Smile!

Pre-reading

Questions:
• What do you think this story is about?
• How do you take care of your teeth?

Definitions:
• Oral – having to do with the mouth
• Hygiene – things that must be done to keep healthy and clean
• Fluoride – helps prevent tooth decay
• Bacteria – tiny living things, can cause diseases
• Plaque – a sticky layer of bacteria and food that forms on the teeth
• Flossing – to clean between the teeth with a soft thread of cotton
• Avoid – to keep away from
• Substitute – to use in place of something else or someone else

Reading

“Of all the things you wear, your smile is the most important!” - anonymous

So, how do get a great smile? Taking care of your teeth is a great place to start. Teeth are a big part of your smile. Oral hygiene is important for kids and adults. Parents spend a lot of time teaching children to take care of their teeth. Adults sometimes forget they need to take care of their teeth too. So, here are some reminders:

♦ Brush your teeth at least twice a day. Brush in the morning and before you go to bed. Use toothpaste with fluoride. Use enough to cover the bristles on your toothbrush.

♦ Use a soft bristled brush. Find a toothbrush that fits your hand and reaches every area in your mouth. Brush all of your teeth, not just the ones that show when you smile! Be sure to brush your tongue to keep your breath fresh. Brushing your tongue removes the bacteria that can cause bad breath.

♦ Floss at least once a day. Flossing removes food, bacteria and plaque which can cause tooth decay. Floss gently so gums do not bleed.

♦ Use mouthwash to make your breath smell good, but never substitute mouthwash for brushing or flossing.

♦ Eat a healthy diet. Avoid foods high in sugar that cause tooth decay.

♦ See your dentist twice a year for a checkup.
Understanding

1. What kinds of food should you avoid eating? ________________________________________________________________

2. What shouldn’t you substitute for brushing or flossing? __________________________________________________________

3. How much toothpaste should you use? __________________________________________________________

4. What does flossing do? __________________________________________________________

5. Why should you brush your tongue? __________________________________________________________

Writing

Choice A:  Do you take good care of your teeth? Why or why not?

Choice B:  In your own words, tell what you think “Of all the things you wear, your smile is the most important” means.

Choice C:  Write about why taking care of your teeth is important.

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