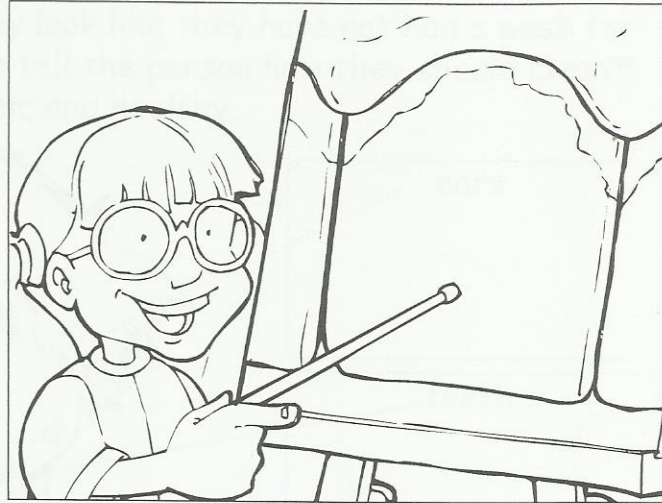# Protecting Your Teeth

Protecting your teeth is a very important job. Preventing tooth decay and gum disease is your responsibility. It is really very easy to have clean, healthy teeth.

The biggest problem facing teeth is plaque. Plaque is a sticky, invisible film which makes your teeth feel 'furry'. It is a sign that germs are building up to produce acids which attack the enamel and cause decay. Plaque occurs every day and the best way to remove it is by brushing your teeth.

Every tooth has five sides. Two sides cannot be reached by brushing so it is important to floss your teeth. Using dental floss will help to remove plaque from the difficult areas. The germs that cause plaque use sugars in foods to produce their harmful acids. So, it is very important to make sure your diet is well balanced.

Visiting the dentist regularly will also help to protect your teeth.

1. Tick the ways you can protect your teeth.

    (a) ☐ Visit the dentist regularly.

    (b) ☐ Get plenty of sleep each night.

    (c) ☐ Use a toothbrush and dental floss to help remove plaque.

    (d) ☐ Eat a well-balanced diet.

    (e) ☐ Exercise regularly.

    (f) ☐ Change your toothbrush often.

2. What is plaque? _____
    _____

3. Why is a healthy diet important to your teeth? _____
    _____
    _____

4. How often do you visit the dentist? _____