READING COMPREHENSION WORKSHEET

CEFR A2 • English

Name: _____ **Class:** _____ **Date:** _____

Why Is Brushing Your Teeth Important?

Brushing our teeth is an important part of our daily routine. Dentists recommend brushing our teeth twice a day and flossing once a day. But what happens if we stop cleaning our teeth?

Our mouths contain many types of bacteria. Some bacteria are good for our health, while others are harmful. Good bacteria help protect our mouths from harmful germs. They also help reduce acids that can damage our teeth. However, harmful bacteria can cause tooth and gum problems.

After a few days without brushing, a sticky layer called **dental plaque** begins to form on our teeth. This can cause bad breath. After some time, our gums may become red, swollen and bleed when we brush. This problem is called **gingivitis**.

If we do not clean our teeth for a month, harmful bacteria may produce acids that damage our tooth enamel. This can cause cavities and tooth pain. Over time, our gums may become weak, and our teeth may become loose.

Poor oral hygiene can also affect our general health. Harmful bacteria may enter our bloodstream and increase the risk of other health problems.

Luckily, we can prevent these problems by taking care of our teeth every day. We should brush our teeth for two minutes, twice a day, and floss daily. Using toothpaste with fluoride can also help protect our teeth.

Remember, a healthy mouth gives us a beautiful smile and a healthier life!

PART A: MULTIPLE-CHOICE QUESTIONS (5 marks)

Choose the correct answer.

1. How many times should we brush our teeth every day?

A. Once B. Twice C. Three times D. Four times

2. What do good bacteria do in our mouths?

A. They cause tooth pain. B. They damage our gums. C. They protect our mouths from harmful germs. D. They make our teeth loose.

3. What is dental plaque?

A. A sticky layer on our teeth. B. A type of toothpaste. C. A healthy gum. D. A hole in our teeth.

4. What may happen if we do not clean our teeth for a month?

A. Our teeth become stronger. B. Our gums become healthier. C. Our teeth grow faster. D. Our tooth enamel may be damaged.

5. How long should we brush our teeth each time?

A. One minute B. Two minutes C. Three minutes D. Five minutes.

PART B: TRUE OR FALSE (5 marks)

Write **True** or **False** for each statement.

1. Our mouths contain both good and harmful bacteria. _____

2. Dental plaque can cause bad breath. _____

3. Gingivitis can make our gums red, swollen and bleed. _____

4. Poor oral hygiene only affects our teeth. _____

5. Fluoride toothpaste helps protect our teeth. _____

LIVEWORKSHEETS

PART C: VOCABULARY MATCHING (5 marks)

Match the words in Column A with their meanings in Column B. Write the correct letter.

Column A	Column B
1. Harmful _____	A. The hard outer part of a tooth
2. Swollen _____	B. Holes in the teeth
3. Bleed _____	C. Bad for our health
4. Enamel _____	D. To lose blood
5. Cavities _____	E. Bigger than normal because of inflammation

Total: 15 marks

LIVEWORKSHEETS