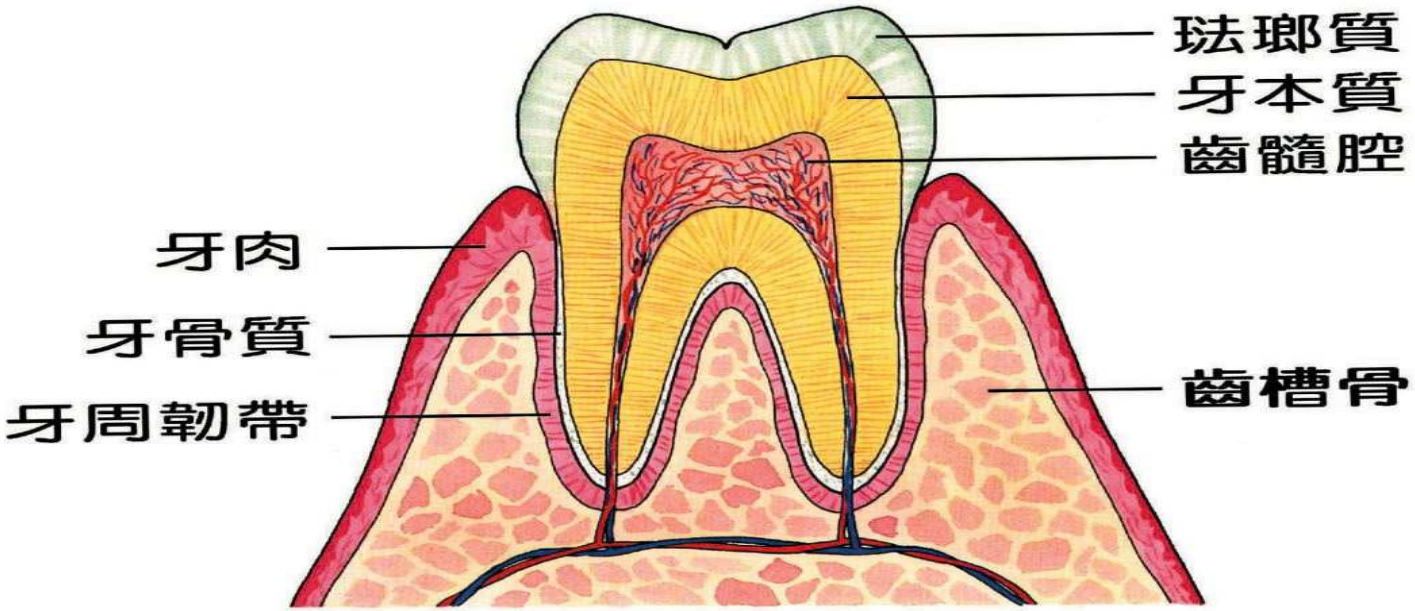
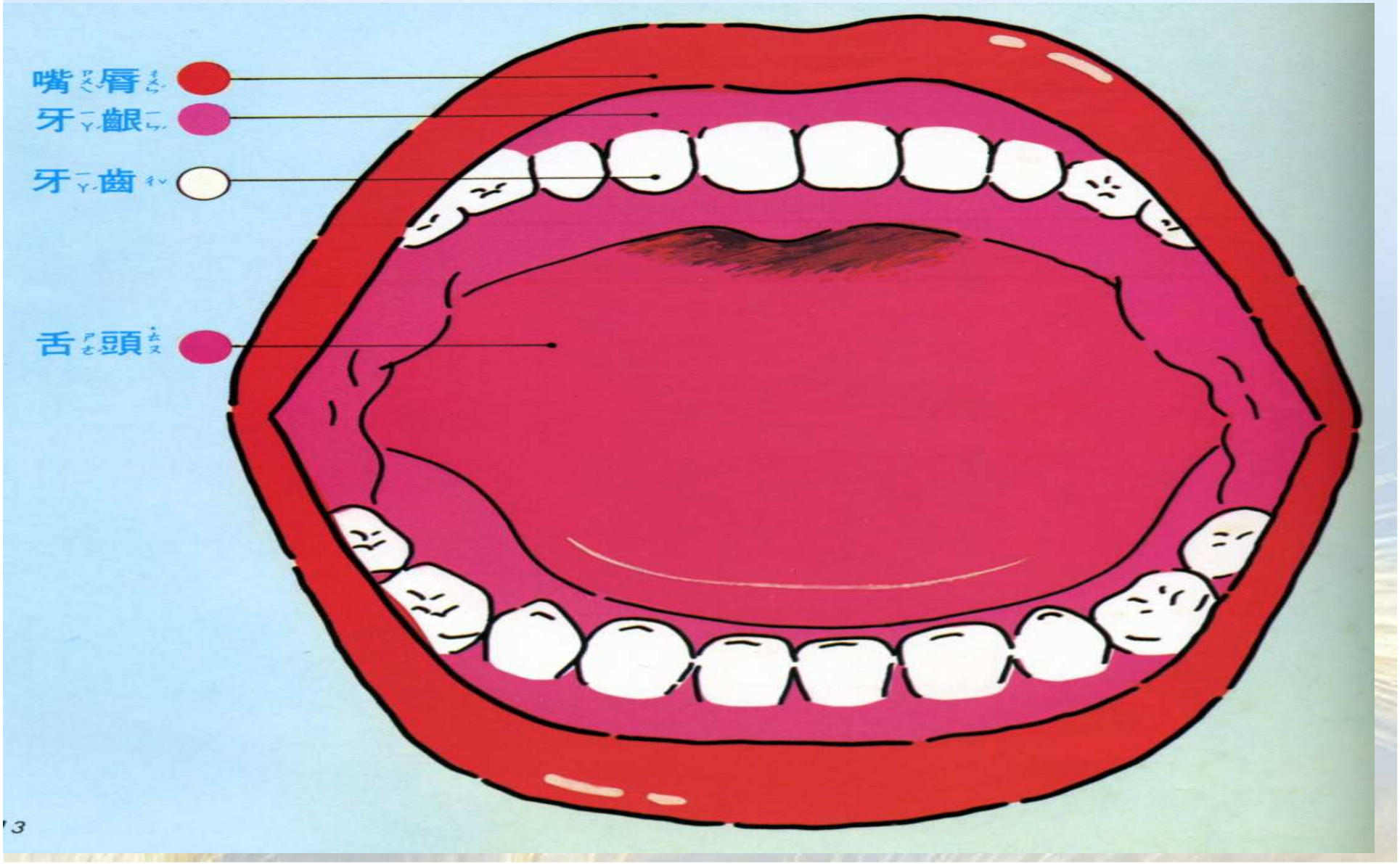
兒童口腔保健

