

## SPECIAL TOPIC: HEALTHY SMILES

# HEALTHY NEIGHBORS

VOLUME 3, NUMBER 1

Healthy NewsWorks Community Edition

SPRING 2016

## Simple habits help keep teeth healthy

It's important to keep your teeth healthy, two dentists from Einstein Medical Center Philadelphia told the *Cole Manor Healthy Comet*.

Dr. Stephanie Nunez and Dr. Juliana Kim said you should brush your teeth twice a day, and each time you should brush for two minutes. You should also floss daily. The Einstein dentists said brushing and flossing help protect teeth from cavities.

Cavities are holes that develop in teeth. They can form when bacteria in the mouth break down sugar in food and produce acid. Over time, the acid can cause cavities.

The dentists suggested using toothpaste and mouthwash that have fluoride. Fluoride strengthens teeth and makes it harder for cavities to form.

Tooth-brushing also keeps your gums healthy and your breath pleasant, the dentists said.

Dr. Kim said a child should use a children's toothbrush with soft bristles that won't damage your teeth. Hard bristles can hurt your teeth, she said.

When the bristles change direction, usually after three months, you should get a new toothbrush, Dr. Kim said. A worn-down toothbrush will not work as effectively and will not clean your teeth correctly, the dentists said.

—By *Healthy Comet* staff

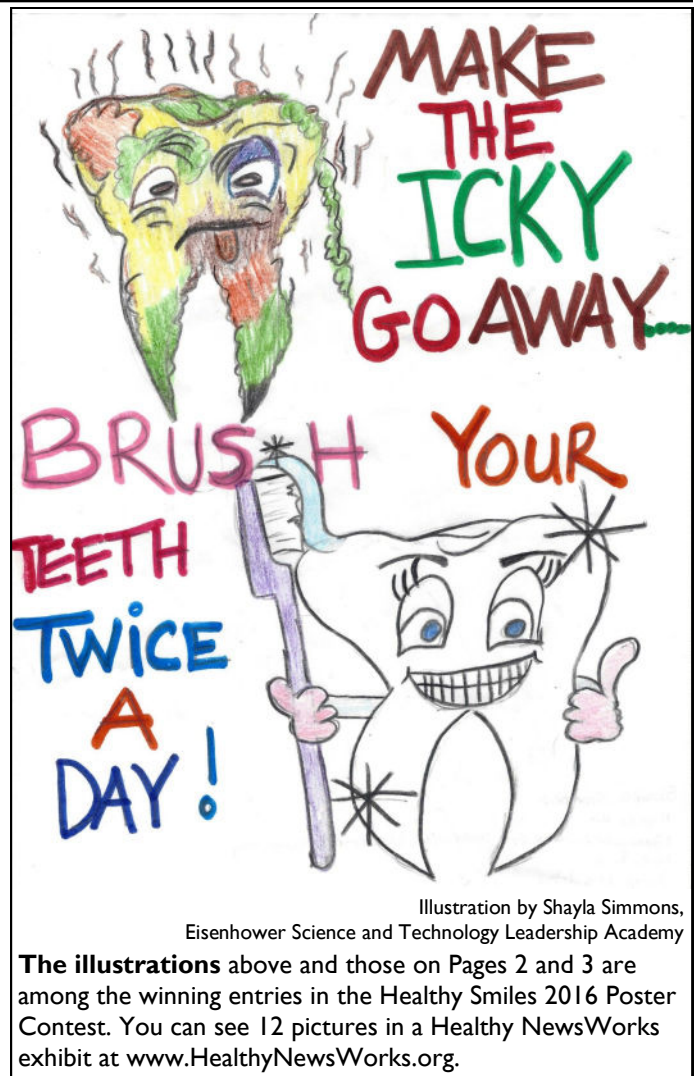


Illustration by Shayla Simmons,

Eisenhower Science and Technology Leadership Academy

The illustrations above and those on Pages 2 and 3 are among the winning entries in the Healthy Smiles 2016 Poster Contest. You can see 12 pictures in a Healthy NewsWorks exhibit at [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org).

## A special focus on dental health

The Healthy NewsWorks student media program is proud to publish this special community edition focused on dental health.

