

Name: _____

Date: _____

Why Do We Brush Our Teeth?

Grades 1-2

Nonfiction

- 1 Your teeth help you bite, chew and smile. You need to take good care of them.
- 2 After you eat, tiny germs called bacteria stay on your teeth. They make a sticky layer called plaque.
- 3 The germs in plaque love sugar. They make acid that can make holes in your teeth. These holes are called cavities.
- 4 Brushing gets rid of plaque. Brush two times a day for two minutes, and don't forget your back teeth!
- 5 Toothpaste with fluoride helps make your teeth strong. Flossing cleans the spaces between your teeth where a brush can't reach.
- 6 Visit the dentist for checkups too. A clean mouth means a happy smile!

Draw something you learned from this text.

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Questions: Why Do We Brush Our Teeth?

Read the passage again if you need to. Circle the best answer.

1. What is plaque?

- ☐ a A kind of toothpaste
- ☐ c A tooth doctor

- ☐ b A sticky layer of germs on teeth
- ☐ d A hole in a tooth

2. How often should you brush your teeth?

- ☐ a Once a week
- ☐ c Only after candy

- ☐ b Two times a day
- ☐ d Once a month

3. What does fluoride do?

- ☐ a Makes teeth strong
- ☐ c Feeds germs

- ☐ b Makes teeth yellow
- ☐ d Makes cavities

4. In the text, what are cavities?

- ☐ a Holes in teeth
- ☐ c Toothbrushes

- ☐ b Germs
- ☐ d Checkups

5. Why is flossing important?

Reading Comprehension: Answer Key

Why Do We Brush Our Teeth?

1. b) A sticky layer of germs on teeth
2. b) Two times a day
3. a) Makes teeth strong
4. a) Holes in teeth
5. Sample answer: Flossing cleans between your teeth, where a toothbrush cannot reach.