認識牙齒

牙齒的構造



嘴巴張開來



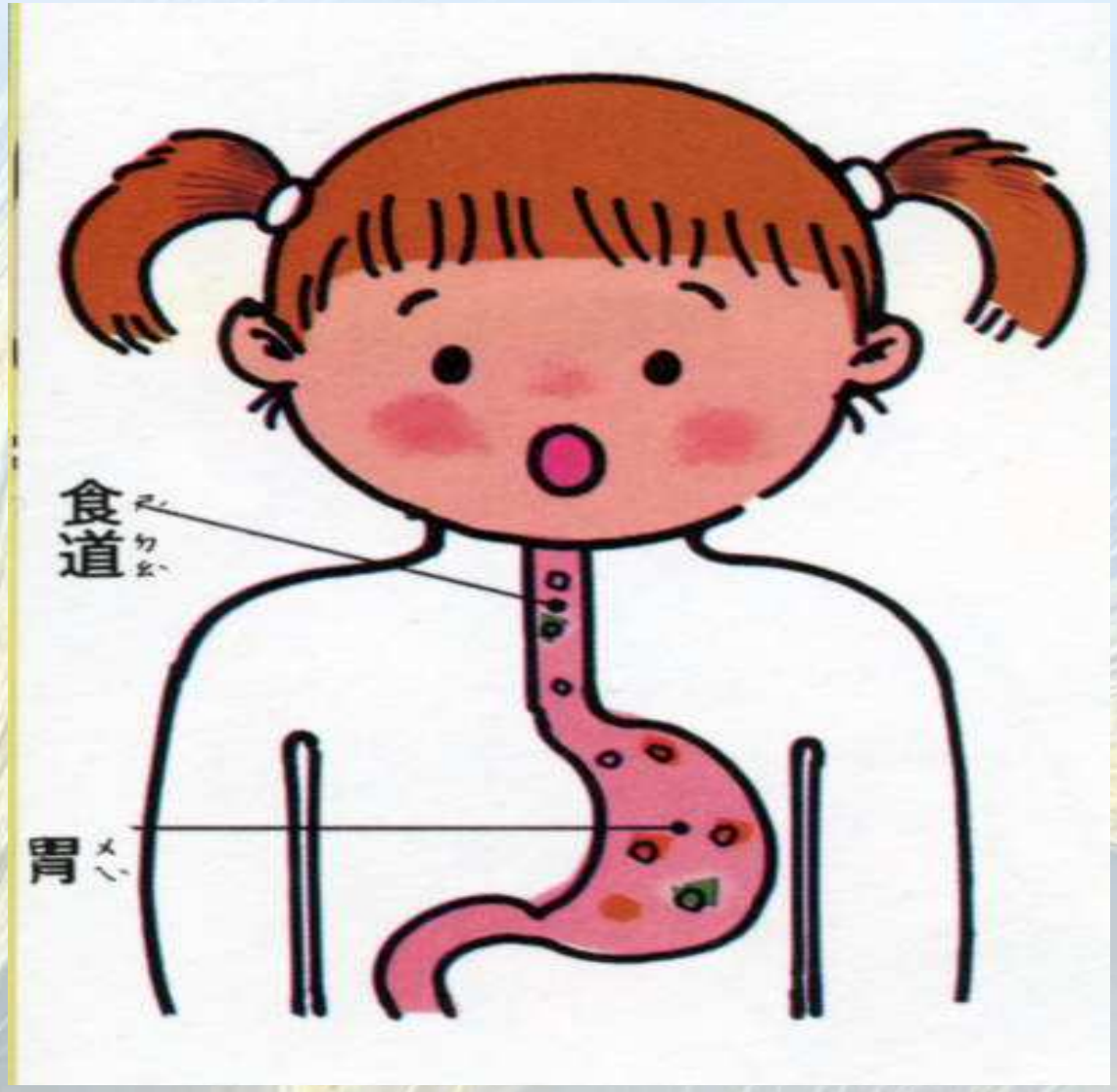
乳齒二十顆

恆齒三十二顆

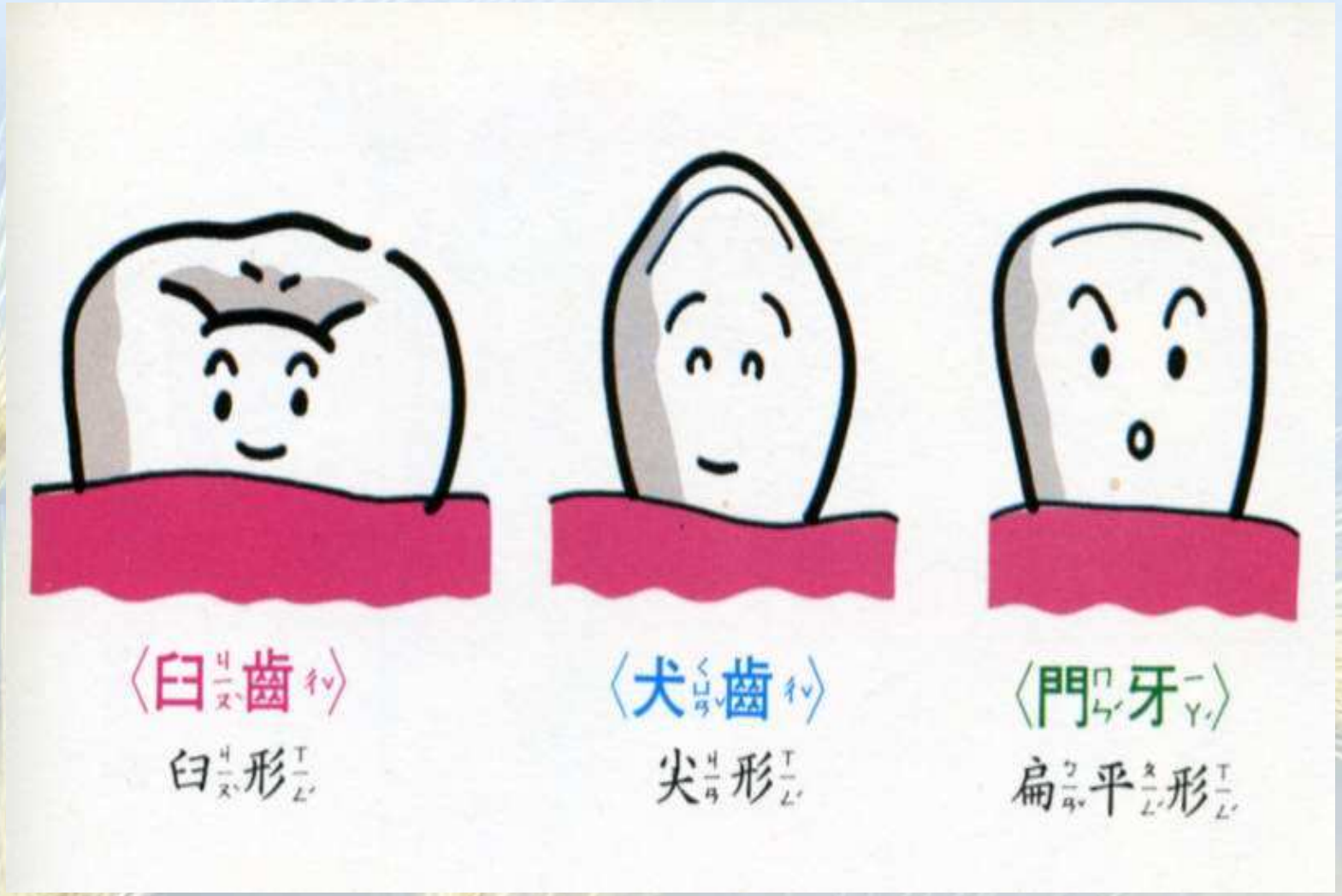
用來吃東西

舌頭把食物和口水攪拌均勻

把嚼爛的食物吞下去



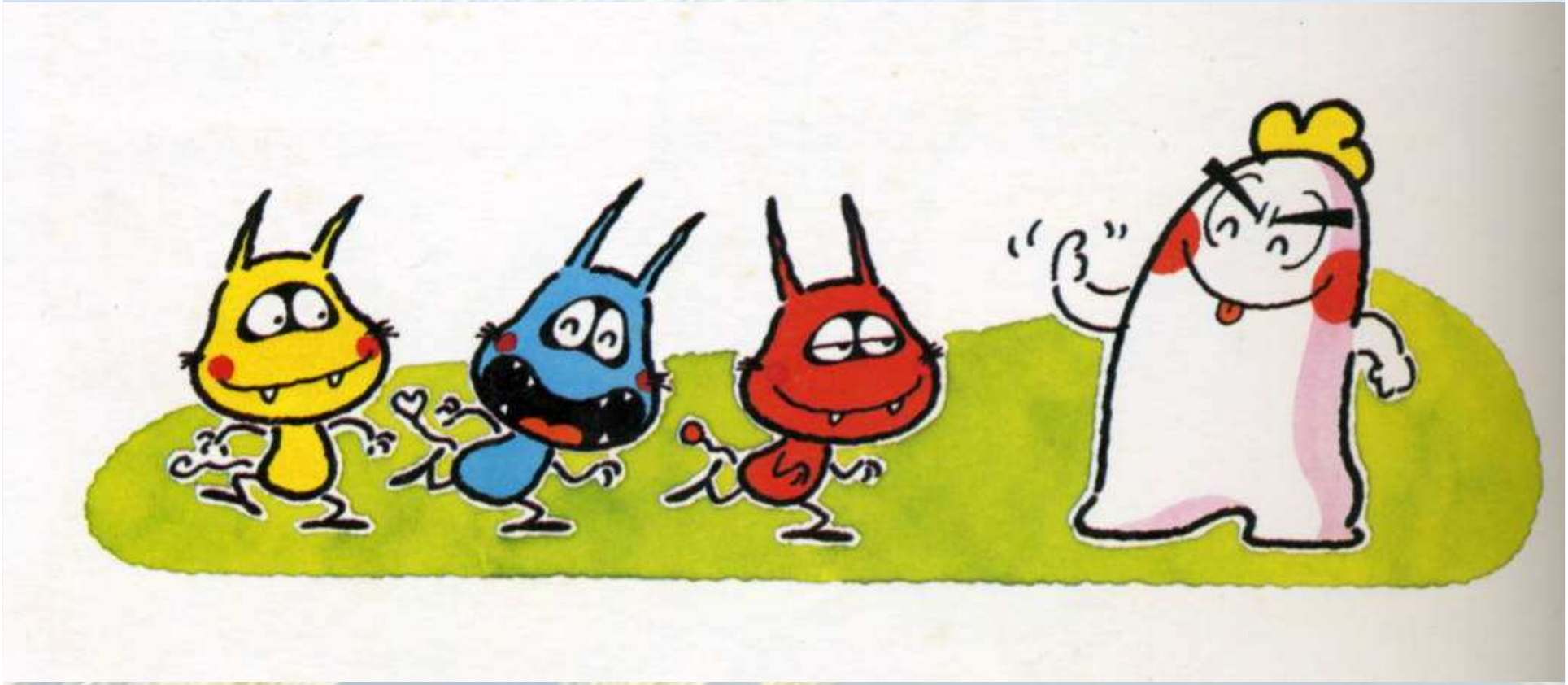
不同形狀的牙齒不同功用



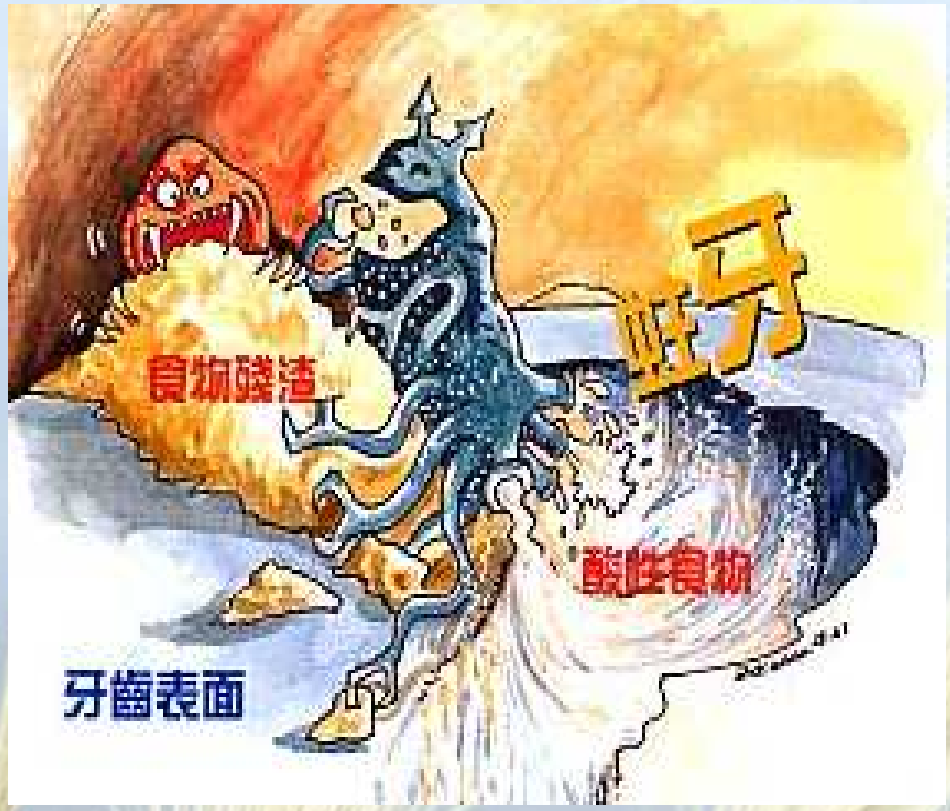
說話唱歌要靠牙齒

