

BRUSH YOUR TEETH!

HEALTHY
DENTAL
HABITS

Mary Elizabeth
Salzmann



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DENTAL
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Sandcastle

An Imprint of Abdo Publishing
www.abdopublishing.com



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Published by Abdo Publishing, a division of ABDO, PO Box 398166, Minneapolis, Minnesota 55439.
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Printed in the United States of America, North Mankato, Minnesota
102014
012015



**THIS BOOK CONTAINS
RECYCLED MATERIALS**

Editor: Alex Kuskowski
Content Developer: Nancy Tuminelly
Cover and Interior Design: Colleen Dolphin, Mighty Media, Inc.
Photo Credits: Shutterstock

Library of Congress Cataloging-in-Publication Data

Salzmann, Mary Elizabeth, 1968- author.

Brush your teeth! : healthy dental habits / Mary Elizabeth Salzmann.

pages cm. -- (Healthy habits)

Audience: Ages 4-9.

ISBN 978-1-62403-528-9

1. Teeth--Care and hygiene--Juvenile literature. 2. Dentistry--Juvenile literature. I. Title. II. Series: Salzmann, Mary Elizabeth, 1968- Healthy habits.

RK63.S24 2015

617.6'01--dc23

2014023950

SandCastle™ Level: Transitional

SandCastle™ books are created by a team of professional educators, reading specialists, and content developers around five essential components—phonemic awareness, phonics, vocabulary, text comprehension, and fluency—to assist young readers as they develop reading skills and strategies and increase their general knowledge. All books are written, reviewed, and leveled for guided reading, early reading intervention, and Accelerated Reader® programs for use in shared, guided, and independent reading and writing activities to support a balanced approach to literacy instruction. The SandCastle™ series has four levels that correspond to early literacy development. The levels are provided to help teachers and parents select appropriate books for young readers.

EMERGING • BEGINNING • **TRANSITIONAL** • FLUENT

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WHAT IS A HEALTHY HABIT?

Taking care of
your teeth is a
healthy **habit**.





Taking care of
your teeth helps
prevent **cavities**.





Brush your teeth every day.




Flossing is good
for your teeth too.





Go to the **dentist**
for **checkups**.






Lizzie has **braces**.
They straighten
her teeth.








Eric brushes his
teeth with his dad.

A close-up photograph of a dentist's hands, wearing blue nitrile gloves, holding a large dental X-ray film. The X-ray shows a full set of upper and lower teeth. The dentist is wearing a red lab coat. The background is a light-colored tiled wall.

The **dentist** shows
Alyssa an **X-ray** of
her teeth.







Jonathan learns the right
way to brush his teeth.



How do you take
care of your teeth?

HEALTH QUIZ

1. Taking care of your teeth is a healthy **habit**. True or False?
2. You should brush your teeth once a week. True or False?
3. **Flossing** is not good for your teeth. True or False?
4. Eric brushes his teeth with his dad. True or False?
5. Jonathan learns the right way to brush his teeth. True or False?

Answers: 1. True 2. False 3. False 4. True 5. True

GLOSSARY

braces – wires and brackets attached to the teeth to straighten them.

cavity – a spot on a tooth that has started to rot or decay.

checkup – a routine exam by a doctor or dentist.

dentist – a person trained to help people take care of their teeth.

floss – to clean between your teeth with special string called dental floss.

habit – a behavior done so often that it becomes automatic.

X-ray – a photograph of the inside of the body or another object.



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HEALTHY HABITS

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ISBN 978-1-62403-528-9



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