

Name:

Date:

How to Have Healthy Teeth

Answer the following questions about oral hygiene. Use the Internet or ask someone to find the answers.



1. How often do you need to brush your teeth?
2. How much toothpaste do you need to put on your toothbrush to clean your teeth?



3. How often do you need to visit your dentist?



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4. What happens if you don't brush your teeth regularly? Name at least three things!



5. How often do you need to change your toothbrush?



6. How often do you need to floss?