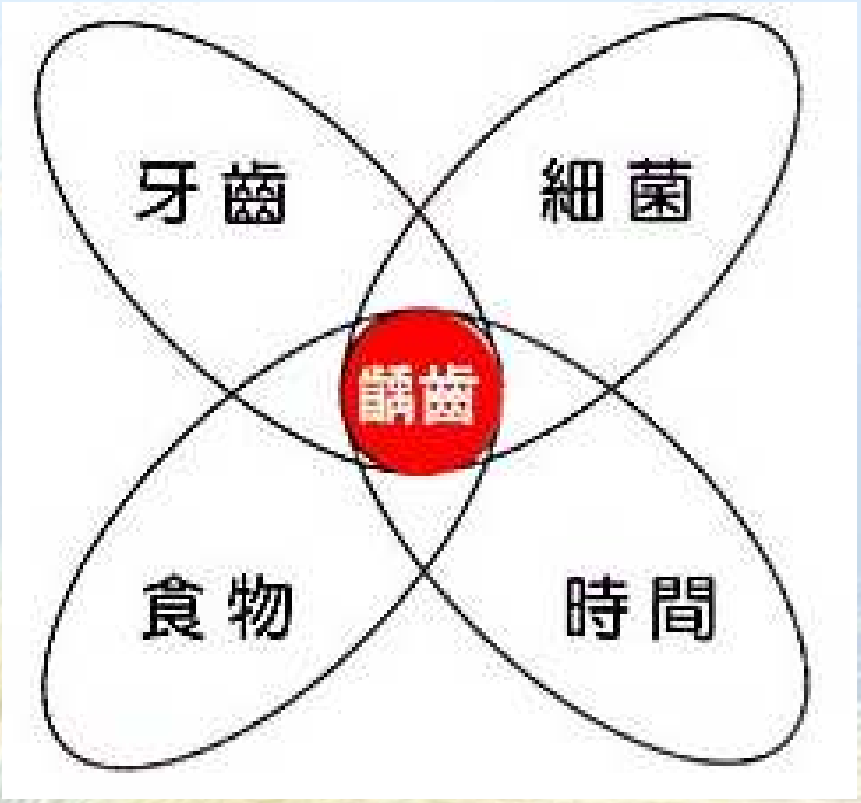
指甲剪短
還會長
皮膚有傷口
也會復原。
好痛哦！

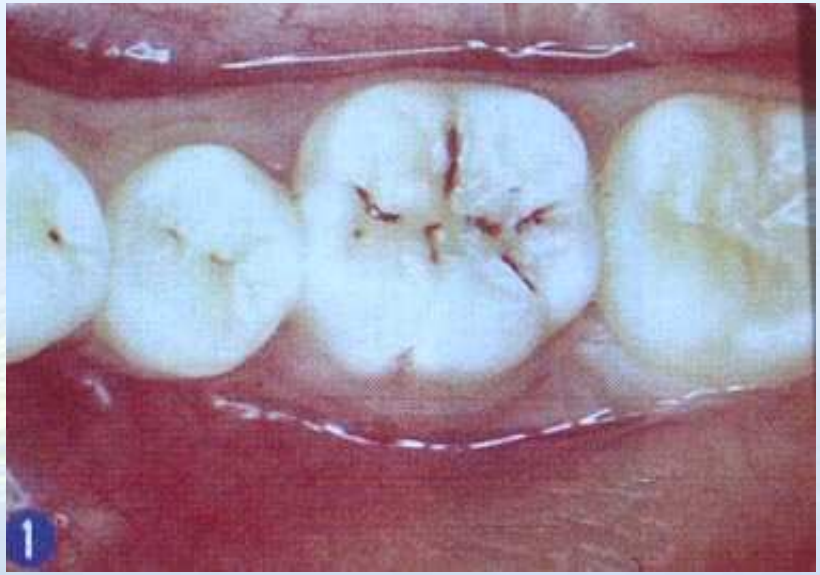
為什麼會蛀牙？



齲齒的形成

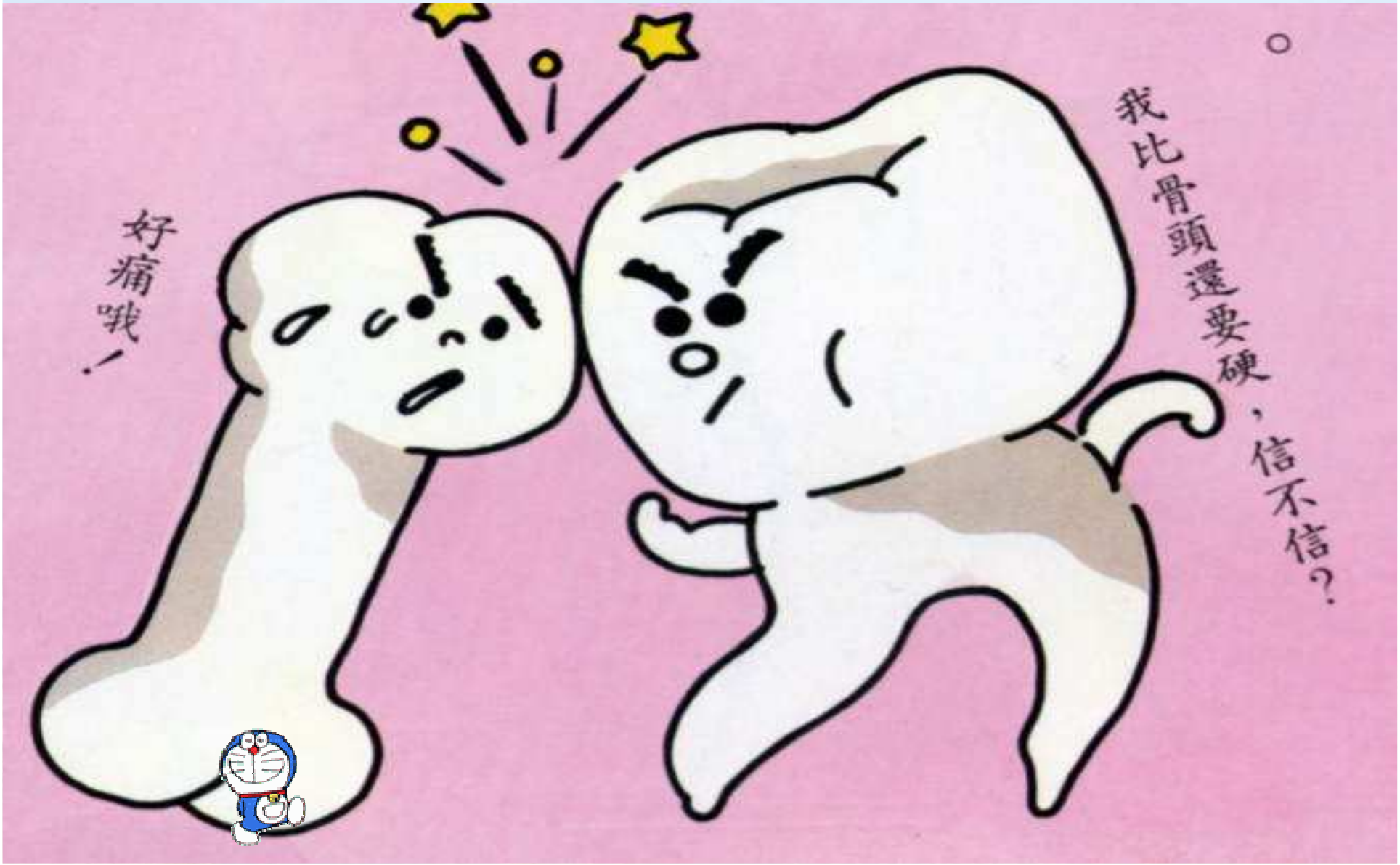


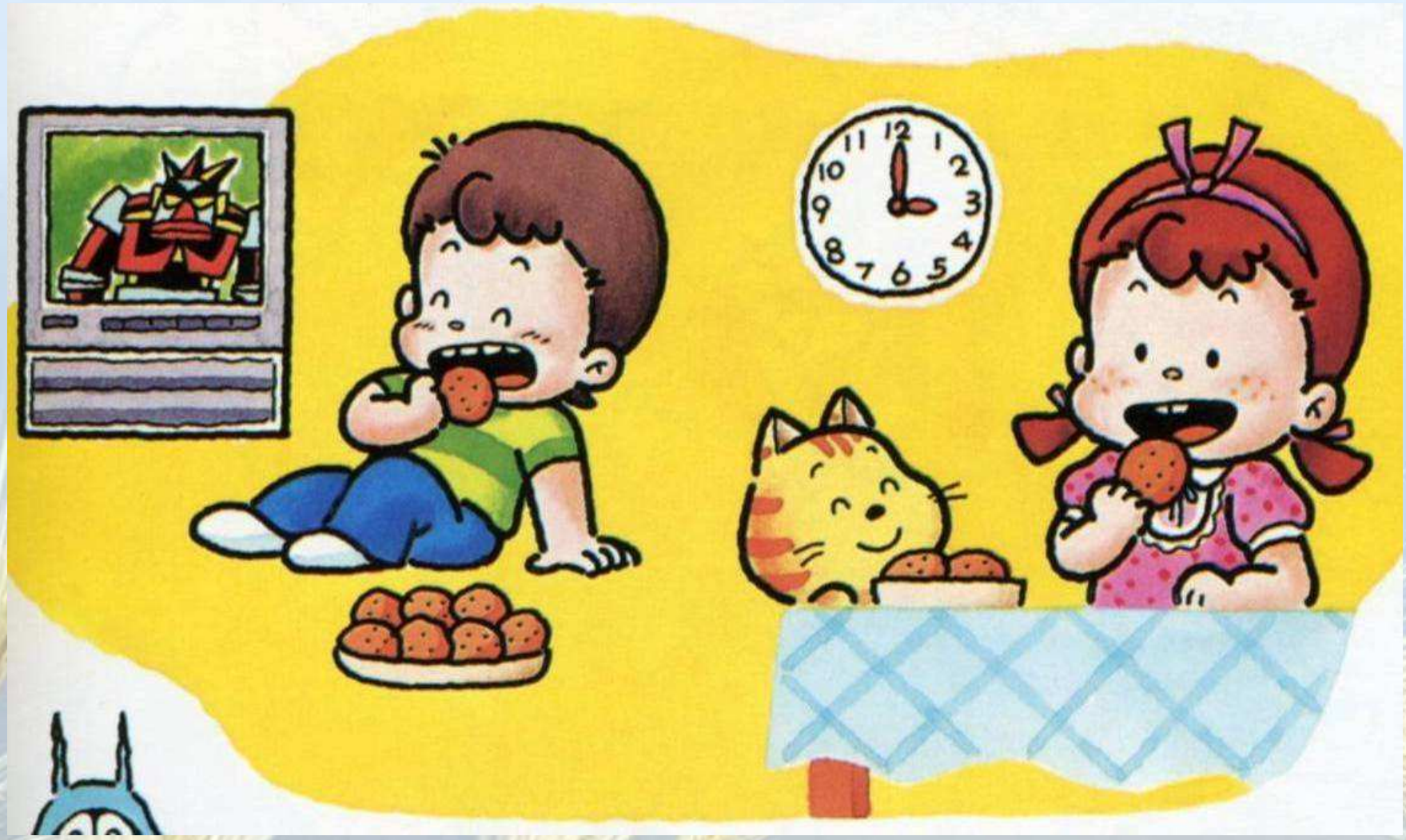


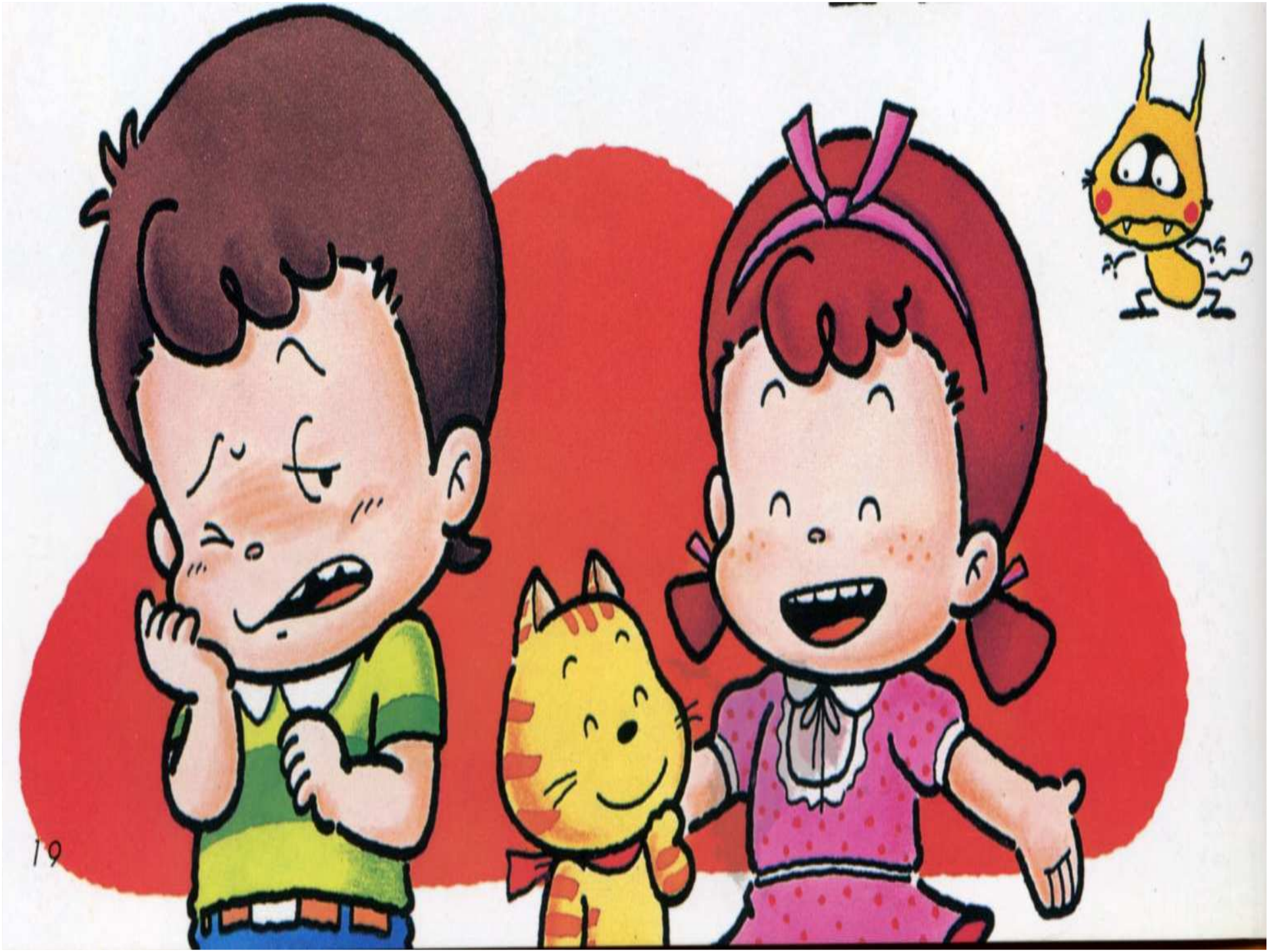

1

糖和蛀牙菌是好朋友

