

# Healthy Teeth!

Our teeth are very important. They help us chew food. They help us to smile. They even help us to talk properly! It is very important to look after our teeth.

Our teeth break up the food into small bits. This helps us to swallow the food. Some very small bits of food stay on our teeth. This food can hurt our teeth if it stays there too long.

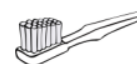


We can get rid of the small bits of food by brushing our teeth. We should brush our teeth after breakfast in the morning. We should also brush our teeth at night. After dinner, before we go to bed is a good time. It is important to brush our teeth for about two minutes.



## *Did you know...*

*A long time ago, people used twigs from trees to brush their teeth!*



## How to Brush Your Teeth

### You will need:

- Toothbrush
- Water
- Toothpaste
- Cup

### Steps:

1. Put toothpaste on your toothbrush.
2. Next, wet your toothbrush under the tap.
3. Brush your teeth well for two minutes.
4. Spit out all the toothpaste into the sink.
5. Finally, rinse your mouth with fresh water.



# Questions

Healthy Teeth! – Level 2

1. How many times a day should we brush our teeth?

- 1 time
- 2 times
- 3 times

2. What happens to small bits of food after we eat?

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3. What should you do before you rinse your mouth with water?

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4. Why are our teeth so important?

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5. How does a toothbrush help keep teeth healthy?

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6. Why do you think just before going to bed is a good time to brush?

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7. Number the pictures to show the correct order to brush your teeth.



# Answers

Healthy Teeth! – Level 2

1. How many times a day should we brush our teeth?

- 1 time
- 2 times
- 3 times

2. What happens to small bits of food after we eat?

Some small bits of food stay on our teeth.

3. What should you do before you rinse your mouth with water?

Spit all the toothpaste into the sink.

4. Why are our teeth so important?

Our teeth help us chew, smile and talk.

5. How does a toothbrush help keep teeth healthy?

A toothbrush gets rid of the bits of food on our teeth.

6. Why do you think just before going to bed is a good time to brush?

It's a good time to brush because you won't eat more food.

7. Number the pictures to show the correct order to brush your teeth.



4



5



1



2



3

