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HEALTHY AS A DRAGON!



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ALBATROS



Teeth-cleaning

“Ow! Ow! Ow!”

Do you hear that noise? It’s a Dragon wailing. Just one Dragon. Look closer and you’ll see why. What dreadful teeth he has. They are all rotten and black, and boy do they hurt! How can he seek a princess looking like that? With great difficulty, that’s how. But when a certain princess hears his desperate wails, she wonders who is making them. She follows her ears until she finds our poor Dragon. And don’t worry, kids—this little girl is a fearless creature.

“Goodness gracious!” exclaims the royal miss when she catches sight of his mouth. “We must do something about that.” She stomps her feet with determination. Then she guides the weeping Dragon back to her castle.

“Now then, Dragon. Tell me how you take care of your teeth and about all the things you eat.”

“Well, Princess, every day I usually eat a lot of chocolate, candy, lollipops, cotton candy, and cakes. I get them from the witch in the gingerbread cottage.”

“Well, little Dragon, no more chocolate and no more sweets for you! Did no one ever tell you that sweet things spoil your teeth?”

FOOD THAT'S BAD FOR YOUR TEETH



“With me, you will eat vegetables and cheese . . . If you feel hungry, you can have an apricot, or a strawberry, or some other fruit . . .”

The Dragon's tail drooped, but he listened . . .

And believe it or not, kids, the new diet agreed with him! Before long, his belly was less round, and he felt so much better that he got the urge to fly. But what about his teeth? Well, they still ached and looked bad. What should be done about them?

FOOD THAT'S GOOD FOR YOUR TEETH

Milk and cheese strengthen tooth enamel.



Sugar-free chewing gum cleans the teeth.

Carrots massage the gums and increase the production of saliva.



Water and green and black tea do no harm to the teeth.

Apples massage the gums.

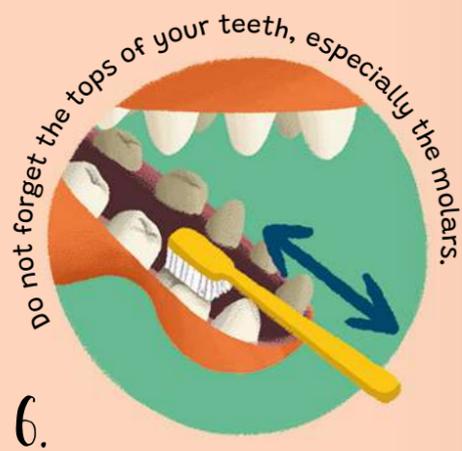
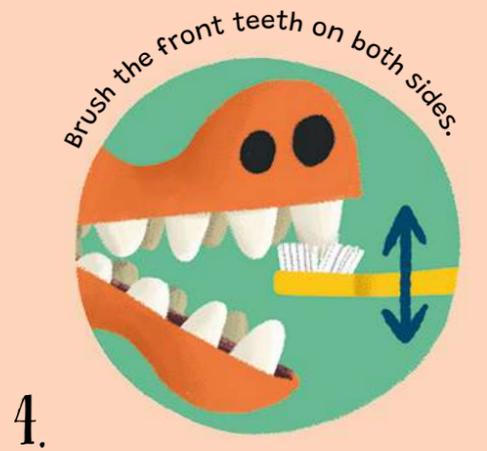


Leafy greens promote the health of the oral cavity.

“We need a toothbrush and toothpaste, of course!” said the Princess, thrusting both things into the Dragon’s paw. Then she sent him to the bathroom and ordered him to start brushing. “Top to bottom, bottom to top. And don’t forget the backs of your molars. Remember to also use an interdental brush for the spaces between your teeth.

“To entertain you while you brush, I’ll sing a song or tell a jolly story.” It happened just as the Princess said it would. The songs and the stories really helped the Dragon get the hang of brushing his teeth. He did it every morning and every night, and sometimes even after lunch. And the result? Well, kids, see for yourselves.

THE RIGHT WAY TO CLEAN YOUR TEETH



Washing the body and hands

Now that the little Dragon's teeth were healthy and he knew how to look after them, he could at last go home to the forest. But he enjoyed being with the Princess and didn't want to leave her. "Very well, Dragon, you may stay as long as you wish," said the King's daughter. She threw her arms around the Dragon's neck and they ran outdoors. At midday, they burst into the dining room, sweaty and hungry. And what dark looks the Queen gave them! The Dragon's mucky paws had soiled the ceremonial tablecloth. Golly! "Stop right there, Dragon!" cried the Princess. "There will be no eating until you have washed your hands." She dragged her friend off to the washbasin.





