

## good info about bad breath

Have you ever caught a whiff of someone's morning breath? You know, foul air that blasts out of their mouth when they first wake up? Or worse! Maybe you've had morning breath yourself—the kind that could stop a T-Rex dinosaur in its tracks...

Or maybe you just wolfed down a burger with onions, and even your own mom covered her nose when you told her how yummy it tasted. Your own mom!

If that happens sometimes, don't worry. It happens to all of us. And there are easy things you can do to cure your battle breath in a flash. But first let's look at what can cause it.

### WHY DO WE HAVE BAD BREATH?

Here are some things that can make a person's breath stinky:

- Foods like garlic, onions and cheese
- Not brushing and flossing your teeth as much as you should
- Smoking and using tobacco

### CLEAR THE AIR

So how can you cure bad breath?

- **Don't smoke or use tobacco.** They're bad for your whole body!
- **Take good care of your mouth.** Brush your teeth at least twice a day and floss once a day. If you don't, plaque (a sticky, colorless film) builds up on your teeth. And bacteria (germs) like to live on plaque. That's another reason why breath can turn foul.
- **Brush your tongue, too.** Bacteria can grow there. Ick!
- **Visit your dentist twice a year for checkups and cleanings.** He or she can show you how to brush and floss to keep your whole mouth clean and fresh.

What to do if someone else's bad breath blows you over? You can politely offer them a piece of sugarless gum or a mint. That might give them a hint...without hurting their feelings.

Source: [www.ada.org/public/topics/bad\\_breath.asp](http://www.ada.org/public/topics/bad_breath.asp)

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## fun facts about funky breath

Most people with bad breath don't even know it! That's because they can't smell their own breath.

The things you eat affect the air you exhale (breathe out). That's why some foods, like garlic and onions, cause breath odor.

There's a medical word for bad breath. It's "halitosis" (sounds like hal-ih-toe-sis).

# do you ever feel left out?

Do you know someone who likes to leave other people out on purpose? Maybe they seem to feel good by making others feel bad... The truth is, they probably feel unsure of themselves and don't know how else to fit in.

Sometimes kids form groups and won't let other kids in. This kind of group is called a "clique" (sounds like click). At times, kids in the clique are mean to kids outside the group. This can lead to hurt feelings.

## HEALING HURT FEELINGS

We all can feel left out sometimes, even by our true friends. But if you or someone you know is being bullied by members of a clique, tell a grown-up you trust. This could be a parent or a teacher. Adults were once kids, too! They understand. Grown-ups can help kids learn to play together and heal hurt feelings.

There are other things you can do to help yourself, like...

- **Talking it out.** If your group of friends has turned into a clique, it's OK to say that you want to include others. Let them know how crummy it feels to be on the outside.
- **Opening up.** Find new kids to pal around with. You might learn you have things in common with someone you see everyday but never really got to know.
- **Being a friend.** One way to make a friend is to be a friend. If you see someone sitting alone, ask them to join you. You'll probably both feel good about it!

## it's fun to be fit

What does it mean to be "fit"? It's a way to say that someone eats good things, gets enough exercise, and is at a healthy weight. When you are fit, you feel good, your body works well, and you can do what you want to do—like play outside with your friends!



## DID YOU KNOW...?

- Fitness is good for your body and helps keep your mind sharp, too.
- Being fit can make you feel good about yourself.
- Getting enough sleep is an important part of fitness. Sleep gives us more energy!
- Jungle gyms and monkey bars are great for helping build strength.
- You can be more fit by walking, running, dancing, jumping rope, and even playing tag or hopscotch!

# homework tips

## SET UP YOUR STUDY SPACE

Before you start to study, you need a special study spot! These ideas can help you.

- Face the wall when you study. This will help cut down on distractions (things that take your mind off your work).
- Take decorations and pictures off your desk. They might distract you, too.
- Set times for studying and try to stick to a schedule. Plan to do your work when you will have peace and quiet.
- Study in an area with plenty of light.
- Turn off the TV or radio. (But if you study better with noise, try listening to soft music.)

Source: [www.grinnell.edu/offices/studentaffairs/acadadvising/tips/environment/](http://www.grinnell.edu/offices/studentaffairs/acadadvising/tips/environment/)

# recipe corner hounds in a home

You will need:

- 1 hot dog
- 1 biscuit from a can

Directions:

1. Take a hot dog and wrap a biscuit around it.
2. Place the biscuit-dog in the oven. Bake according to the directions on the biscuit wrapper. (You'll need help from an adult.)
3. Eat and enjoy!



# just for fun

JOKES TO TICKLE YOUR FUNNY BONE

Q. WHY DO DOGS RUN  
IN CIRCLES?



A. BECAUSE  
IT IS TOO  
HARD TO  
RUN IN  
SQUARES!

A LITTLE BOY CAME  
HOME FROM SHOPPING.  
HE STARTED TO LOOK  
THROUGH HIS BOX OF  
ANIMAL CRACKERS.

MOTHER: WHAT ARE  
YOU DOING?

BOY: IT SAYS  
DO NOT EAT IF  
THE SEAL IS  
BROKEN.

