



Healthy People Dental

February is National Childrens Dental Health Month

2x2+20

Brush 2 minutes, 2 times a day + Read 20 minutes a day =
 Easy Math for a Healthy Body and Mind!



Fun Facts for a Healthy Mouth!

- Did you know that the average person produces a quarter of saliva daily? That's 10,000 gallons of spit over a lifetime. Saliva is essential to good dental health because it washes food off the teeth, neutralizes acids in the mouth, fights germs and prevents bad breath.
- On a daily basis, your mouth is home to over 100,000,000 micro-creatures who are swimming feeding, reproducing and depositing waste in your mouth. Makes you want to brush your teeth, doesn't it?
 - Our teeth are meant to last a lifetime, and our tooth enamel is the hardest part of our body—even harder than our bones! In order to keep our teeth for a lifetime, we need to take care of them by brushing, flossing and seeing a dentist.
 - Did you know that 50% of people say that a smile is the first thing they notice about someone?
 - Dental floss was first manufactured in 1882. If you floss once a day, you will use about five miles of floss over your lifetime!
 - If you brush your teeth twice a day for two minutes each time, you will brush your teeth for about 24 hours, each year, or 76 days over the course of your life! All this brushing will use about 20 gallons of toothpaste.
 - When we brush our teeth, we should also remember to brush
- our tongue. Did you know that just like our fingerprints, everyone's tongue print is different? Our tongue is the only muscle in our body that isn't attached to something at both ends.
- In 1816, Sir Issac Newton's tooth was sold in London for today's equivalent of \$37,700. Don't expect that much money from the Tooth Fairy—in America, she brings an average of \$3 per tooth.
- Dentists have been around a long time—archeologists have evidence of the first dental fillings in teeth from people who lived between 7,500 and 9,000 years ago.
- In China, they celebrate national “Love Your Teeth Day” each year on the 20th of September. To promote dental health, a Chinese dentist used 28,000 teeth to build a giant tooth-shaped tower.
- In you had a toothache in Germany, in the Middle Ages, you would have been told to kiss a donkey to cure your toothache!
- Pig hair was used to make toothbrushes until 1938, when nylon bristles were introduced. Your toothbrush has about 2,500 nylon bristles grouped in forty tufts.
- Toothpaste was used as long ago as 500 BC in China and India. Ancient toothpastes included ingredients such as soot, honey, crushed egg shells and ground ox hooves. In 1873, Colgate released the first commercially prepared toothpaste, which had the minty taste we know today.



Healthy Mouth Recipe

Granola Bars

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| 2 cups rolled oats | 3/4 cup brown sugar |
| 1/2 cup wheat germ | 3/4 t. cinnamon |
| 1 cup all purpose flour | 3/4 t. salt |
| 1/2 cup honey | 1 egg beaten |
| 1/2 cup vegetable oil | 2 t. vanilla |

Combine all ingredients in a bowl, mix well and spread into a 9x13 greased pan, Bake 35 minutes. Cool for 5 minutes, cut apart.