

## READING

ENGLISH 

1. Read the text.



### Your teeth



Children have got 20 teeth. When you are young, they are called "milk teeth". When you are 6 years old, our milk teeth begin to fall out. Then, our permanent teeth begin to grow. Adults have 32 teeth. They are bigger than milk teeth.



We must look after our teeth. Brush them with toothpaste after eating and do not eat too many sweets. Sugar is very bad for your teeth. If we don't brush our teeth we can have tooth decay.



Visit your dentist regularly. The dentist will make sure that your teeth are healthy and growing correctly.



Do not forget that calcium is good for your teeth and bones. Remember to drink milk and eat dairy products every day.



2. Complete the sentences.

a) When we are six years our milk teeth begin to

b) Adults have

teeth.

c) Brush your teeth

after eating.

d) Do not eat

things.

e) Visit

regularly.

f) Drink milk and

every day.

