

Take Care of Your Teeth

by ReadWorks



You need healthy teeth. Do you know why? Your teeth help you eat. They help you talk.

Here are some ways to care for your teeth:

- Brush your teeth after you eat.
- Eat healthful foods.
- Have a grown-up help you floss your teeth.
- Visit the dentist two times each year.

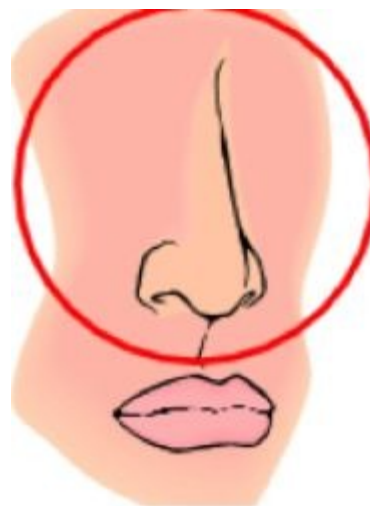
And don't forget to smile!

Name: _____ Date: _____

1. What do you need to help you eat and talk?



healthy teeth



your nose

2. What should you do after you eat to care for your teeth?



drink soda



brush your teeth

3. What kind of food should you eat?



healthy food



junk food

4. Who can help you floss your teeth?



a grown-up



your dog

5. How many times should you visit the dentist each year?

6. What did you learn from "Take Care of Your Teeth!"?

7. Draw a person caring for his or her teeth.