# AT THE DENTIST

Read the article titled "Ways to Keep Your Teeth Healthy" by Health Line

## 1 DENTIST QUIZ

**Read and answer the trivia questions:**

1. How many teeth do most adults have?
   a. 32 b. 10 c. 45

2. How many dentists are there in England?
   a. 1 million b. 43,000 c. 250,000

3. How often should you change your toothbrush?
   a. never b. once a year c. every 3 months

**Discussion:**

- Do you brush your teeth every day?
- Do you have a normal or electric toothbrush?
- How often do you go to the dentist?
- Is it expensive to go to the dentist in your country?
- Would you like to be a dentist?

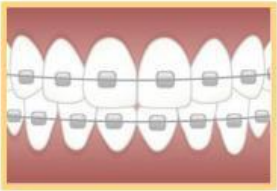
## 2 DENTIST VOCABULARY

**Match the words from the box to the correct pictures.**

| braces | gums | cavity | toothache | mouthwash | floss |
|---|---|---|---|---|---|

1. _____

2. _____



3. _____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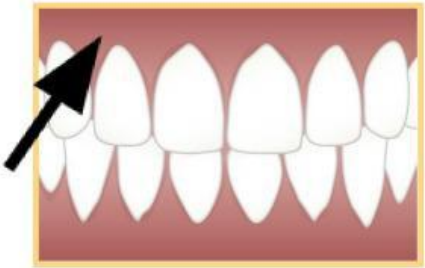

4. _____ 5. _____ 6. _____

**Now, complete the sentences using those words.**

a) Darren is crying because he has _____.

b) Bryan has _____to straighten his teeth.

c) Hannah uses mint flavoured _____.

d) Jim bought _____from the shop. He flosses twice a day.

e) Tom has healthy _____because he brushes and flosses every day.

f) Katie needs to go to the dentist because she has a _____in her tooth.

**Answer the questions:**

1. Have you ever had braces?
2. How often do you floss?
3. Do you ever use mouthwash?
4. Have you ever had a cavity?
5. What do you do when you have toothache?
6. How can you ensure you have healthy gums?

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## 3 TIPS FOR HEALTHY TEETH

**Match the headings from the box to the correct paragraph. Then complete the exercises on the following page.**

| | | | |
|---|---|---|---|
| Floss everyday. | Brush before bed. | Brush properly. | Brush your tongue. |
| Use mouthwash. | Drink more water. | Limit sugary foods. | See a dentist. |

1. _____. It's no secret that the general recommendation is to brush at least twice a day. Still, many people don't brush their teeth at night. However, brushing before bed removes plaque that builds up throughout the day.

2. _____. The way you brush is equally important — in fact, doing a poor job of brushing your teeth is almost as bad as not brushing at all. Take your time, moving the toothbrush in gentle, circular motions to remove plaque.

3. _____. Plaque can also build up on your tongue. Not only can this lead to a bad smelling mouth, but it can lead to other oral health problems. Gently brush your tongue every time you brush your teeth.

4. _____. Many who brush regularly forget to floss. Flossing isn't the most fun oral care habit, but it's essential for healthy teeth and gums. Flossing removes plaque and bacteria from between your teeth — an area that your toothbrush can't do alone.

5. _____. Mouthwash can help remove bacteria, freshen breath, and strengthen your teeth. It also helps wash away any excess food or plaque once you've finished brushing and flossing your teeth.

6. _____. Water continues to be great for your overall health — including oral health. Experts recommend drinking water after every meal. This can help wash out some of the negative effects of sugary foods and beverages in between brushes.

7. _____. Try to cut down on sugary snacks or drinks. Each time you eat sugar, the bacteria in your mouth react by producing acid. This acid will attack your teeth and cause dental decay.

8. _____. Your own everyday habits are crucial to your overall oral health. Still, everyone needs to see a dentist regularly. At minimum, you should see your dentist twice a year. A dentist will identify any potential issues and offer treatment solutions.


