Pseudocode Algorithms

Brushing your teeth:

Retrieve toothbrush and toothbrush

* Open lid of toothpaste tube
* Set down toothpaste tube
* Pick up toothbrush:
  + Hold by handle in dominant hand
* Turn on water tap
  + Hold toothbrush under running tap
  + Hold bristles under for 10 seconds or until bristles are wet
  + Turn off tap
* With non-dominant hand:
  + Squeeze toothpaste tube to apply:
    - Pea sized amount of toothpaste to toothbrush bristles
    - Stop squeezing toothpaste tube when pea sized amount is applied to toothbrush bristles
* Set down toothpaste tube
* Insert toothbrush bristles end into opened mouth with toothpaste on it
* Close lips around toothbrush handle
* Put toothbrush bristles and toothpaste onto surface of:
  + Start on:
    - Upper right side of face: cheek side of teeth
      * Move brush back and forth on the surface of the teeth
        + From front to back of the mouth
        + For 30 sec
  + Repeat from “move”:
    - Lower right side of face: cheek side of teeth
    - Lower right side of face: tongue side of teeth
    - Upper right side of face: tongue side of teeth
    - Upper left side of face: cheek side of teeth
    - Lower left side of face: cheek side of teeth
    - Lower left side of face: tongue side of teeth
    - Upper left side of face: tongue side of teeth
  + For front teeth:
    - With Toothbrush bristles against front of teeth:
      * Move brush in circular motion from left to right
        + Circles though meet upper and lower gums where they meet the teeth
  + Stop after each surface region of teeth has been brushed for 30 sec each
  + Turn on tap
    - Spit accumulated toothpaste into sink
    - Rise toothbrush under tap for 30 seconds or until toothpaste is removed
    - Use non-dominant hand to scoop water
      * Slurp water into mouth
        + In closed mouth, swish water
        + Again: Spit into sink
        + Repeat if any toothpaste remains in mouth
    - Use non-dominant hand to scoop water
      * Rinse skin of remaining toothpaste in sink
  + Turn off tap
  + Put closed toothpaste tube and toothbrush away

Eat an orange:

Peeling

1. Select Orange
2. Insure that it is not bad
3. Hold orange in non-dominant hand
4. With thumb and thumbnail of dominant hand
   1. Dig thumb and thumbnail into skin/peel of orange until orange flesh is reached
   2. Peel back skin in chunk along flesh
      1. Set aside skin chunk
   3. Repeat steps (4.1.-4.2.1.) until orange skin is removed
5. Hold orange in (both) hands tips of fingers interlaces to first knuckle
6. Find “hole/tunnel” on one end of orange
7. With both thumbs
   1. Insert both thumbs in to the hole, backs of thumbnails touching, about 1/3 of the way down the hole
   2. Contunue: holding orange in both hands
   3. Gently!
      1. Pull Thumbs and orange apart until you have half an orange in each hands
   4. Observing the individual sections of the orange:
      1. Carefully remove each, one at a time and set aside.
8. One at a time:
   1. Select a peeled and divided section form set aside sections
   2. Place one in mouth
   3. Close mouth
   4. Chew
   5. Swallow
   6. Repeat steps 8-1.1-1.5 until full or orange sections are gone.
   7. Steps 1-8 may be competed again if still hungry and all orange sections are gone

Making Lemon Water

1. Select a large mason jar
   1. Set on counter
2. Get out small cutting board
3. Get out pearing knife
4. Select lemon
5. Place lemon on cutting board in the middle ish
   1. Ends to the left and right
6. With pearing knife
   1. Cut ends off
      1. then
   2. Cut lemon, equatorially, into rings
7. Put rings into large mason jar
8. Fill mason jar one inch form top
9. Drink water as needed
10. Wash dry and put away
    1. Knife
    2. Cutting board
11. When Mason jar is empty
    1. Refill with water
       1. Or
    2. Repeat Steps 4-9