

Name: _____ Date: _____



Imagine you are a dentist who is being interviewed about how to keep teeth healthy. Answer the questions using as much helpful information as you can.

1. Why do children's teeth fall out? Is it a bad thing?

2. I've seen adults with teeth missing. Why does this happen?

3. What should we be doing to help keep our teeth healthy?

4. What can be done if our teeth rot and fall out?

5. Do you have any advice for people who are worried about keeping their teeth healthy?

HEALTHY

TEETH

Keeping Teeth Healthy

Humans have two sets of teeth during their lifetime. The first set are **milk teeth** which start to come through when babies are around six months old. Children have **twenty** milk teeth altogether. Milk teeth eventually fall out and are replaced by **adult teeth**. Adults have **thirty two** teeth altogether once they have all come through. If an adult tooth falls out, it will not be replaced.



Children usually start losing their baby teeth when they are four or five.



Dentures (false teeth) can be given to people who have lost their adult teeth.

Tooth decay can cause teeth to become damaged or even make them fall out. Tooth decay is caused by **plaque**. Plaque is a build-up of **food** and **bacteria** on the teeth, especially around the gum line. The bacteria creates **acid** to break down the food left on the teeth. This is what causes teeth to rot. Over time, this can cause **cavities** (holes) in the teeth. Eventually, these holes will get bigger until they cause the tooth to die and fall out.

There are lots of ways you can make sure that your teeth stay **healthy**...

Brush your teeth twice a day

This helps to remove the food and bacteria on your teeth that lead to tooth decay. When you brush, you should use a fluoride toothpaste and brush for at least two minutes.



Floss

This removes bits of food that get stuck between your teeth.



Go to the dentist regularly

Dentists can give your teeth a thorough clean and fill in any cavities to stop them growing.



Avoid sugary foods

Sugar rots your teeth so it is best not to eat too many sugary foods, such as sweets, chocolates and fizzy drinks.

