

VIDYA BHAWAN BALIKA VIDYA PITH, LAKHISARAI : 2021

CLASS = 4th A + B

DATE :25/04/2021

SUBJECT= EVS

SUB: TEC: NAINA PASWAN

CHAPTER 2. ---- THE Teeth

Dear Students,
The topic we will continues read today is:

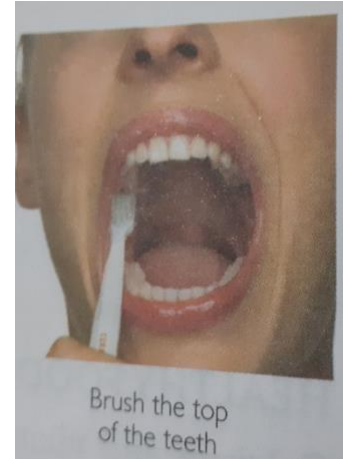
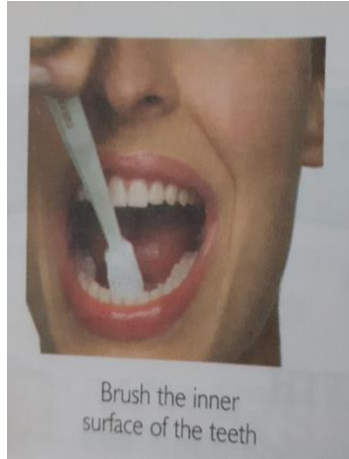
CARE OF TEETH

Teeth are very important part of our body . We must take proper care of them . Their proper care can save them from decaying.

- **Brush your teeth twice a day and drying your mouth after every meal .**
- **Move the toothbrush upwards and downwards while brushing .**

- **Use a good quality toothbrush and toothpaste .**
- **Avoid consuming sugary product or colas.**
- **Use a dental floss to clean between the teeth .**
- **Massage your gums everyday to make them strong .**
- **Use a mouthwash to get rid of the bad smell .**
- **Drink plenty of water as it helps to wash away the sugar left on the teeth after eating.**

- Visit a dentist for a check up every 6 months .



TO BE CONTINUE.....

IN H.W. SAME WORK LEARN AND WRITE .