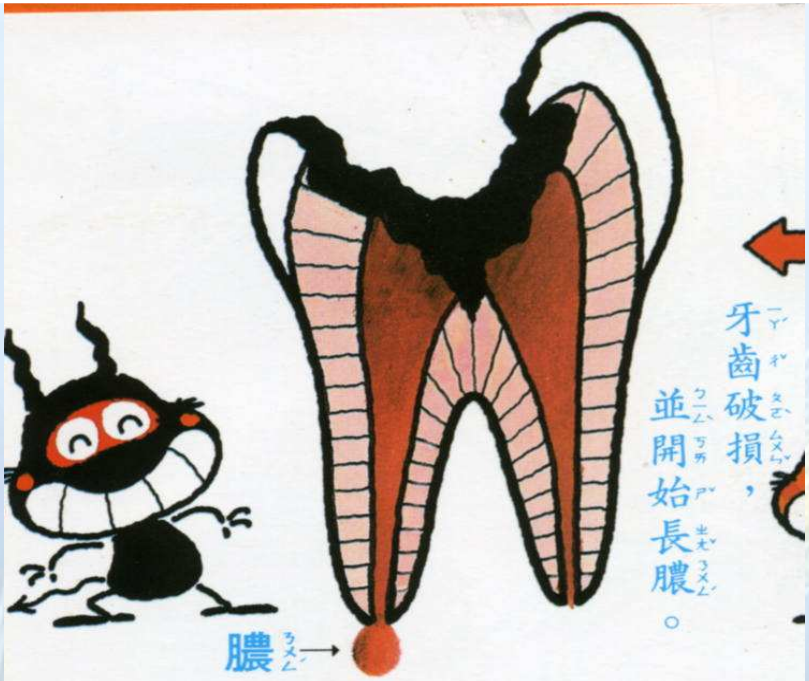
牙齒是全身最硬的部位





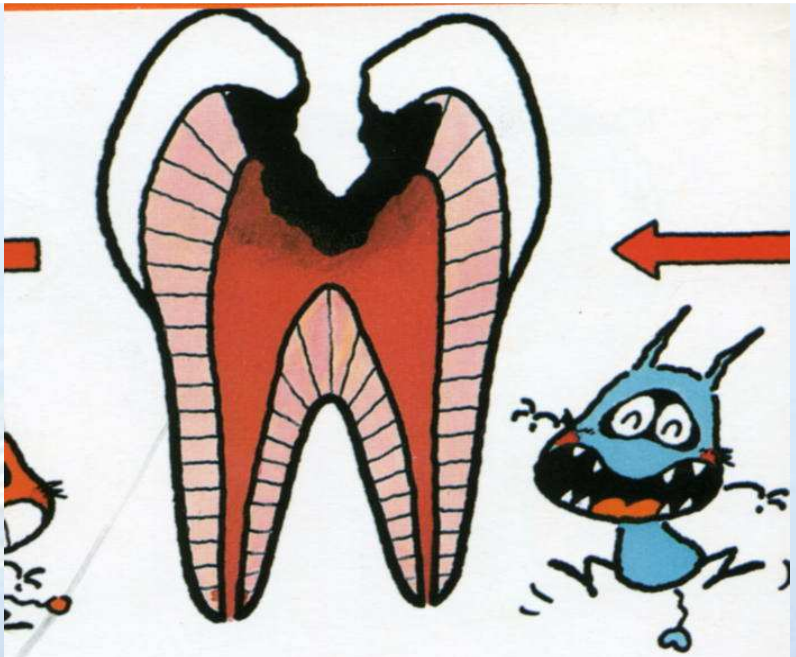


整天吃個不停，口腔保持乾淨的時間短，我們蛀牙菌活動的機會就多了。



牙齒破損，並開始長膿。

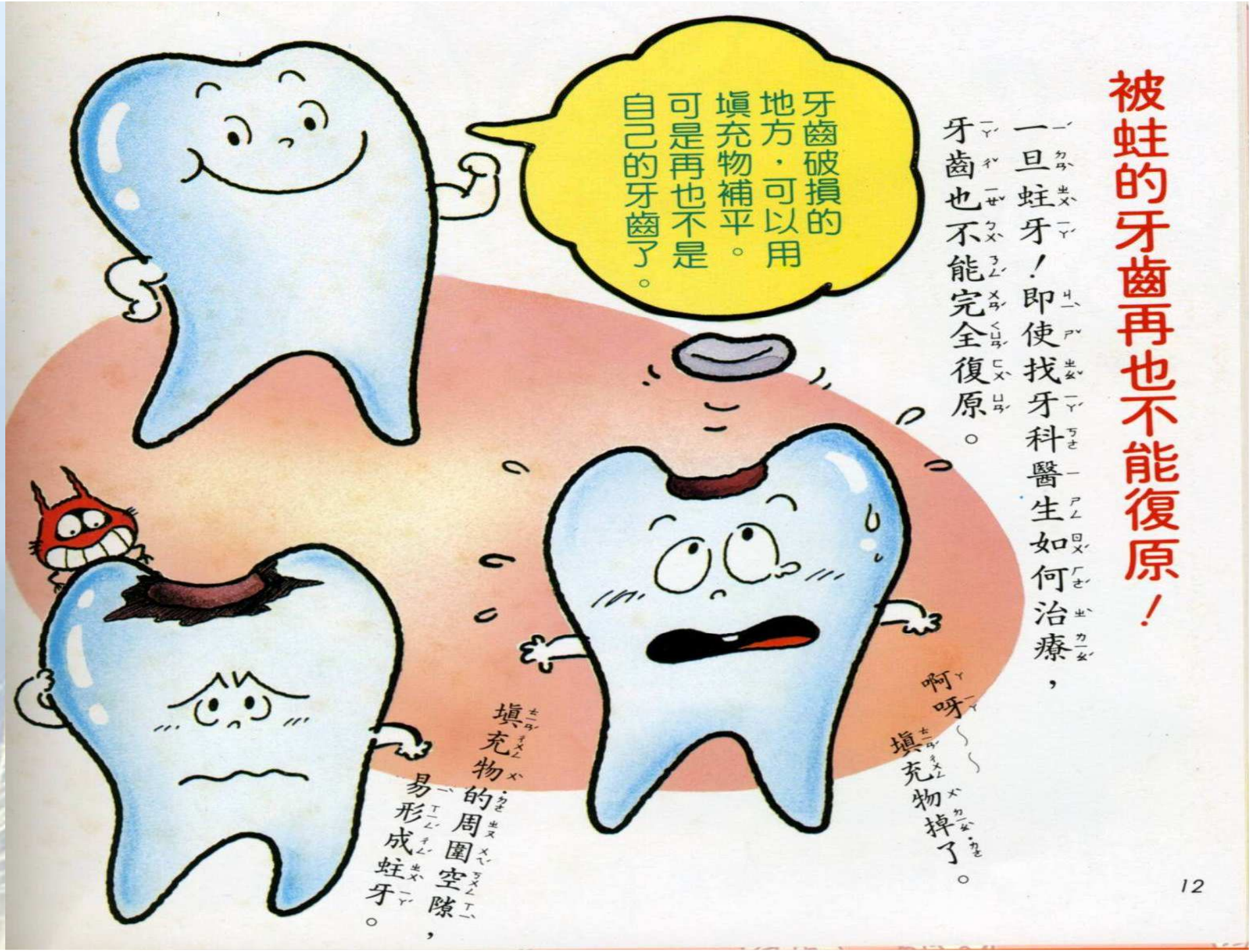
現在不只牙痛，
身體也感到不舒服。



即使不吃東西，
也會牙痛。

被蛀的牙齒再也不能復原！

一旦蛀牙！即使找牙科醫生如何治療，牙齒也不能完全復原。



