

Pearly Teeth, Healthy Body

Chapter 12: Pearly Teeth, Healthy Body · Topic 1

Key Concept

We should brush our teeth twice a day, in the morning and before bed, to remove food particles and prevent cavities.

Eating too many sweets and sugary foods can cause tooth decay, so we should limit them and rinse our mouth after eating.

Regular dental check-ups help catch any teeth problems early and keep our teeth and gums healthy.

Healthy teeth help us chew food properly, which is important for good digestion and overall health.

Quick Revision Notes

- Brush teeth twice daily (morning, before bed).
- This removes food particles, prevents cavities.
- Too many sweets cause tooth decay.
- Limit sweets, rinse mouth after eating.
- Regular dental check-ups catch problems early.
- They keep teeth and gums healthy.
- Healthy teeth help us chew properly.
- This is important for good digestion.

Practice Questions

- 1 Discuss your daily teeth-brushing routine.
- 2 Draw a toothbrush and toothpaste.
- 3 Discuss why sweets can harm our teeth.
- 4 List two good dental habits.
- 5 Discuss the importance of visiting a dentist.
- 6 Practice brushing your teeth correctly.