

# Teeth Facts

**1. Watch the video below about teeth facts.**



**2. Read the text below.**

We have all got thirty-two teeth. When we are children, we have got twenty teeth. These are our baby teeth, or milk teeth. When we are about six years old, we start losing our baby teeth.

Then, new teeth grow. They are strong and we keep them for the rest of our lives. That's why we should take care of them! Your teeth help you eat. You use them to bite and chew food, Saliva helps you eat too because it makes your food soft and wet.

It also protects your teeth from germs. The pink parts around your teeth are your gums. The enamel on your teeth makes them white and bright. It's the hardest part of your body!

You should brush your teeth two or three times every day. This way, you keep them clean and healthy...and remember, you should visit the dentist every six months!

**3. Read again and complete**

1. People have got \_\_\_\_\_ baby teeth.
2. We start losing our milk teeth when we are about \_\_\_\_\_ years old.
3. Saliva protects your teeth from \_\_\_\_\_.
4. To keep your teeth clean and healthy, you have to brush them two or \_\_\_\_\_ times every day.