

Discuss this quote with your classmates. You may have seen this quote on a poster in a dentist's office.

“ You should only floss the teeth you want to keep. ” *Author Unknown*

WARM-UP ☀

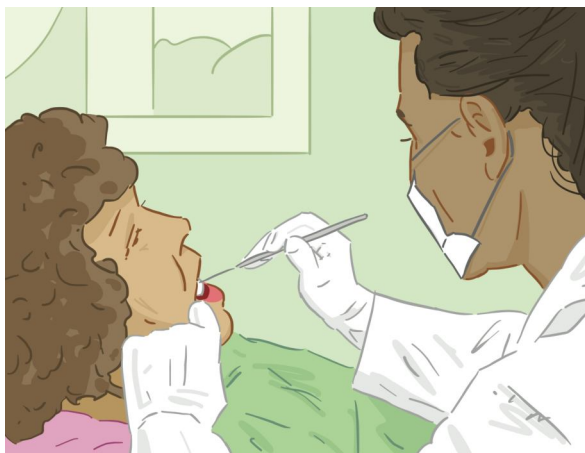
Why do you hate going to the dentist?

- ☒ I don't like the flavor of fluoride.
- ☒ I worry I am going to have a cavity.
- ☒ I worry how much money it will cost.
- ☒ I think the dentist will ask if I've been flossing.

What other reasons are there for not wanting to go to the dentist? Do any students in your class *like* going to the dentist?

PRE-READING WARM-UP QUESTIONS ☀

1. Did you learn to floss your teeth when you were a child?
2. How important is flossing one's teeth compared to brushing?
3. Why do many people forget to floss?
4. Why is oral hygiene so important?



5 REASONS TO FLOSS YOUR TEETH

1. Remove plaque from between your teeth

Dentists always ask if you're flossing regularly. Brushing only reaches about 65% of the surface of your teeth. Flossing reaches the spaces between your teeth where **cavities** often form.

2. Keep your breath fresh

Food can get stuck in between your teeth and cause bad breath. **Plaque** buildup can also cause bad breath. Flossing after each meal keeps your breath fresh.

3. Reduce your risk of heart disease

Bacteria in your mouth can go to your heart! Dentists say that good oral **hygiene** can reduce your chance of having a heart attack.

4. Keep your teeth until you die

Do you want to have your teeth forever? **Inflamed** gums can eventually cause your teeth to fall out. You can prevent the need for false teeth if you maintain healthy gums.

5. Reduce your medical bills

Dental floss is inexpensive, but dental bills are pricey! Flossing will prevent costly surgery and reduce the need for medication.

COMPREHENSION

Practice asking and answering the following questions with your partner. Then write the answers in complete sentences in your notebook.

1. What is the primary purpose of the list on page 1?
2. What would be an alternative title for this list?
3. What does the list say about inflammation?
4. According to dentists, what can good oral hygiene do for the rest of your body?
5. What are three benefits of flossing every day?

VOCABULARY REVIEW

A. Match a definition on the right to a word on the left.

- | | |
|---------------------|---|
| 1. plaque ____ | a. clean between your teeth |
| 2. gum disease ____ | b. a buildup of film that causes tooth decay |
| 3. cavity ____ | c. cleanliness and upkeep related to the body |
| 4. hygiene ____ | d. a decayed place in a tooth |
| 5. floss ____ | e. gingivitis |

B. Match a word on the left with a word on the right. Indicate whether you found a synonym or an antonym.

- | | | |
|----------------|----------------|-------|
| 1. inflamed | a. pricey | _____ |
| 2. costly | b. swollen | _____ |
| 3. cavity | c. wear down | _____ |
| 4. build up | d. tooth decay | _____ |
| 5. gum disease | e. gingivitis | _____ |

LISTENING PRACTICE

Corner Questions:

Designate each corner of the wall in your classroom as one of the following:

Strongly Agree / Agree / Disagree / Strongly Disagree

(Tape a piece of paper to the corners.)

Listen to your teacher read out the following statements. Walk to the card that best describes your feeling about each statement:

1. I like peppermint-flavored toothpaste the best.
2. I have a dentist that I see regularly.
3. Dental health is more important than eye health.
4. Flossing takes longer than brushing.
5. My parents taught me good oral hygiene.
6. I like going to the dentist.
7. Dental care is very expensive in my country.
8. I eat too many sweets.
9. You should brush your teeth for three minutes or more.
10. I would like to be a dentist.

ROLE PLAY: Dentist's Orders

Get together with a partner. Act out a scene between a dentist and a patient suffering from **gingivitis** (inflamed gums). Try to use vocabulary from the reading.



DISCUSS

How important are straight teeth?
Are braces worth the money?



BRAINSTORMING

When talking to kids, dentists often call plaque “sugar bugs”. Create a poster for a dentist office. The poster will teach kids how to prevent sugar bugs. Use this box to brainstorm ideas for your poster. Can you find any quotes to use?

CREATE A POSTER FOR A DENTAL OFFICE

Write the text for your poster below. Make your poster in list form. When you are finished writing, create your poster on a separate sheet of paper. Remember that this is a poster for kids!