

Name: \_\_\_\_\_

# Taking Care of Your Teeth

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Your bones are very hard. Your fingernails are strong too. But did you know that your teeth are the hardest part of your body? It's true! Your teeth have a very important job. They chew up all of your food. Every yummy bite that you take would not be possible without your strong teeth. Healthy teeth also help you talk. They give you a great smile, too!



When you were born, you had a toothless grin. Then, small teeth began to appear one at a time. These are called baby teeth. Some people also call these milk teeth. Milk teeth are not permanent. Usually, they begin to fall out when a child is six years old. Then, permanent teeth begin to emerge. These teeth are larger and more powerful. Most people have twenty-eight permanent teeth by the time they turn twelve. For some people, four more permanent teeth arrive by their twenty-fifth birthday. These are called wisdom teeth. But these teeth don't make you smart!

Taking care of your teeth is very important. You can do this many ways. You should brush your teeth at least two times every day. It is also important to floss your teeth at least once a day. Eating healthy food is also a great way to care for your teeth. Cheese, milk, yogurt, and fruit are all good for your teeth. These foods contain calcium and vitamins. Vitamins C and D help to keep your teeth healthy and strong. Visiting the dentist twice a year is also important. The dentist will clean and check your teeth. He or she will also fix any problems that you may be having. Your dentist will help you keep your teeth in tip-top shape.

Your teeth are very important. Without them, it would be hard to eat, talk, and smile. If you want your *permanent* teeth to stay in your mouth *permanently*, make sure you take great care of them.

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### Questions

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1. Name two foods that are good for your teeth.

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- \_\_\_\_\_ 2. What does the word *emerge* in this passage mean?
- A. to fall out
  - B. to get stronger
  - C. to come up or into view
  - D. to join two things together
- \_\_\_\_\_ 3. Teeth help you to \_\_\_\_\_.
- A. chew
  - B. talk
  - C. smile
  - D. all of the above
- \_\_\_\_\_ 4. What can the reader conclude after reading this passage?
- A. Dentists want to help you keep your teeth healthy and strong.
  - B. It would be easy to live without teeth.
  - C. Brushing your teeth once a day is enough.
  - D. Going to the dentist is fun.

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How many of these can you write about? Think! Write! Check all the ones you answered.

- Design a "Healthy Teeth Tips" poster for your class. On your poster, write about three different ways that your friends can care for their teeth.
  
- What do you think would happen to your teeth if you never brushed them? Write a short story about a character who never ever brushed his teeth.

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Don't stop writing. Use a blank piece of paper to continue.