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**Decide if the following statements are true or false.**

1. You only need to brush your teeth once a day.
2. The way that you brush is important.
3. You don't need to brush your tongue.
4. Flossing is essential for healthy teeth and gums.
5. Mouthwash can help remove bacteria, freshen breath, and strengthen your teeth.
6. Avoid water because it is bad for your oral health.
7. Sugary foods are good for your teeth.
8. As a minimum, you should see your dentist twice a year.

**Discuss the following questions as a class.**

a) Why is it important to brush at night?

b) How does the article recommend brushing?

c) Why should people brush their tongue?

d) Describe the benefits of flossing.

e) Is mouthwash expensive in your country?

f) Why does the article recommend drinking water after eating?

g) Do you agree that people should cut down on sugary foods and drinks to improve oral health?

h) Why do you think some people avoid going to the dentist?

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## 4 GRAMMAR "GOING TO"

**Study the tables below.**

| Positive and negative statements using "Going To" | | | |
|---|---|---|---|
| I<br>You<br>He<br>She<br>It<br>We<br>They | am<br>are<br>is<br>is<br>is<br>are<br>are | going to<br><br>not going to | + infinitive |

| Questions with "Going To" | | | |
|---|---|---|---|
| Am<br>Are<br>Is<br>Is<br>Is<br>Are<br>Are | I<br>you<br>he<br>she<br>it<br>we<br>they | going to | + infinitive |

| Information questions with "Going To" | | | | |
|---|---|---|---|---|
| What<br>When<br>Where<br>Why<br>How<br>Who | am<br>are<br>is<br>is<br>is<br>are<br>are | I<br>you<br>he<br>she<br>it<br>we<br>they | going to | + infinitive |

LIVEWORKSHEETS

**Complete the sentences using the theory above and choosing the correct verb.**

1. John _____**brush** / **sleep** his teeth before he goes to bed.
2. Katie _____**read** / **floss** her teeth and gums tomorrow morning.
3. David and John _____**buy** / **study** mouthwash from the shop.
4. The dentist _____**fix** / **sit** the patient's cavity.
5. Gary _____**need** / **write** braces in the future to straighten his teeth.
6. The kids _____**call** / **have** a toothache because they are eating too much sugar.

**Identify and correct the mistakes in the sentences. Not all the sentences have mistakes.**

1. Jack is going to flossing his teeth and gums tonight.
2. The patient is going to go to the dentist tomorrow to fix his cavity.
3. Hannah are going have braces fitted next week.
4. Tony are going to brush his teeth before bed.
5. Oliver is going to call the dentist because he has severe toothache.
6. My dad is going to buying mint flavoured mouthwash from the supermarket.

**Read and answer the following sentences using the theory from exercise fi.**

1. When are you going to call the dentist to make an appointment?
2. When are you going to brush your teeth next?
3. When are you going to floss your teeth next?
4. Are you going to buy mouthwash from the supermarket tomorrow?
5. Are you going to eat less sugary food to improve your oral health?
6. Are you going to start brushing your tongue gently?
7. Are you going to give your friends and family oral health advice from this class?
8. In ten years, are you going to have braces?


LIVEWORKSHEETS

## 5 AT THE DENTIST: DIALOGUE

**Complete the dialogue by using the words in the box then complete the exercises.**

| | | | | |
|---|---|---|---|---|
| mouthwash | sacred | toothache | sugary | dentist |

**Jack:** Oh no! I have a toothache.

**Hannah:** Are you going to call the _____?

**Jack:** No! I'm not going to call the dentist because I am _____.

**Hannah:** How are you going to stop your _____?

**Jack:** I'm going to stop eating _____foods!

**Hannah:** Great, are you going to do anything else?

**Jack:** Yes, I'm going to floss and use mint flavoured _____.

**Hannah:** Great idea! I hope you feel better soon.

**Jack:** Thanks! If I don't feel better tomorrow, I'm going to call the dentist.

**Decide if the following statements are true or false.**

1. Hannah has a toothache.
2. Jack is not going to call the dentist now.
3. Jack is going to stop eating sugary foods.
4. Hannah is going to start flossing.
5. Jack is going to buy lemon flavoured mouthwash.
6. Hannah is going to call the dentist tomorrow.

