

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

# Why Should I Brush My Teeth?

**T**eeth are important. They help you eat and talk. You need to keep them healthy. How?

Eating good food is the first step. Too many sweets are bad for your teeth. Candy has lots of sugar. So does juice. Sugar helps make a fuzzy



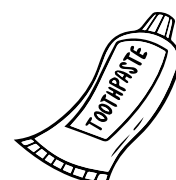
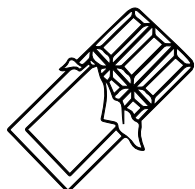
1. Why is too much sugar bad for your teeth?

- a. It is too sweet.
- b. It helps make plaque.
- c. It scratches your mouth.

2. What kind of doctor takes care of teeth?

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3. Circle the things that are good for your teeth.



## ANSWER KEY

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Eating good food is the first step. Too many sweets are bad for your teeth. Candy has lots of sugar. So does juice. Sugar helps make a fuzzy coat called plaque (PLACK). It can rot your teeth.

That's where cleaning comes in! Brush your teeth at least twice a day. Floss them too. That gets rid of sugar and bits of food. Mouthwash also helps clean teeth. Don't drink it!

Dentists help keep your teeth healthy too. Try to go at least once a year.