*Healthy Neighbors* has been written and illustrated by students in elementary and middle schools in Norristown, Philadelphia, and Upper Darby. The authors belong to their schools' health newspapers where they learn how to research, report, and write accurate stories about health-related topics for their peers, teachers, and family members.

*Healthy Neighbors* is made possible through generous support from Quest Diagnostics, Keystone First, and Einstein Healthcare Network, among other supporters.

The articles in this special edition first appeared in school health newspapers that participate in the Healthy NewsWorks program. Copies are being distributed throughout the community to encourage wider discussion of this important health topic. For more information, visit: [HealthyNewsWorks.org](http://HealthyNewsWorks.org).

# Health briefs: Tips for teeth

Have you been drinking your milk lately? When was the last time you reached for a helping of dark green leafy vegetables? A handful of almonds? How about cheese or canned salmon?

If you can't remember, then maybe you're not getting enough calcium. These foods, and all dairy foods, contain generous amounts of calcium.

The Office of Disease Prevention and Health Promotion's *health.gov* website reports that children between 4 and 18 often get less than the recommended daily amount of calcium. The Academy of Nutrition and Dietetics says eating calcium-rich foods promotes healthy, strong teeth and bones. —By St. Martin de Porres Healthy Saint staff

\* \* \*

For a calcium-rich drink, the *Marshall Street Healthy Bulletin* staff tried a green smoothie. They said it was delicious.

The smoothie was made with a banana, plain yogurt, pineapple, ice, and kale. Kale is a green leafy vegetable. It was what turned the smoothie green.

The recipe is called "Kale-ci-Yum," and here is how to make it: **Ingredients:** 8 oz. of plain, fat-free yogurt; 1/2 cup of canned crushed pineapple packed in water or juice; 2 cups of raw kale; 1 banana; and 1 cup of ice.

**Directions:** 1. Remove stems and rinse the kale. Tear the kale into small

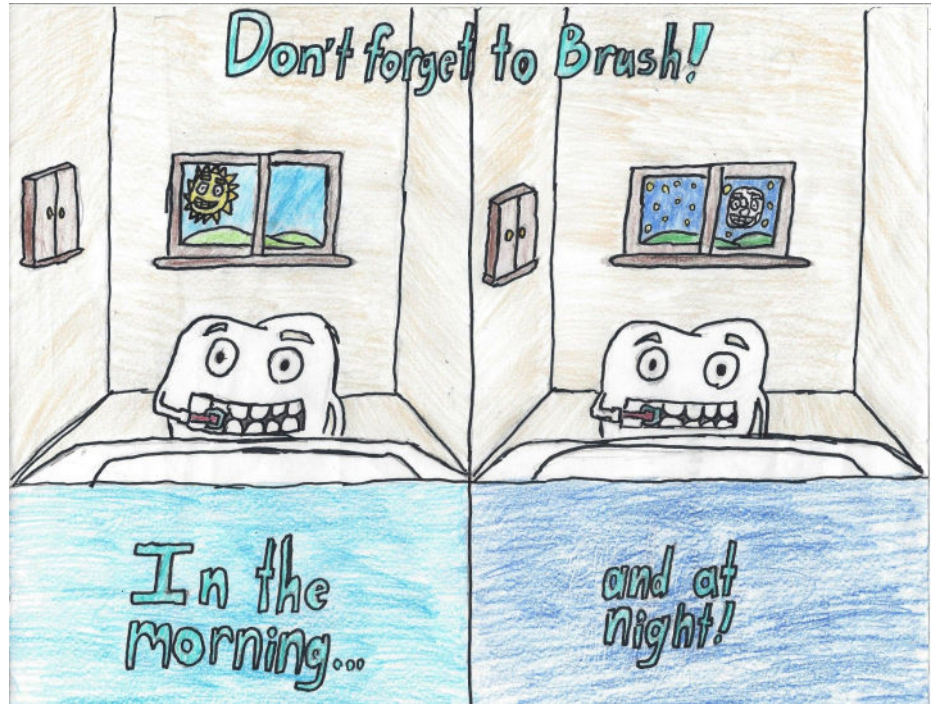


Illustration by Justin Holmes, AMY Northwest

pieces. 2. Put all the ingredients in a blender (ask for help from an adult). 3. Blend ingredients together. Source: Amy Deahl-Greenlaw, Registered Dietitian Nutritionist

\* \* \*

Your teeth help you eat, talk, and smile, according to JV Kracke, a dental student at the University of Pennsylvania. He shared these tips with the *Whitehall Healthy Reporter* staff:

\* Floss your teeth once a day.