**Questions:**

a) Why is Jack not going to the dentist?
b) How is Jack going to cure his toothache?
c) Do you think his plan is going to work?
d) Do you go to the dentist when you have a toothache?
e) Do you know anyone who is scared of the dentist?


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## 6 ROLE PLAYS

**Read the role play cards below. Take turns playing each role and have fun!**

**Patient: Student A**

You have severe toothache so you call the dentist to make an appointment. Tell the receptionist that you need to see the dentist soon because the pain is severe. You can go to the dentist anytime today or tomorrow. Ask the receptionist for advice on how to stop the pain.

**Receptionist: Student B**

A patient calls to make an urgent appointment because they have severe toothache. They can't have an appointment today because the dentist is busy. The dentist is only available at 10:00 am tomorrow. Recommend that the patient brush their teeth, floss, and avoid sugary foods.

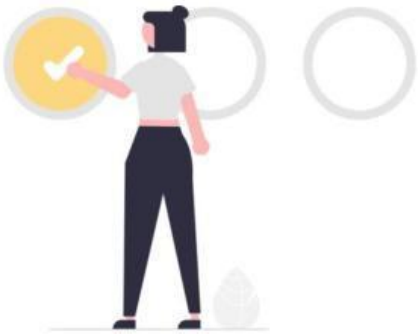
**Role Play 2**

**Patient: Student A**

You go to see the dentist at 10:00 am. Explain to the dentist that you have severe toothache. Explain that you brush your teeth, floss and use mouthwash every day. Tell him that you avoid sugary foods too. Ask him for advice on how to avoid getting toothache in the future.

**Dentist: Student B**

A patient arrives. Ask the patient for their oral health care routine. Explain that you found a cavity in one of the patient's teeth which is why they have toothache. To avoid this in the future, they need to brush, floss and use mouthwash twice per day, avoid sugary foods, brush their tongue, drink water after eating and visit the dentist twice per year.

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## 7 LISTENING

**Task fi: Watch the video, then decide if the following statements are true or false.**

1. Brushing your teeth helps to prevent gum disease and tooth decay.
2. You should brush your teeth for one minute twice a day.
3. You can only use an electric toothbrush.
4. Bamboo toothbrushes are better for the environment.
5. Children up to the age of eight don't need supervision when brushing their teeth.
6. Plaque tablets help you find areas that you're missing when brushing your teeth.
7. Plaque tablets dye the areas of plaque a certain colour so you can brush them away.
8. Fluoride toothpaste is not recommended for good brushing.
9. You should brush your teeth immediately after eating or drinking.
10. Brushing your teeth is not necessary for good oral hygiene.

**Task 2: Write a summary of the video.**


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# HOMEWORK

## 1 BENEFITS OF HEALTHY TEETH

**Read the article then write detailed answers to the questions in the next exercise.**

A healthy smile is not just for self-esteem or for cosmetic reasons. A bright and healthy smile means strong teeth to enjoy all sorts of foods and snacks without any problems. This article will focus on how having strong and clean teeth can improve and even save your life. Here are 5 benefits of having healthy teeth:

1. Your Breath - Unhealthy teeth can lead you to develop bad breath. You can fix that by brushing your teeth twice a day and flossing. However, these aren't the only things you can do. You should also frequently have an appointment with your dentists. Your dentist can help identify whether or not you are suffering from an oral disease or if there is a lot of plaque on your teeth.

2. Saves Money - Getting regular care and keeping your teeth strong can help you save a lot of money. Dental procedures are not just long painful processes, but they also cost a lot of money. All of this is preventable if you listen to what your dentist tells you, and take care of your oral health.

3. Avoid Heart Diseases - Strong teeth mean strong gums. Research has identified a strong link between unhealthy gums and some diseases – such as heart problems. Research also found that harmful bacteria can travel through the blood which increases risk of suffering a heart attack.

4. Fight Diabetes - Studies show there is a link between diabetes and gum disease. It is important to have clean and strong teeth so that your gums stay healthy. Gum disease may lead to fluctuating glucose levels – which is bad for people with diabetes. Keeping your teeth and gums strong can help manage diabetes.