蛀牙的預防對策

燕京可乐
燕京可乐
燕京可乐

LOVE
Valentine's Day

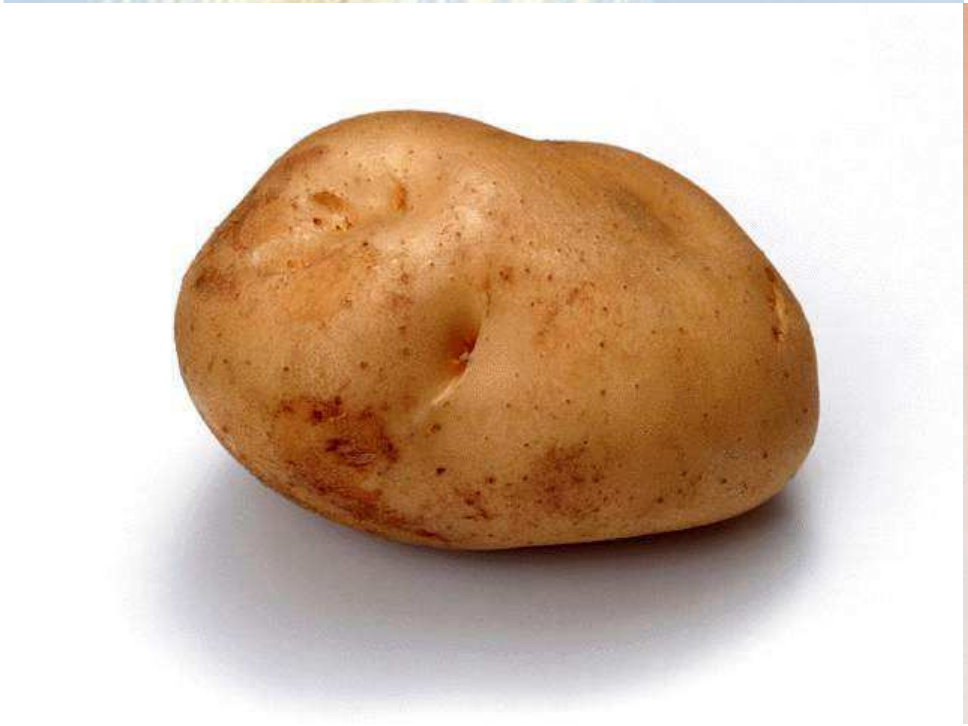
Coke
POP

BBS.ZOL.COM.CN

Photo by Gloria

不易蛀牙的食物

水蜜桃

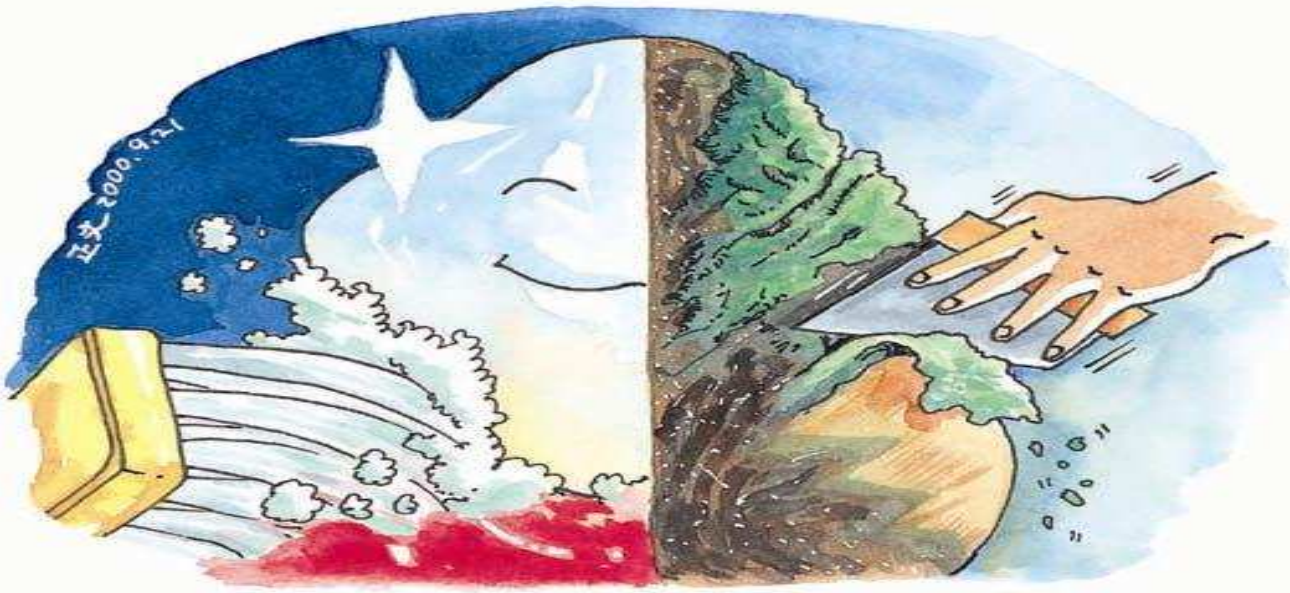


有益口腔健康的食物

牙菌斑一定要用
刷的才會乾淨

牙菌斑像石頭上的青苔不易清除

正確地幫孩子刷牙可去除牙菌斑



