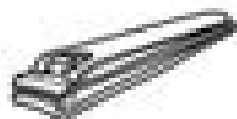
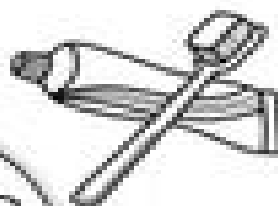
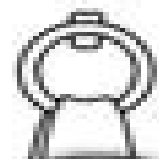


PERSONAL HYGIENE

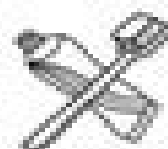
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personal hygiene WORKBOOK



growing
IN
GUIDANCE



Oral Hygiene

*Establishing good habits of oral hygiene
your mouth loves*



- ☐ Brush your teeth 2-3x a day with toothpaste
- ☐ Floss between your teeth every day (especially your molars or teeth at the back of your mouth)
- ☐ Rinse with mouthwash
- ☐ See a dentist at least twice a year
- ☐ Don't put things in your mouth such as your pencil eraser, pen or fingernails
- ☐ Change out your toothbrush when the bristles start falling out
- ☐ Change out your toothbrush after being sick (especially if you had strep throat)

Good oral hygiene
habits help prevent
sickness, tooth decay,
and gum disease



Dental visits are
crucial to your
well-being. Help
your dentist and your
dentist

Eating for healthy teeth:

Eat & Drink More

Fruits
Milk/Dairy
Eggs

Sugar Free Gum

Vegetables
Water
Herbs

Unpackaged Foods

Eat & Drink Less

Candy
Sports Drinks
Fast Food

Soda/Sweetened
Beverages
Pre-packaged snacks
candy

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**Idaho. State Superintendent of Public
Instruction**



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Resources in Education ,1992-10 **Evidence-Based Outreach/Service-Learning to Improve Health-Related Self-Efficacy through STEMM Education** Jonathan J. Wisco, Carolina Restini, Peter J. Vollbrecht, Tracey Weiler, Kirsten A. Porter-Stransky, 2025-10-13 Outreach and service learning to elementary and secondary schools and community organizations that serve under represented groups URG and under represented minority URM demographics has long been a focus of pre clinical and clinical health professions education institutions to improve individual and health related self efficacy When health pre professional and professional students teach correct science technology engineering math and medicine STEMM principles to youth they help to improve the health related self efficacy and cultural competency of individuals and the community Service learning is an extension of outreach efforts defined broadly by different accreditation councils as educational experiences in which students purposefully prepare and provide service to the community followed by a reflection on the experience Together outreach and service learning are excellent opportunities for professional pathway students to inspire the next generation of elementary and secondary school children to develop evidence based health related self efficacy and an interest in STEMM careers **Nutrition Education Printed Materials and Audiovisuals** Shirley King Evans, 1989 **Junior Arts and Activities** ,1948 **Course of Study for Elementary Schools of Idaho** Idaho. State Superintendent of Public Instruction, 1931 *Journal of the American Public Health Association* ,1924 **California Journal of Elementary Education** ,1934 **Course of Study for the Fifth and Sixth Grades** Los Angeles City School District, 1924 Course of Study for the Elementary Grades Nevada. State Board of Education, 1939 **Educational, Psychological, and Personality Tests of 1933/34-1936** Oscar Krisen Buros, 1936 **School** ,1927 *Quick Bibliography Series* ,1976 **American Journal of Public Health** ,1981 *Current Index to Journals in Education* ,1982 Tentative Course of Study in Home Making for the Fifth Grade Kansas City (Mo.). Board of Education, 1932 *Russian Education and Society* ,1994 **Whole Child, Whole School** Eileen Santiago, JoAnne Ferrara, Jane Quinn, 2012-10-23 This book provides a unique examination on the ways in which educating the whole child in the community school serves to ameliorate the conditions of poverty and obstacles to learning faced by students Using a case study approach the book will highlight the successful journey of one school that transformed itself into a community school Given the rise in poverty nation wide and the unprecedented economic crisis many school districts are looking for innovative ways to garner resources for their schools The strategies outlined in this book will provide suggestions for using the resources of community partnerships as a framework for school renewal and improvement in student achievement The authors share their first hand experiences building a community school from the ground up as well as providing the national perspective on community schools Acknowledging the power of the community school this book concludes with a call to action for the dissemination of this model and its embrace of whole child education **Course of Study in Reading and Literature for Grades Four, Five**

and Six San Francisco (Calif.). Board of Education, 1925
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