



iDenti KIT

The good practice to the oral health

Il Ministero della Salute e il Ministero della Pubblica Istruzione hanno raggiunto un'intesa per proporre un percorso di prevenzione e di educazione alla salute orale, rivolto ai bambini della scuola primaria. In questo opuscolo troverete alcune informazioni sui comportamenti positivi per l'igiene e la cura dei denti. Inoltre sono a disposizione degli insegnanti altri materiali didattici e informativi che forniscono lo spunto per affrontare questo argomento in tutte le materie scolastiche.

www.salute.gov.it/stiliVita/stiliVita.jsp

www.scuolaesalute.it

www.salutiamoci.it

www.usrpiemonte.it/salute/default.aspx



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Ministero della Salute

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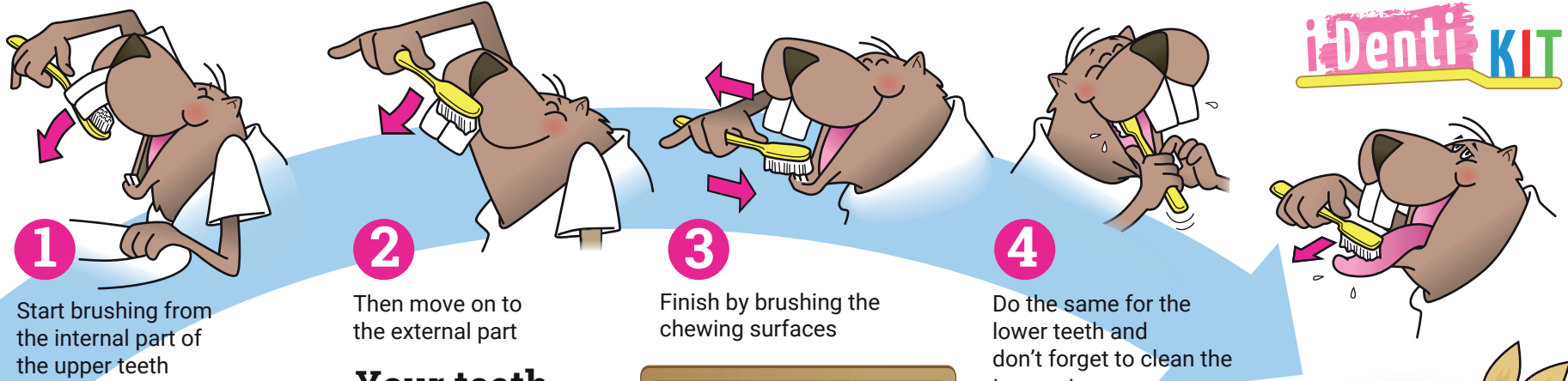
Ministero dell'Istruzione,
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Ufficio Scolastico Regionale per il Piemonte
Direzione Generale

THE RIGHT METHOD:

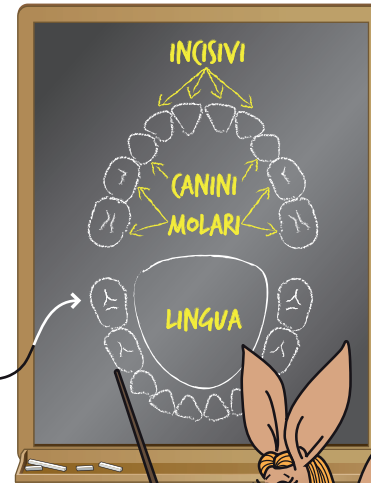
brush your teeth without hurry, every day after every meal and especially after eating sweet and sticky food, brushing carefully all the surfaces, even the most difficult ones



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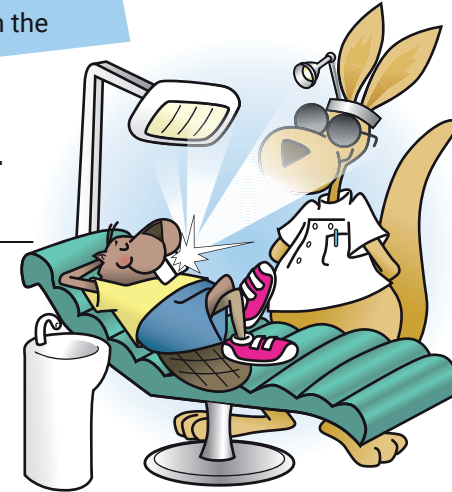
Your teeth

at your age, the milk teeth will begin to fall to make place to the permanent teeth, the "adult", which you will not change anymore. Among the first to come out is a completely new tooth, the first permanent molar, that grows behind the milk teeth. The other teeth will come little by little, first in the front and then sideways, taking the place of those which fell. It is very important to keep them well cleaned even now



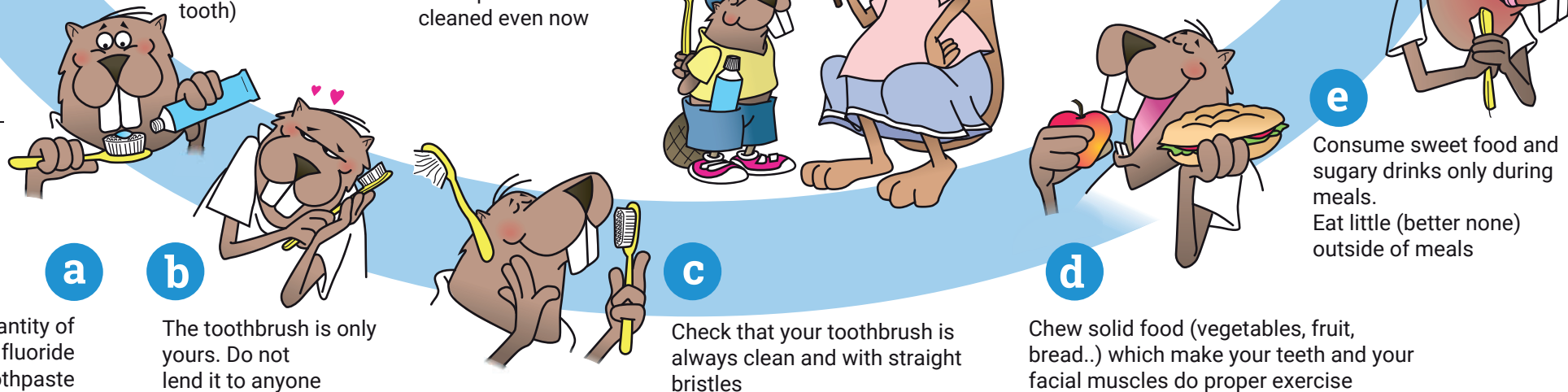
Have them checked

don't wait the toothache. Have your teeth often checked by the dentist and the hygienist, who will help you to keep them healthy and beautiful



The good practice

here's some useful practices to keep your teeth healthy and clean



Use a small quantity of fluoride toothpaste

The toothbrush is only yours. Do not lend it to anyone

Check that your toothbrush is always clean and with straight bristles

Chew solid food (vegetables, fruit, bread...) which make your teeth and your facial muscles do proper exercise

Consume sweet food and sugary drinks only during meals. Eat little (better none) outside of meals