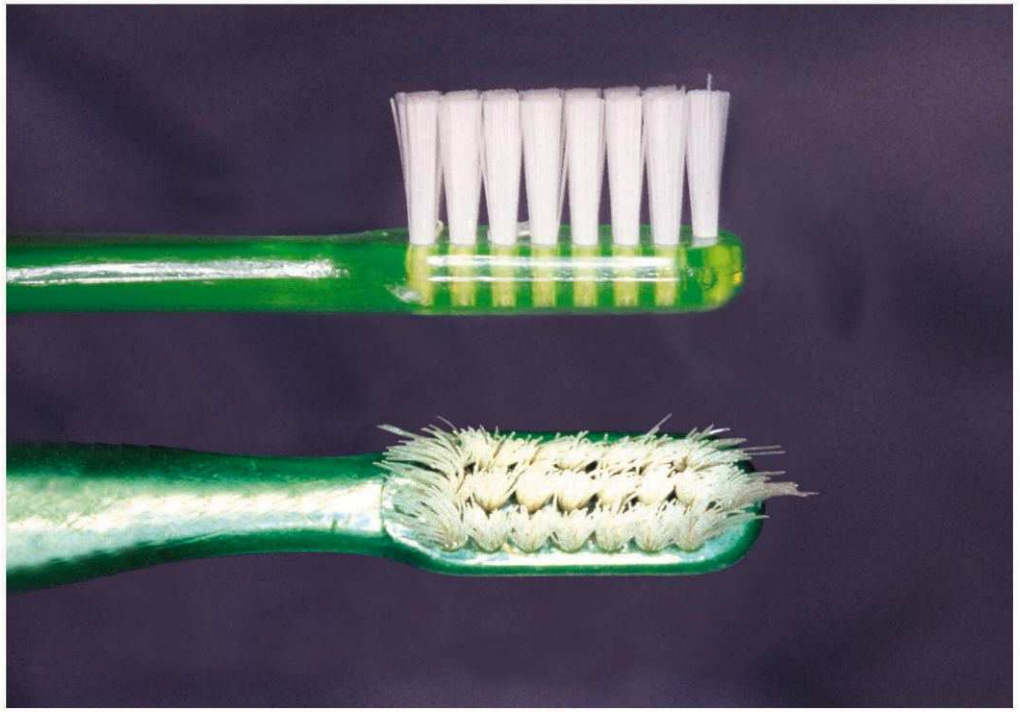
如何選擇適當的牙刷

好的牙刷

1. 軟毛
2. 小頭0.8×2.0公分
3. 刷毛不要太密
4. 刷毛直立

不好的牙刷

1. 硬毛
2. 大頭
3. 刷毛太密
4. 刷毛分岔



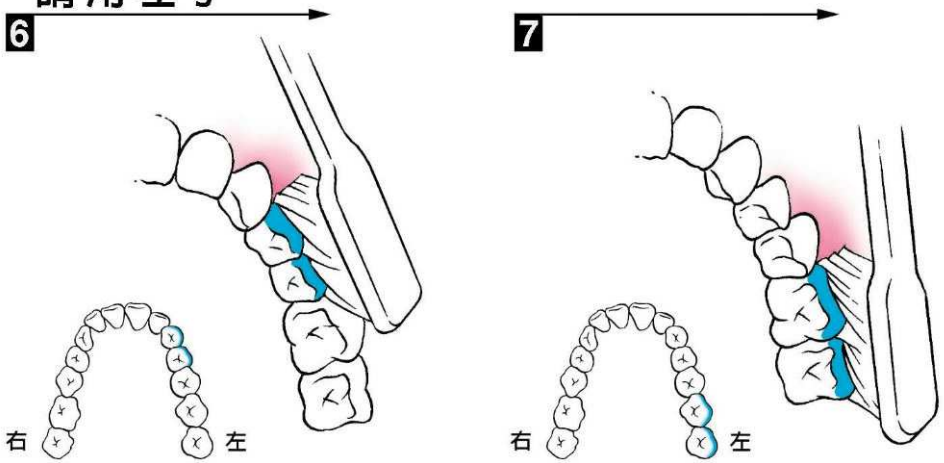
一級棒的
姿勢

對著鏡子
練習

12-3

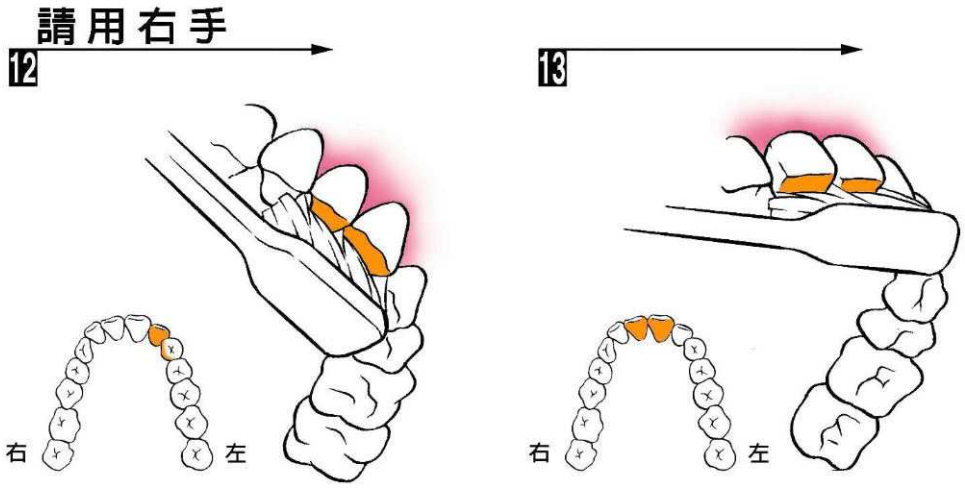
刷左上頬側

請用左手



