

## Dental Health – Activity 2, Worksheet 4 – CLB 4–5

Read the health information sheet, and then make up a title and write it on the line above.

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Do you know how to properly clean your teeth and gums? Many people are brushing and flossing, but not effectively. The first step surprises many people. You start by flossing your teeth. Holding a piece of dental floss tautly between your thumbs, slip the dental floss between each tooth and along the gum line gently once a day. Flossing helps to remove food from places that the toothbrush can't reach. It is also good for your gums and may prevent gum disease. Your gums may bleed a little at first, but that is normal and will soon stop bleeding when you floss every day. However, if your gums continue to bleed, contact a dental health care professional.

You should brush your teeth twice a day. Your toothbrush should have soft bristles, and don't forget to use a little toothpaste. At the gum line, put the toothbrush at a 45 degree angle and move the toothbrush gently in a circular motion away from the gums. Brush every tooth all over. Remember to brush the back teeth. This helps to remove plaque and prevent tooth decay. Brushing your tongue will also remove some bacteria and keep your breath fresh. This process should take at least 2 minutes. Now that you know the technique, your teeth and gums should be healthier. Happy flossing and brushing!