5. Healthy babies - Research shows that there is a relationship between gum disease and childbirth. These studies suggest that gum disease increases the chance of having problems with newborn babies. Therefore, it is important for women to have healthy teeth and gums.

Having a healthy mouth and strong teeth can be the key to a healthy life. Along with impressing everyone with your toothy and confident smile – you will also improve your self-esteem to help you feel more positivity in your life. Poor oral health and bad teeth increases the chances of problems later in life. Brushing your teeth twice daily, along with flossing them can prevent many diseases.


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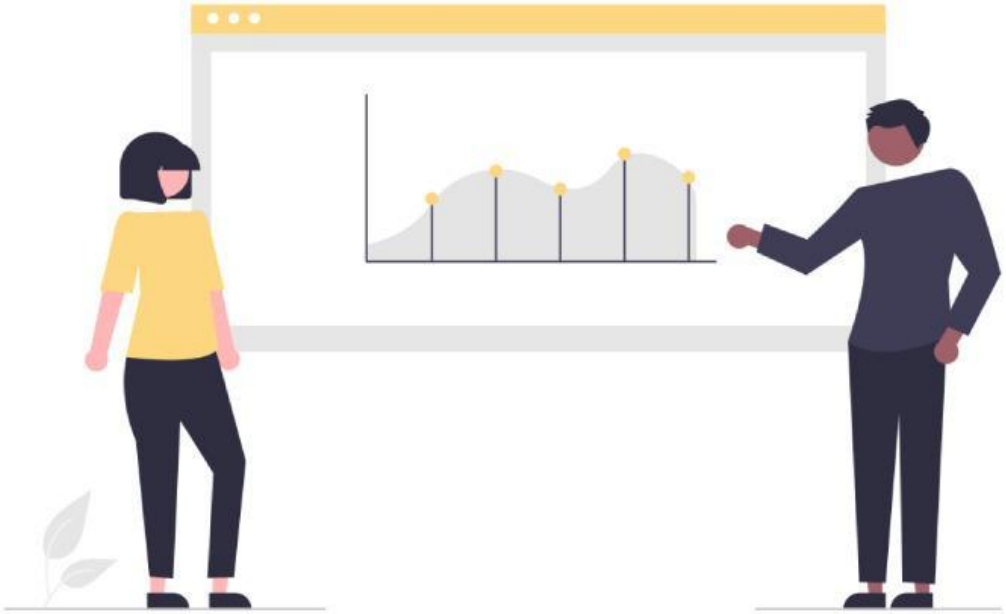
## 2 ARTICLE ANALYSIS: WRITING TASK

**On a separate piece of paper, write detailed answers using the new words and concepts presented throughout the lesson.**

1. Do you think it is important to have a healthy smile? Describe a 'healthy' smile.
2. How can healthy teeth prevent bad breath? Why is bad breath a problem?
3. How can having healthy teeth save you money?
4. Have you ever spent a lot of money at the dentist?
5. How can healthy teeth prevent illness and disease?
6. Describe how having healthy teeth and gums can help people with diabetes.
7. How can healthy teeth help babies?
8. In your own words, summarise how good oral health can improve your life.
9. Describe your own oral health routine.
10. Summaire everything you learned from the class and homework task. Include all new concepts and language learned throughout.

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## 3 GENERAL WRITING PRACTICE

**Write detailed answers to the questions below. This is an opportunity to improve your writing skills. Have fun!**

1. Describe your hobby. Why do you enjoy it?
2. How often do you watch TV? What is your favourite series?
3. How much sleep do you get each night? Do you need more sleep?
4. Who is your favourite music artist? What music is most popular in your country?
5. What is your job? What is your dream job?
6. What motivates you to do things? What do you do when you feel demotivated?
7. What/who do you consider beautiful? What should we teach kids about beauty?
8. Is crime a big problem in your country? How can crime be stopped?
9. Do you dream when you sleep? Do you think they mean anything?
10. How often do you go to restaurants? Would you like to own a restaurant?
11. Do you like shopping? Do you prefer to shop online or offline?
12. Is learning important? Besides English, what new things are you learning?

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