“Soap and water are just as important as a toothbrush and toothpaste,” explained the Princess. “You must wash your paws thoroughly before every meal and whenever you have been outside. You should soap, scrub, rinse, and dry your hands with a towel. And that’s not all, my friend.” The little girl gave her nose a pinch. “It seems you are a bit smelly.”

When did you last shower? What? You’ve never showered? Well, we’ll put that right this evening. You shouldn’t go to bed with unclean teeth and an unwashed body. You could catch all kinds of germs, and that could make you ill. We don’t want that, do we, you poor thing?” The Princess put her arms around the Dragon’s neck.

THE RIGHT WAY TO WASH your HANDS

“Hand-washing is no joke, little Dragon. You must know how to do it. Watch me.”



First, wet your hands with water. I know you don’t like water, but don’t fight it—it’s important, believe me!



Lather up your hands with soap to make lots of fragrant bubbles. It’s a bit like being in a fairy tale, isn’t it?



That’s right. Now rub the palms of your hands together. Or claws, in your case.



All done? Good. Now it’s time to scrub the back of your left hand with your fingers laced. Or do the right first, if you prefer.



Now wash your palms. Make a fist and use it to rub the palm of your other hand. Then change hands and repeat. Rub in circles.



Put your thumb in the palm of the other hand, close that hand and turn it around the thumb. Do the same with the thumb of the other hand.



Oh no, we haven’t finished yet! Your wrists must be washed with soap and water too. Wrists gather dirt just as hands do. So watch me and do as I do.



Rub the palm of one hand with the tips of your flexed fingers of the other, then change hands and repeat. Can you flex your digits as I can flex mine, little Dragon?



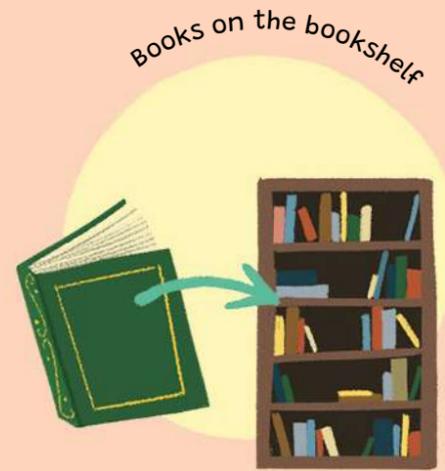
Keeping things tidy

Now the little Dragon knows how to clean his teeth, shower, and wash his hands properly. The Queen should be proud of her daughter. Who would have thought she would have such an influence over a wild beast of the forest? Who, kids, would have believed that a Dragon would soon be behaving better than the most noble prince? *My daughter truly is a clever girl*, thought the Queen as she roamed the castle. But if she were to enter the Dragon's room, her good mood would soon pass. So we think it best that she doesn't. The floor of the room is covered with toys and clothes! That's not right, is it?

“It can’t go on like this!” exclaimed the Princess, wringing her hands. “If it were to stay like this, I’d have to send you back to the cave. Each thing has its place—you can’t just drop it on the floor or on a table, or push it under the bed.

“This is what we call a mess! We want things to be kept tidy. So put your toys where they belong and your clothes back in the wardrobe. Pants go on hangers, T-shirts in a neat pile . . .”

WHAT BELONGS WHERE?





Exercise

The well-washed, well-brushed, orderly little Dragon had a great life at the castle. He could barely remember his cold, dirty cave deep in the forest. The Princess, too, was very happy. Now that she had a friend, she no longer felt so alone in the big palace. How great it was to have someone to talk with, to make plans and play with! “Get up, little Dragon! It’s a lovely day outside. Let’s go for a run,” she called to her friend one morning.

But the Dragon didn’t want to. “Let’s stay in,” he replied, dragging out his words. “Let’s play board games and tell each other stories. I don’t want to run about outside. My legs and paws are aching. I’m feeling a bit fed up, actually.” Are you thinking what I’m thinking, kids? That our little Dragon is, well, a bit lazy? Something must be done about it.



Wash your hands



Eat healthily



Brush your teeth

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HEALTHY AS A DRAGON!

Written by Štěpánka Sekaninová
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“Ow! Ow! That hurts!” Just listen to that wailing. A little Dragon in a cave has a toothache—and no idea that a headstrong little Princess is about to take him in hand. Now, now, little Dragon, that’s enough of that! Take this toothbrush and toothpaste and our lesson can begin . . .

The next thing we know, the weeping, messy little Dragon will be a friend for all seasons! Thanks to the Princess, he will learn the right way to wash his hands and brush his teeth, and a little about keeping things clean and tidy. He will eat green vegetables and exchange his boredom for sports.

Would you like to join the Dragon in learning about a healthy lifestyle? You would? Well then let the little Princess show you how it’s done . . .

LEARNING ABOUT HYGIENE WITH A DRAGON



Do a little exercise



Take a shower



Get good sleep

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