- \* Brush your teeth at least twice a day in the morning and at night.
- \* Use a toothbrush with soft bristles and change it every three months.
- \* Visit a dentist for a checkup every six months.
- \* Eat a healthy diet.

Mr. Kracke explained that a healthy diet includes drinking a lot of water and limiting the amount of sugar you consume.

## Answers to puzzles on Page 4: Mix and match (left); Scramble (right)

- 1. C-bullfrog 2. D-elephant 3. A-hippopotamus 4. E-fish 5. B-bear
- 1. dentist 2. smile 3. brush teeth 4. plaque 5. cavity 6. braces 7. floss 8. fluoride 9. bacteria 10. orthodontist

Healthy NewsWorks is grateful to all its individual, corporate, foundation, and community supporters.



Community Wellness Partner



Community Healthcare Champion

This community edition received project funding from:



Coverage by News Health Plus, an independent member of the Blue Cross and Blue Shield Association.

Thanks to Kids Smiles for arranging the interview with JV Kracke, and to our Healthy NewsWorks student reporters and their teachers for helping to create *Healthy Smiles*.

\* \* \*

A Healthy NewsWorks® project  
[www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org)

Healthy NewsWorks is a member of New Beginnings Non-profit Incubator at Resources for Human Development.

This document is protected by applicable law. All rights reserved.

# Apples come in different flavors

A nutrition educator brought more than one apple for the teacher when she visited the *La Salle Academy Healthy News*. She brought three kinds of apples for everyone to taste.

Ms. Amy Deahl-Greenlaw, a registered dietitian nutritionist, organized the special taste test of Gala, Honeycrisp, and Pink Lady apples to discuss why apples are good for teeth.

She explained that apples contain fiber that acts "like a scrub brush" to remove food particles and plaque from teeth. Plaque contains bacteria that can harm your teeth, according to the American Dental Association.

Chewing apples also helps produce saliva in the mouth, which cleans the teeth and washes away the acid that causes cavities, she said.

The 14 *La Salle Academy Healthy News* staff members tasted the three different apples in a "blind" taste test. That means no one knew which apple they were tasting until the very end.

The big surprise: The apples all tasted different. Ms. Deahl-Greenlaw told the staff that about 100 kinds of apples are available in stores in the United States.



Illustration by Stella Menzies, Whitehall Elementary School

Which apple won the taste test?

Pink Lady apple received the most votes. The Pink Lady is a pinkish color and has a sweet-sour taste. It is very juicy. One tester called it "interesting and unique."

The apple that got the second highest ratings was the Honeycrisp. Those who didn't like it as much said it tasted "sour," but one tester gave it the highest score just because it was sour "and I like sour things."

Coming in last was the Gala apple. But one person really liked it. "It is delicious and juicy. It's lovely," wrote a reporter in her review.

—By Healthy News staff

# Read the label before you take a sip

There's more sugar in drinks than you'd think.

The staff of the *Healthy Hope* looked at the labels of 10 different drinks and found that some of them have 10 teaspoons of sugar in a serving. They also found out that you have to read the label to learn how many servings are in the bottle. Some bottles were two servings but you could drink a whole bottle.

Ms. Amy Deahl-Greenlaw, a registered dietitian nutritionist, told the staff that sugary drinks are bad for your teeth. The sugar can lead to cavities. She said that about 40 percent of the added sugar in our diets comes from what we drink.

Sugar can be bad for your teeth and your health. Too much sugar can lead to heart disease, obesity, and other health problems, medical experts say.

You need to look at the information on drink labels so you can understand what is in the beverage. For instance, some drinks that say they are "water" actually have sugar in them, and some drinks that say they are "soda" have no sugar in them.

Club soda has no sugar. It's carbonated water. Ms. Deahl-Greenlaw told the staff that carbonated water is made with carbon dioxide, a gas that makes it bubbly.

