

Advice from a Dentist

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

52 After you eat, germs can stick to your teeth and
59 make something called plaque. Plaque can cause
70 holes to form in your teeth if it is not brushed
77 away regularly. Plaque can also make your
86 gums red and sore. If your gums are not
95 healthy, your teeth may start to wobble or fall
105 out. Make sure that you brush your teeth at least
114 twice per day to keep your mouth clean and
115 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.

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Answers



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.