

Taking Care of Your Teeth

A. Choose the correct answer:

1. What is the main purpose of brushing your teeth?

- A) To make them look shiny
- B) To remove food particles and plaque
- C) To change the color of teeth
- D) To make them smell nice

2. Which of the following can harm your teeth the most?

- A) Drinking milk
- B) Eating too many sugary candies
- C) Brushing twice a day
- D) Drinking plenty of water

3. What should you do after eating sweets to protect your teeth?

- A) Brush your teeth or rinse your mouth
- B) Eat more sweets
- C) Sleep without brushing
- D) Avoid drinking water

B. Fill in the Blanks:

1. Teeth help us in _____ and _____ food properly.
2. Brushing your teeth twice a day helps to prevent _____ and bad breath.
3. Eating too many sweets can cause _____, which damages the teeth.

C. Case Study:

Dr. Mehta, a dentist, observed the dental health of three children:

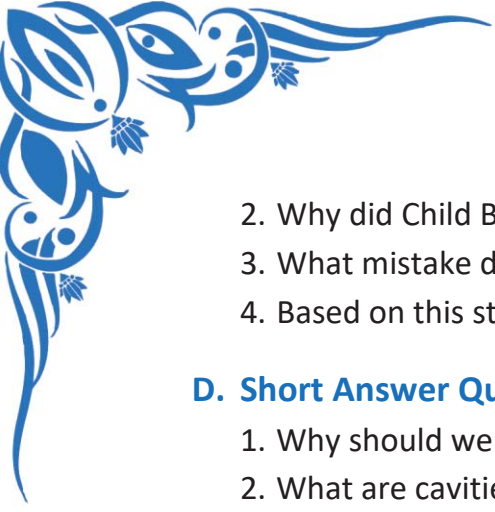
- **Child A** brushed twice daily and ate a balanced diet with fruits, vegetables, and dairy.
- **Child B** often ate chocolates and rarely brushed before bedtime.
- **Child C** brushed daily but used too much force, which caused gum problems.

After six months, Dr. Mehta noted:

- **Child A** had healthy teeth and gums.
- **Child B** had cavities and tooth pain.
- **Child C** had weak gums and sensitivity.

Questions & Answers:

1. What was Dr. Mehta trying to study?



2. Why did Child B develop cavities?
3. What mistake did Child C make in brushing?
4. Based on this study, why is proper dental care important?

D. Short Answer Questions:

1. Why should we brush our teeth twice a day?
2. What are cavities, and how do they form?
3. Name two healthy foods that help keep teeth strong.

E. Long Answer Questions:

1. Explain the correct way to brush your teeth and why it is important.
2. How does eating too much sugar affect dental health?
3. Describe the structure of a tooth and its different parts.