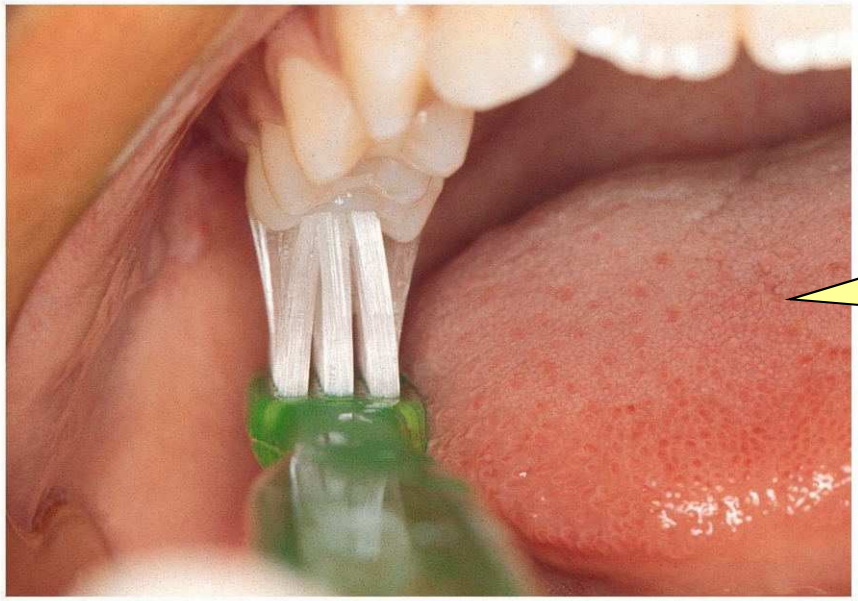
12-6

刷上顎
前牙舌
側面



12-7

刷右上
舌側面



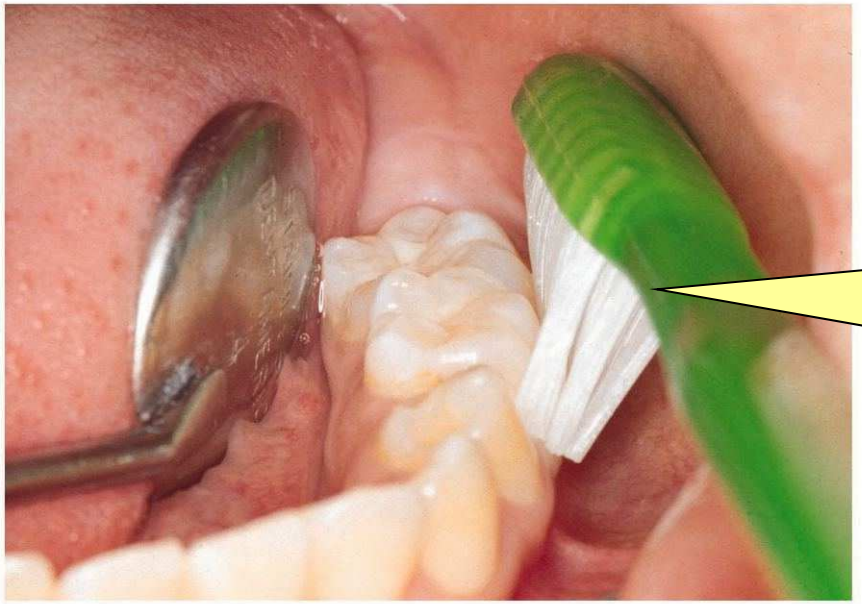
刷右上
咬合面

12-9

刷右下頰側

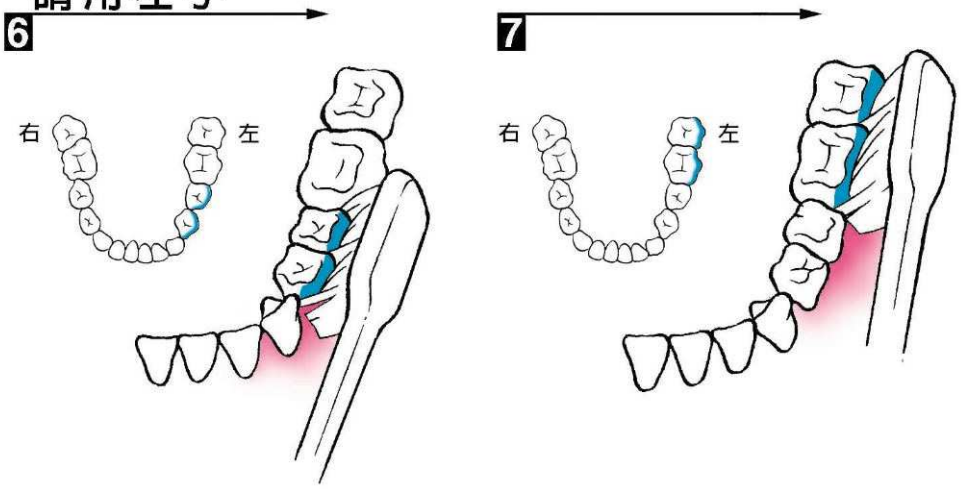
刷前下頰側

12-11



刷左下頰側

請用左手

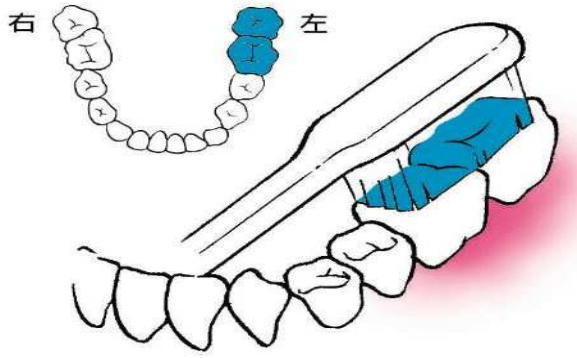


12-12

