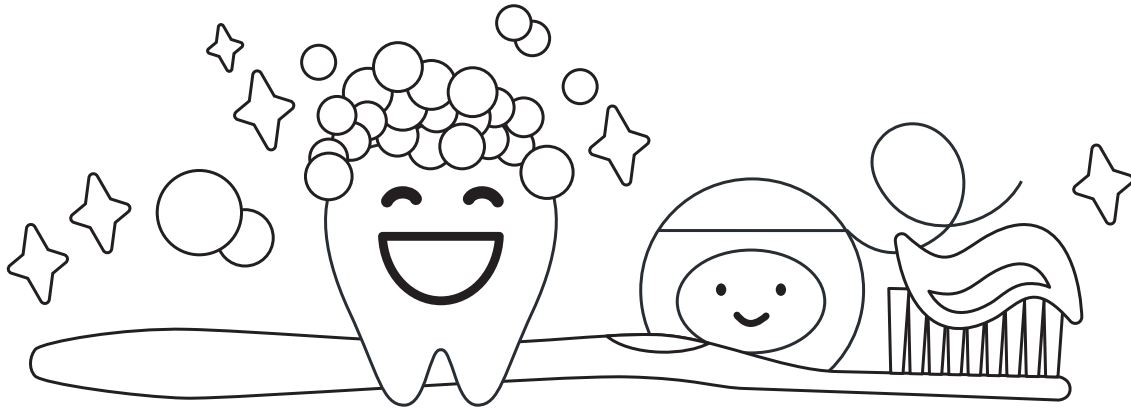


Name: _____ Date: _____

Healthy Teeth are an Important Part of a Healthy You!

Read the passage below, then answer the questions on the next page.



Your teeth play an important role in your daily life! You use your teeth to chew the food that fuels your body for learning and playing. Your teeth also help you talk and smile. When you smile, you're showing off your enamel. Enamel is the protective layer of your teeth. It is very hard and often white and shiny.

Keeping your teeth healthy means preventing tooth decay. Tooth decay is the breakdown of enamel. Tooth decay is caused by a sticky, slimy substance called plaque. Plaque is caused by bacteria. The bacteria in plaque makes acids when plaque sticks to your teeth. The acids breakdown your tooth enamel causing small holes in your enamel. These small holes in your enamel are called cavities and they can grow larger over time. Cavities are not only harmful to your teeth, but they can also be very painful.

To keep your teeth and gums healthy, you need to brush your teeth at least twice a day. When you are brushing be sure to brush all your teeth, not just your front teeth. And don't forget to brush your gums too! It is important to brush up and down in a circular motion for at least two minutes. It is also important to floss your teeth at least once a day to remove plaque stuck between your teeth and keep your gums healthy.

Keeping your teeth healthy also means visiting the dentist for a check-up every six months. The better you are at keeping your teeth healthy at home, the better your visit to the dentist will be!

Remember, healthy teeth are an important part of a healthy you. Take care of your teeth and they will keep working hard for you!