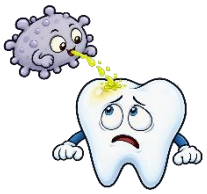


Dental care

WORD LIST

at least - between - brush - eat - disease - eat - fresh - gently - holes - learn - months - mouth - scratch - take care - teeth - visit



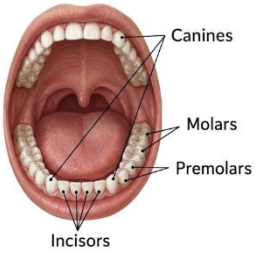
After you ..... (1), **bacteria** go crazy over the sugar on your teeth, like ants at a picnic. The bacteria break it down into **acids** that eat away the enamel [ɪˈnæməl], causing (2) called "**cavities**".



You can also get **gingivitis** [dʒɪndʒɪˈvaɪtɪs], which is a gum..... (3) that can make your gums red, swollen and sore. Your gums are those soft pink tissues in your .....(4) that hold your teeth in place.

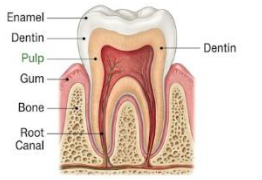
If you don't..... (5) of your teeth, **cavities** and **unhealthy gums** will make your mouth **very sore**. Your ..... (6) could fall out. Eating meals will be **difficult**, and you won't feel like smiling so much.

The average adult has **32 teeth** in their mouth!

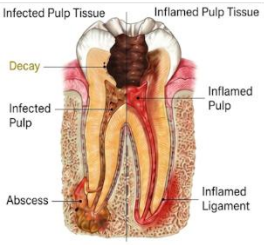


We have 4 different kinds of teeth in our mouth.

1. Canines
2. Incisors
3. Premolars
4. Molars



Healthy tooth



Tooth decay (dental caries) with pulpitis

It is important to ..... (7) your teeth at least **two times a day**. Brush ..... (8) all your teeth and not just the ones in the front. Spend ..... (9) two to three minutes to make sure you do a good job. Make sure to get a tooth brush with **soft bristles** so you don't..... (10) the enamel off your teeth. You also need to **change your toothbrush** every three..... (11).

Learn how to **floss** your teeth. Slip the dental floss between each tooth and along the gum line ..... (12) once a week. The floss with help get rid of food that's hidden where your toothbrush can't reach, no matter how well you brush. You also can **brush your tongue** to help keep your breath ..... (13)!



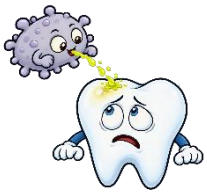
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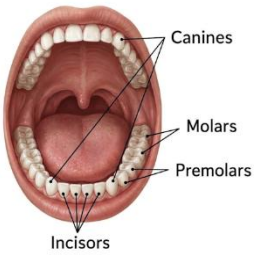
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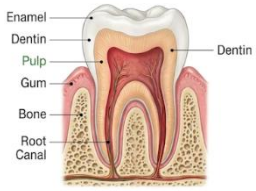
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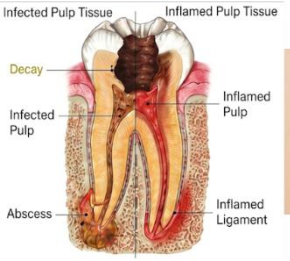


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