

Advice for Healthy Teeth



Fill in each blank with a word from the box.

bacteria	decay	gums	prevent	tongue
bleed	floss	once	professional	toothbrush
bristles	flossing	plaque	technique	twice

Do you know how to properly clean your teeth and _____? Many people are brushing and flossing, but not effectively. The first step surprises many people. You start by _____ your teeth. Holding a piece of dental _____ tautly between your thumbs, slip the dental floss between each tooth and along the gum line gently _____ a day. Flossing helps to remove food from places that the toothbrush can't reach. It is also good for your gums and may _____ gum disease. Your gums may _____ 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 _____.

You should brush your teeth _____ a day. Your _____ should have soft _____, 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 _____ and prevent tooth _____. Brushing your _____ will also remove some _____ and keep your breath fresh. This process should take at least 2 minutes. Now that you know the _____, your teeth and gums should be healthier. Happy flossing and brushing!

Adapted from OPH-OCDSB Collaborative Team. *Language Learning for Health*. City of Ottawa – Ottawa Public Health and Ottawa-Carleton District School Board, Ottawa, 2014.