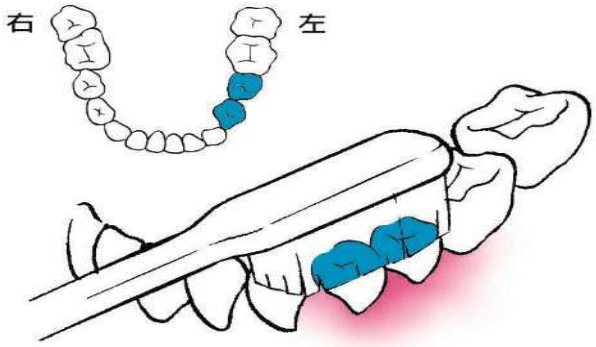
刷左下
咬合面

請用左手

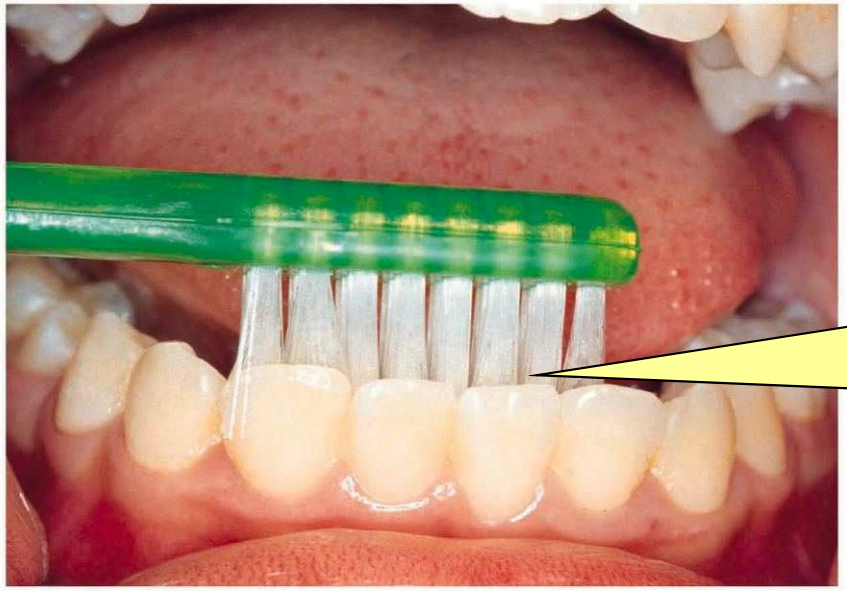
8



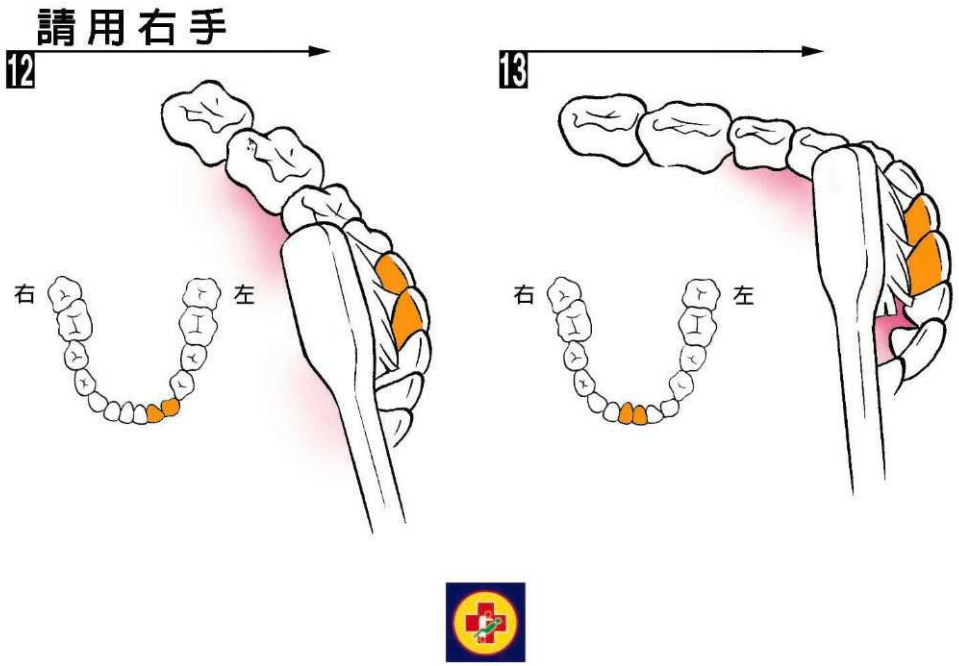
9



12-14

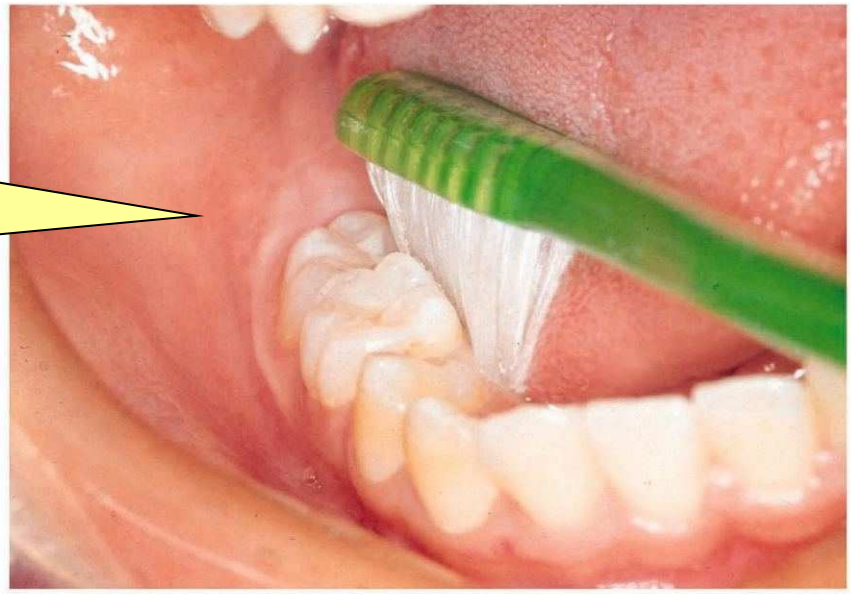


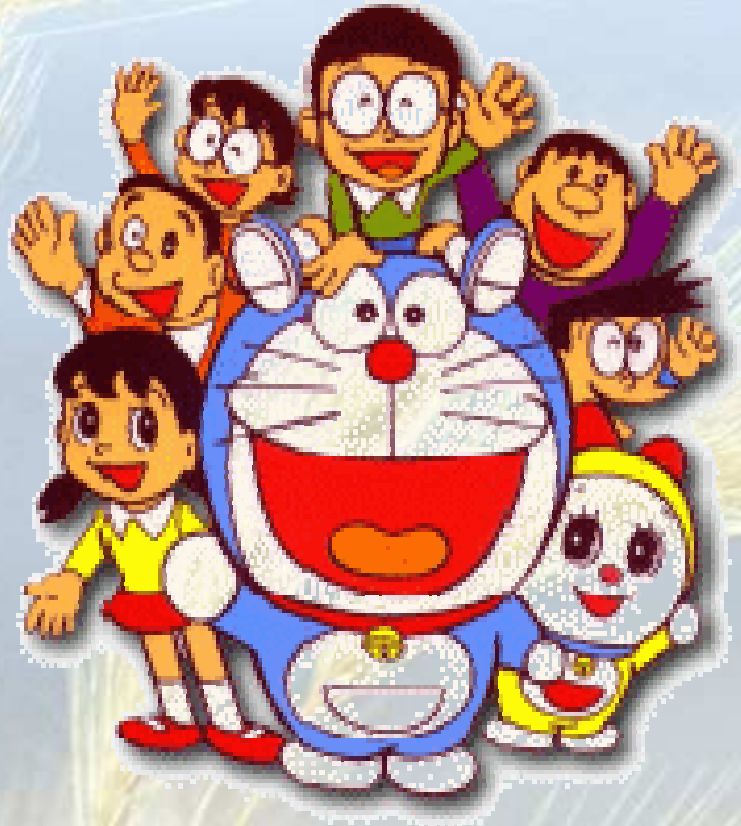
刷前下舌側



12-15

刷右下
舌側



刷右下
咬合面

謝謝各位!