



TAKE CARE
OF YOUR
Teeth!

by Jessica Lee Anderson

Amplify Atlas™

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Level G

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Teeth have big jobs to do.
They chew food.

Teeth help you to talk.
They help you have a nice smile, too.



You get teeth when you are a baby.
They come out when you are bigger.



Have any of your teeth come out?
Those were baby teeth.
Soon you will get new teeth.



The new teeth will be
bigger and stronger.

You will use your teeth all your life.
So it is your job to take care of them.





How can you take care of your teeth?

Food can get stuck in your teeth.

So, clean your teeth each day.

This will get rid of food that is stuck.

Use a soft toothbrush.

Get one that is easy to hold.

Brush all your teeth.

Then sip water and spit it out.

This will get rid of food, too.

Flossing will also get rid of food.
It keeps your gums strong, too.

Hold the thread on each end.
Put it between each tooth.
Then pull the thread in and out.



How else can you take care of your teeth?
Drink lots of water. Eat good foods.

Apples and carrots are good for your teeth.
Sweets are not so good.



A dentist can help keep your teeth and gums strong.

You need your teeth. So take care of them!



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Informational

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