Advice from a Dentist

It is very important to take good care of your teeth. Strong and healthy teeth will help you to chew and eat the right foods that will help you to grow big and strong. Healthy teeth help you to speak clearly, too.

After you eat, germs can stick to your teeth and make something called plaque. Plaque can cause holes to form in your teeth if it is not brushed away regularly. Plaque can also make your gums red and sore. If your gums are not healthy, your teeth may start to wobble or fall out. Make sure that you brush your teeth at least twice per day to keep your mouth clean and fresh.

Quick Questions

1. What can plaque do to your teeth?

2. Which two adjectives has the author used to describe how plaque can make your gums?

3. What might you find difficult if your gums are not healthy?

4. Number these sentences from 1 to 3 to show the order they appear in the text.

   - Healthy teeth help you to speak clearly.
   - Plaque can make your gums red and sore.
   - Brush your teeth at least twice per day.
Advice from a Dentist

It is very important to take good care of your teeth. Strong and healthy teeth will help you to chew and eat the right foods that will help you to grow big and strong. Healthy teeth help you to speak clearly, too.

After you eat, germs can stick to your teeth and make something called plaque. Plaque can cause holes to form in your teeth if it is not brushed away regularly. Plaque can also make you gums red and sore. If your gums are not healthy, your teeth may start to wobble or fall out. Make sure that you brush your teeth at least twice per day to keep your mouth clean and fresh.

1. What can plaque do to your teeth?
   Accept any answer eluding to the fact that plaque can cause holes to form/damage your teeth.

2. Which two adjectives has the author used to describe how plaque can make your gums?
   red and sore

3. What might you find difficult if your gums are not healthy? Accept any sensible answer linked to the text, e.g. If your gums aren’t healthy, you might find it difficult to chew and speak properly.

4. Number these facts from 1 to 3 to show the order they appear in the text.
   1 Healthy teeth help you to speak clearly.
   2 Plaque can make your gums red and sore.
   3 Brush your teeth at least twice per day.