



Kai, Dentists!

Say cheese! What do we notice first when taking a picture of someone? That's right – their teeth! That's why it's super important to keep your gnashers bright, white and photo ready at all times!

There are lots of ways we can keep our mouths healthy, and now that you're training to be part of KidZania's Dentistry then you should probably know them!

FLOSSING

Tooth decay can develop inside our mouths if plaque is allowed to build up. Cleaning **between** our teeth can remove the plaque from spots that a toothbrush can't quite reach!



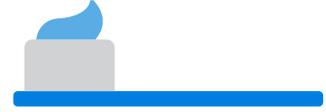
MOUTH WASH

Without taking proper care of our mouths we can develop **gingivitis**, which is inflammation of the gums (making your mouth very sore!) Using mouthwash kills the bacteria before it has time to settle down on your gums.



BRUSHING

It's an obvious one, but still very important! To prevent gum disease, we need to brush our teeth. Without brushing, large forms of plaque will sit inside our mouths and cause long-lasting harm to our teeth.



Knowing what's inside our mouths can sometimes make it easier to understand the importance of it's care. For example, did you know we have many different types of teeth?

A. INCISORS

Incisors are in the front of our mouths. They have sharp, straight edges to help us bite into food. They are the very first teeth that grow inside our mouths and develop usually when we are six months old.

B. CANINES

Canines sit next to the incisors. They have a sharp, pointed surface to allow us to tear our food into smaller pieces. Sometimes they are known as cuspids.

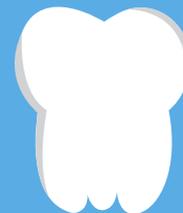
C. PRE-MOLARS

Pre-molars sit next to the canines. They are bigger than both canines and incisors. They have a ridged surface to allow us to crush our food when eating. (Young children don't have premolars as they only develop when you're around 10 years old).

D. MOLARS

Molars are the biggest and strongest of all the teeth. The large surface area helps grind up our food, making it even smaller and easier to swallow.

Match the tooth with the description!



As we all know by now, dentists recommend we brush our teeth for two minutes twice a day to ensure we're keeping our mouths clean and healthy!

Listen to some music?



Read a page of your book?

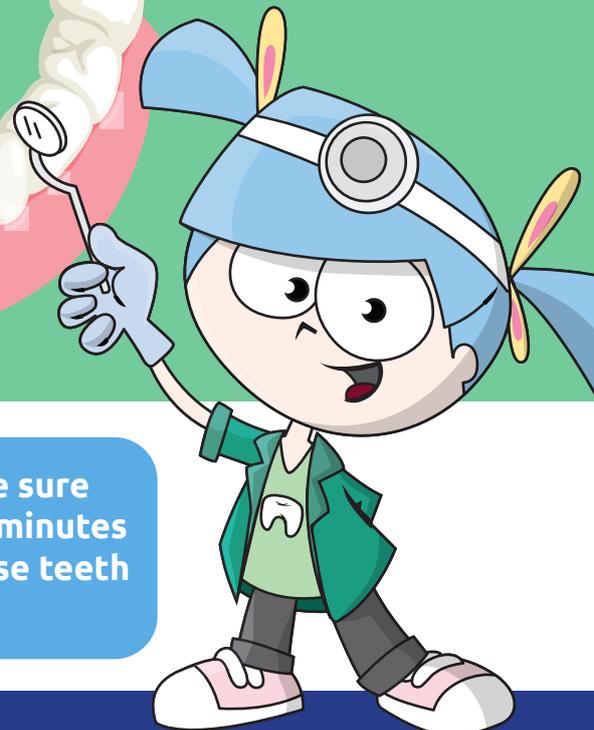


What could you do for 2 minutes whilst brushing your teeth?

Make up a short dance routine?



Whatever you do make sure to set a timer for two minutes each time and get those teeth camera ready!



We want to see how you keep yourself entertained when brushing your teeth! Take a picture or a video and tag us @KidZaniaLondon or follow the hashtag #KidZaniaAtHome to see how others keep their mouths gleaming!

KidZania
London

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