

# Z E R O CONDITIONAL

The zero conditional is often used in the field of dentistry to describe cause-and-effect relationships that are always true. Here are a few examples:

"If you consume excessive amounts of sugary foods and neglect proper oral hygiene, you develop tooth decay."

(Cause: consuming excessive sugary foods and neglecting oral hygiene; Effect: developing tooth decay)

If you expose your teeth to acidic drinks for extended periods, the enamel erodes. (Cause: exposing teeth to acidic drinks for extended periods; Effect: enamel erosion)

If you don't maintain regular dental check-ups and cleanings, you increase the risk of gum disease. (Cause: not maintaining regular check-ups and cleanings; Effect: increased risk of gum disease)

Fill in the blanks with the missing words from the box.

smells	frayed	increases
accumulate	erodes	effective
cavities	dentist	inflamed

If you don't brush your teeth regularly, you develop \_\_\_\_\_.

If you eat sugary foods, your tooth enamel \_\_\_\_\_.

If you neglect flossing, your gums become \_\_\_\_\_.

If you stop using mouthwash, your breath \_\_\_\_\_ bad.

If you don't replace your toothbrush every three months, the bristles become \_\_\_\_\_ and less \_\_\_\_\_.

If you consume tobacco products, your risk of developing oral cancer \_\_\_\_\_.

If you don't clean your dentures properly, they \_\_\_\_\_ bacteria.

If you don't visit the \_\_\_\_\_ regularly, small dental issues can progress into more complex problems.



Listen to the recording and fill in with the missing words.

1. If you \_\_\_\_\_ your teeth at least twice a day using a proper \_\_\_\_\_, you prevent tooth decay.
2. If you floss daily, especially before bedtime, you \_\_\_\_\_ food \_\_\_\_\_ from between your teeth.
3. If you limit your consumption of sugary and acidic foods and beverages, you help prevent enamel \_\_\_\_\_.