Healthy Teeth

Pre-reading

Questions:

• What are healthy teeth? What do they look like?
• How does one get healthy teeth?

Definitions:

• Oral health – taking care of one’s teeth, tongue and mouth
• Remind – to cause a person to think of something
• Thorough – careful; to leave nothing out
• Cavity – a hole in a tooth caused by decay

Reading

Mai is five years old. Her mother wants her to take good care of her teeth. She reminds Mai to brush and floss her teeth twice a day. Mai brushes every morning.

She brushes at night, too. One of the house rules is that teeth need to be brushed before Mai hears her bedtime story.

Mai is a thorough brusher. She brushes all her teeth up and down, left to right.

She reaches to the back of her mouth to brush her molars. Plus, she flosses between each tooth.

Mai takes her time. Her routine lasts two to three minutes. That’s the same amount of time it takes to sing the A, B, C song. Mai sings it to herself. This helps her not rush.

Mai has nice, white teeth. She does not have any cavities. She has good oral health.
**Understanding**

1. How does Mai’s mother help her have healthy teeth? ________________________________
   ________________________________________________________________
   ________________________________________________________________

2. How often does Mai brush and floss her teeth? _________________________________
   ________________________________________________________________
   ________________________________________________________________

3. How long does Mai brush and floss her teeth? _________________________________
   ________________________________________________________________
   ________________________________________________________________

4. What house rule helps Mai have good oral health? _____________________________
   ________________________________________________________________
   ________________________________________________________________

5. What song does Mai sing to herself? Why? _________________________________
   ________________________________________________________________
   ________________________________________________________________

**Writing**

Option A: Write the story in your own words.

Option B: Write about your oral health.