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Hw Assignment #11- Brush your teeth

Step 1- Identify the problem

I want to always stay hygienic, in good shape and health. To do that, I must brush my teeth daily.

Step 2- What do I need to know

- Why am I brushing my teeth? (oral health, fresh breath, etc)
- When to brush my teeth? How many times a day? (morning, night, etc)
- How long should I brush my teeth for?
- When is the best time to brush my teeth?
- How do I brush my teeth properly?

Step 3- Data collection

- I brush my teeth twice a day, once in the morning and one before going to sleep.
- I normally brush my teeth for roughly 2 minutes before washing my mouth.
- I use a manual toothbrush and whitening toothpaste whenever I brush my teeth.
- I brush my teeth both up and down as well as in a circular motion to ensure every area is being cleaned.

Step 4- Organize the data

Frequency of brushing- Twice a day, once before eating and once after eating.

Duration- 2 minutes to brush.

Time of day- Morning before eating, Night after eating.

Type of brush and paste- Manual toothbrush, whitening toothpaste.

Brushing technique- Both up and downwards, circular motion.

Step 5- Identify the relationship

Cause: I brush my teeth on a regular basis to ensure a fresh breath and stay hygienic.

Effect: Brushing my teeth with proper technique ensures the removal of bacteria, food particles as well as reducing risk of cavities, bad oral health, and bad breath.

Step 6- Find the solution

- make sure you have a good toothbrush with soft bristles and an effective toothpaste.
- make sure to brush twice a day to maintain good breath and good oral health
- brush for 2 mins, twice a day, once in the morning, and the other at night.
- always remember to brush with a proper technique such as circular motion or up and downwards.

Step 7- Tell the story

I like to stay hygienic and maintain good oral health. Whenever I wake up in the morning, the first thing I do is brush my teeth for 2 minutes in a circular motion. I use a manual toothbrush with soft bristles to not damage my gums as well as a whitening toothpaste to enhance the effectiveness of having clean teeth. I repeat this process at night after dinner so I can go to sleep with a clean breath.