Name: _____ Date: _____

Why We Brush Our Teeth

Circle group

Your teeth have a hard layer on the outside. It is called enamel. It is strong, but it can wear away. Brushing helps keep it safe.

When you eat, bits of food stay on your teeth. Germs in your mouth eat the food. Then they make a sticky film called plaque. Plaque makes acid. The acid can make holes in teeth. The holes are called cavities.

Brush for two minutes, two times a day. This wipes the plaque away. Toothpaste with fluoride makes enamel strong. Flossing cleans between your teeth. A brush can not reach there.

Eat fewer sweet snacks, too. Germs love sugar. A dentist can look at your teeth a few times a year. Strong teeth help you chew, talk, and smile.

Questions

1. What is enamel?

_____

_____

2. What do germs make when they eat?

_____

_____

3. What can the acid do to a tooth?

_____

_____

4. How long and how often should you brush?

_____

_____

5. What does flossing do?

_____

_____

6. Why do fewer sweet snacks help your teeth?

_____

_____

Words to know

enamel: the hard outer layer of a tooth
plaque: a sticky film of germs that forms on teeth
cavities: small holes in teeth
fluoride: a mineral in toothpaste that makes teeth stronger
flossing: cleaning between teeth with a thin string

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Why We Brush Our Teeth

Triangle group

Your teeth have a hard outer layer called enamel. Enamel is strong, but it can wear away. Brushing helps protect it.

After you eat, tiny bits of food stay on your teeth. Germs in your mouth feed on this food. As they eat, they make a sticky film called plaque. Plaque makes acid, and the acid can make holes in teeth. These holes are called cavities.

Brushing for two minutes, two times a day, wipes plaque away. Toothpaste with fluoride makes enamel stronger. Flossing cleans the spaces between teeth, where a brush cannot reach.

Eating fewer sugary snacks helps too, because sugar is the favorite food of those germs. A dentist can check your teeth a few times a year to keep them healthy. Strong teeth help you chew, talk, and smile.

Questions

1. What is enamel?

_____

_____

2. What do germs in your mouth make as they eat?

_____

_____

3. What can the acid from plaque do to a tooth?

_____

_____

4. How long and how often should you brush?

_____

_____

5. Why is flossing important?

_____

_____

6. Why might eating fewer sugary snacks help your teeth?

_____

_____

Words to know

enamel: the hard outer layer of a tooth
plaque: a sticky film of germs that forms on teeth
cavities: small holes in teeth
fluoride: a mineral in toothpaste that makes teeth stronger
flossing: cleaning between teeth with a thin string

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Why We Brush Our Teeth

Square group

Each of your teeth is covered by a hard outer layer called enamel. Although enamel is strong, it can gradually wear away, and brushing is one of the best ways to protect it.

After you eat, tiny bits of food remain on your teeth, and the germs in your mouth feed on them. As these germs eat, they produce a sticky film known as plaque. Plaque creates acid, and the acid can eat small holes into teeth, which are called cavities.

Brushing for two minutes, twice a day, wipes the plaque away. Toothpaste containing fluoride helps make enamel stronger, and flossing cleans the narrow spaces between teeth that a brush cannot reach.

Eating fewer sugary snacks also helps, because sugar is the favorite food of those germs. Visiting a dentist a few times a year keeps your teeth healthy. Strong teeth let you chew, talk, and smile with confidence.

Questions

1. What is the hard outer layer of a tooth called?

_____

_____

2. What sticky film do germs produce as they feed on food in your mouth?

_____

_____

3. What can the acid that plaque creates do to a tooth?

_____

_____

4. How long and how often should a person brush?

_____

_____

5. What does flossing reach that a brush cannot?

_____

_____

6. Why might eating fewer sugary snacks protect your teeth?

_____

_____

Words to know

enamel: the hard outer layer of a tooth
plaque: a sticky film of germs that forms on teeth
cavities: small holes in teeth
fluoride: a mineral in toothpaste that makes teeth stronger
flossing: cleaning between teeth with a thin string

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Why We Brush Our Teeth

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Why We Brush Our Teeth

Easier · 124 words · Flesch-Kincaid grade 1.4

1. The hard layer on the outside of a tooth.
2. Plaque, a sticky film.
3. It can make holes called cavities.
4. Two minutes, two times a day.
5. It cleans between teeth, where a brush can not reach.
6. Germs love sugar, so there is less plaque and acid.

Triangle: Why We Brush Our Teeth

This passage · 132 words · Flesch-Kincaid grade 3.8

1. The hard outer layer of a tooth.
2. Plaque, a sticky film.
3. It can make holes, called cavities.
4. For two minutes, two times a day.
5. It cleans between teeth, where a brush cannot reach.
6. Germs love sugar, so less sugar means less plaque and acid.

Square: Why We Brush Our Teeth

Harder · 149 words · Flesch-Kincaid grade 6.8

1. Enamel.
2. Plaque.
3. It can eat small holes into it, called cavities.
4. For two minutes, twice a day.
5. The narrow spaces between teeth.
6. Germs feed on sugar, so less sugar means less plaque and acid.