

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*

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14 So, how do you get a great smile? Taking care of your teeth is a great place to start.

32 Teeth are a big part of your smile. Oral hygiene is important for kids and adults.

48 Parents spend a lot of time teaching children to take care of their teeth. Adults

63 sometimes forget they need to take care of their teeth too. So, here are some

78 reminders:

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

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

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

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

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

223 ◆ See your dentist twice a year for a checkup.

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Level 4.0

