



COLONIAL NUTRITION NEWSLETTER

February is National Dental Month...

Smile!!! It's all about your teeth!



Dental Vocabulary

Bacteria- tiny organisms that are found in plaque and live on your teeth

Plaque- a thin, sticky layer containing bacteria that grow on your teeth

Cavity- the rotten, decayed part of the tooth

Flossing- a waxy string called floss that gets in between your teeth to remove food particles that your toothbrush can't

Dental Hygienist- a person with special training on how to properly keep teeth and gums healthy



What does the dentist do during a visit?

Going to the dentist is as easy as 1, 2, 3! When you go to your dentist they will look at your teeth and your gums to make sure there are no problems such as plaque build up or cavities. The dentist will also check your teeth to make sure they are developing properly as your body grows. It's very important to visit your dentist every 6 months (2 times a year!) to ensure that you maintain a healthy and bright smile!

Ways to keep you're teeth healthy

- 1. Brush you're teeth at least twice a day for at least 2 minutes each time**
- 2. Floss daily**
- 3. Visit your dentist twice a year**
- 4. Eat foods that contain Calcium**

