards.
- ☺ An electronical toothbrush cleans your teeth especially good.
- ☺ The dentist can help you with keeping your teeth healthy if you visit him/her 2 times a year.



## Secret sugar hiding spots:



1 bottle iced tea (500 ml)  
= about 13 cubes of sugar



1 fruit yogurt (150 g) = about 8 cubes of sugar



1 child-hand (50 g)  
= about 8 cubes of sugar



1 portion (20 g) ketchup  
= about 2 cubes of sugar

## Against caries-devilkin

Sugar is a main reason for having caries and is hidden in many products and drinks.

- ☺ Drink as often as you can tube water instead of sugary drinks like icetea, limo or cola, ...
- ☺ Drink water after eating sweets!
- ☺ Eat fruit, carrots, cucamber, pepper or nuts instead of chocolate bars, cakes or chips in your break.
- ☺ Check how much sugar your breakfast or snacks contain. Do you find the sugar-hiding spots?





# Tooth-quiz

1. Which toothpaste should you use?
  - Toothpaste with lemon
  - Toothpaste with fluoride
  - Toothpaste with sugar
2. How often should you brush your teeth?
  - Once a week
  - 2 times a day
  - Every hour
3. What do you use for brushing your teeth?
  - A tiny hair brush
  - A small toilet brush
  - A middle-sized tooth brush
4. How many milk teeth do you have?
  - 20
  - 32
  - 16
5. How often should you visit the dentist?
  - Once a year
  - Twice a year
  - Every third year
6. What happens when you are chewing?
  - Your teeth are dancing in a ring.
  - More spit is running.
  - Your ears are shaking.
7. What is the function of spit?
  - It makes the teeth dirty.
  - It flushes the bacteria away.
  - It washes the bacteria clean.
8. What is the name of the set of teeth after losing your milky teeth?
  - Milky teeth
  - Teenage teeth
  - Permanent teeth
9. What is healthy for your teeth?
  - Sugar-free chewing gum
  - Chocolate bar
  - Fruit candy

Solutions: 1b, 2b, 3c, 4a, 5b, 6b, 7b, 8c, 9a



# Jokes' Corner

A woman is sitting anxiously at the dentist. He tells her: „Clench your teeth together and open your mouth.“

A skeleton at the dentist:  
The doctor says: Your teeth look fine but your gums make me worry.“

Fun with a German tongue twister:

Zehn Ziegen ziehen zehn Zentner Zement zum Zahnarzt zum Zementieren zerbrochener Zähne.

