

**1. Put in the correct ways to take care of your teeth, eyes, ears and nose in the spaces given.**

| Teeth | Eyes | Ears and nose |
|-------|------|---------------|
|       |      |               |
|       |      |               |
|       |      |               |
|       |      |               |

Roughly wipe your nose a lot of times to clean them

When reading, hold the book 30 cm away from your eyes

Do not rub your eyes if there is something in it

Visit the dentist once every six or 12 months

Do not put anything inside of your ears unless you want to clean them

Visit the doctor once every two years to check on your eyes

Eat foods that strengthen your teeth such as vitamins

Brush your teeth one or two times in a day

Rub your eyes when there is something in them

Brush your teeth only once a day

Do not cover your ears when you hear a loud sound

Visit the dentist once every five years

Visit the doctor to check on your eyes regularly

Put a lot of things in your ears so you can hear better

Cover your ears when you hear a loud sound

When reading, hold the book 1 cm away from your eyes.

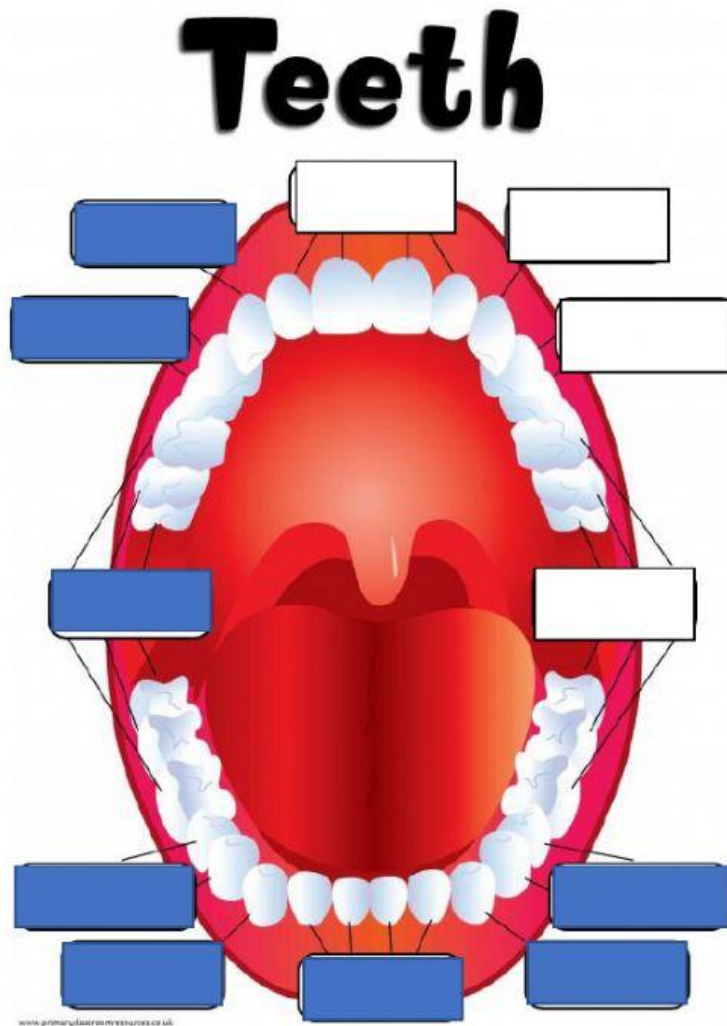
Eat foods that damage or weaken your teeth such as carbohydrates

Gently wipe your nose when you want to clean them

2. Write TRUE or FALSE in the statements given below:

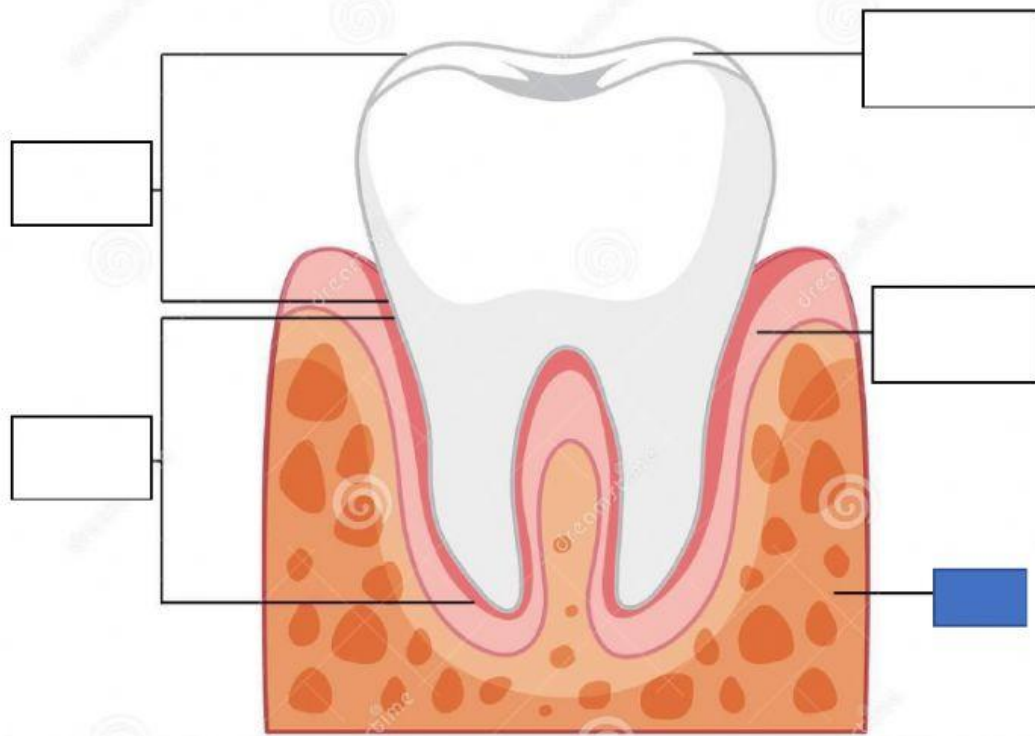
- a. Exercise is need to keep your lungs healthy
- b. Sleep is needed to help us run better
- c. When brushing your teeth, you have to use thick brushes
- d. Tooth decay is caused by viruses
- e. Milk teeth is the set of teeth that we have between the age of 5-10
- f. We have a total of 30 teeth
- g. Enamel is a very hard substance

3. Write down the names of the different types of teeth in the spaces provided:



4. Write down the parts of a tooth in the boxes provided:

# Parts of a Tooth



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5. Arrange the correct way to brush your teeth:

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
|   |   |   |   |   |

Place some  
toothpaste on the  
toothbrush and  
rinse with water

Brush your tongues

Brush the outer  
surfaces

Brush the inner  
surfaces

Brush the top  
surfaces