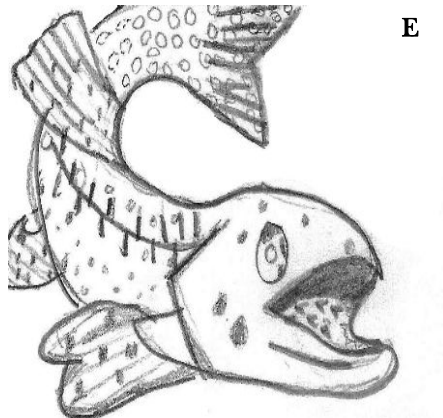
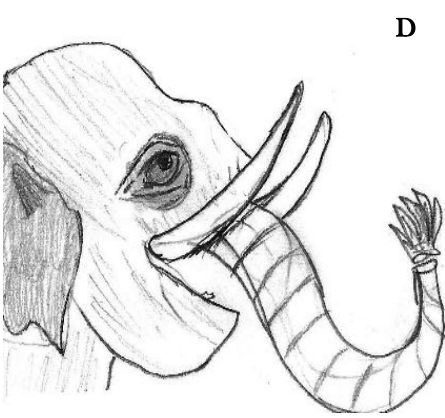
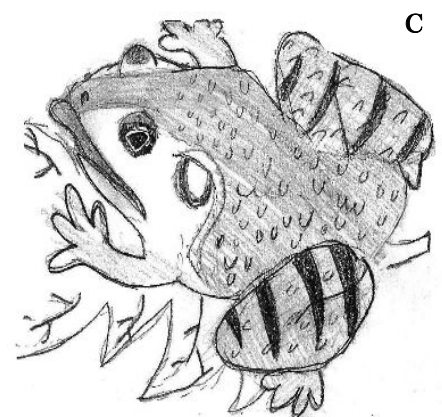
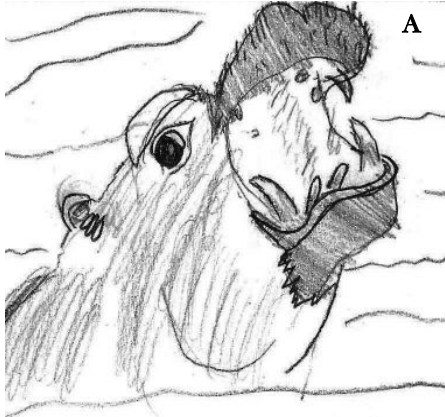
Tonic water has carbonated water in it, but it also has sugar! So make sure you read labels. You will find out how much sugar is in a drink, what a serving size is, and what kind of sugar is in it. There are many different names for sugar.

The staff also tasted seltzer water, which is another type of carbonated water. It does not have sugar. They tasted it plain first. It was not popular. Some reporters thought it tasted like water with baking soda or salt. Others said it tasted like vinegar.

But after Ms. Deahl-Greenlaw added some orange juice, the reporters liked it better. Xaria wrote that it tasted like "sweetened bubbles." If you want to have soda, make your own by adding a little fruit juice to seltzer or club soda.

—By Hope Partnership for Education Healthy Hope staff

# Get to know animal teeth



The facts below are from the book "Teeth" by Sneed B. Collard III. See if you can match the correct fact below with the animal pictured on Page 2.

1. This animal often doesn't have teeth. When it does, they help catch prey.
2. A molar on this animal can weigh 9 pounds.
3. This animal's incisor and canine teeth keep growing all through its life.
4. Some types of this animal grow teeth from their tongues.
5. When this animal shows its teeth, other animals know to watch out.

Illustrations by St. Veronica Healthy Hero reporters Dominic Rivera (A, B, C), Nikauly Fabian (D); Wanderlyn Parner (E)

## Test your tooth smarts! —By Healthy NewsWorks reporters

1. stidten	A person you see who checks your teeth.
2. leism	A way a person may remember you.
3. rsuhb eteht	You need to do this at least twice a day.
4. qpaleu	Slimy substance that contains bacteria.
5. tavcyi	Decay in a tooth.
6. cearbs	Devices to fix teeth.
7. solfs	Helps gums and teeth stay clean.
8. dlefiuro	Helps keep teeth strong.
9. cbartiae	Types of germ.
10. horstidoontt	Person who helps straighten teeth.