

1



Fill in the blanks.

care

change

teeth

fruit

smile

sugar

brush

water

eat

toothpaste

toothbrush

dentist's

TAKE CARE OF YOUR TEETH

Your (1) teeth are very important for you. Strong and healthy teeth help you to speak clearly and (2) _____. And they help you look your best.

Take (3) _____ of your teeth to keep them strong and healthy all the time. You should (4) _____ them two or three times a day for three minutes. Choose a soft (5) _____. And don't put too much (6) _____ on it. Don't forget to (7) _____ your toothbrush every three months.

Sweets and (8) _____ are very bad for your teeth. Eat lots of (9) _____ and vegetables and drink (10) _____ instead of cola. Remember to go to the (11) _____ twice a year. And don't forget to (12) _____ !

