



Bad Breath

What's that smell? Maybe you shouldn't have put extra onions on your hamburger at lunch. What's a kid with smelly breath to do?

The good news is that bad breath happens to everyone once in a while. Let's find out how to detect it, prevent it, and even treat it.

Bad breath is the common name for the medical condition known as halitosis. Many different things can cause halitosis — from not brushing your teeth to certain medical conditions.

Sometimes, a person's bad breath can blow you away — and he or she may not realize there's a problem. There are tactful (nice) ways of letting someone know about bad breath. You could offer mints or sugarless gum without having to say anything.

If you need to tell a friend he or she has bad breath, you could say that you understand foods can cause bad breath because you've had it before yourself. By letting someone know that bad breath isn't something unusual, you'll make your friend feel more comfortable and less embarrassed about accepting your piece of chewing gum.

If you suspect your own breath is foul, ask someone who will give you an honest answer without making fun of you.

Although everyone gets bad breath sometimes, if you have bad breath a lot, you may need to visit your dentist or doctor.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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