



Looking After Your Teeth

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Looking After Your Teeth

1. Today we are going to learn about looking after your teeth.
2. Teeth are important! Good teeth will give you: Good Health...Good Looks...Good Speech...Good Breath.
3. You must do everything you can to look after your teeth and gums. Teeth that aren't looked after can cause serious infections that affect other parts of your body and make you ill.
4. Keep your teeth and gums healthy and this will stop your teeth getting holes and falling out. Your gums will be healthy. It is possible for you to have healthy teeth all your life.
5. Now 2 questions for you:
6. Is it possible to stop teeth getting holes?
7. Yes
8. or No?
9. That's right. Look after your teeth and they will be healthy.

Looking After Your Teeth

10. Is it possible to have healthy teeth all your life?

11. Yes

12. or No?

13. You are right. Care for your teeth.

14. There are many things you can do to care for your teeth and gums.

15. The first thing to do is to avoid sweets and sweet things. Eating a lot of sweets rots the teeth quickly. Don't let children eat a lot of sweet things if you want them to have good teeth.

16. These are some of the things to avoid: Sugar cane, sweets, pastry, tea or coffee with sugar, soft or fizzy drinks like colas. All these things can rot the teeth quickly.

17. But some sweet things are good! Fruit and vegetables are good for your teeth and good for you.

18. Which one of these foods is better for your teeth?

Looking After Your Teeth

19. Fruit and vegetables
20. or sweets?
21. That's right. Avoid sweets for healthy teeth.
22. Which one of these foods should you avoid? A banana, an orange, a cola drink or some maize?
23. That's right. Avoid sweet drinks for healthy teeth.
24. Another thing to do is to brush your teeth every day.
25. Brush the teeth from top to bottom like this, not just from side to side. Brush the front, back, top and bottom of all teeth.
26. You should brush your teeth every day and after eating anything sweet.
27. Start brushing your children's teeth as they first appear. Later teach them to brush their teeth themselves.

Looking After Your Teeth

28. How often should you brush your teeth?
29. Just when the teeth look dirty
30. or every day?
31. Yes. It's important to brush your teeth every day.
32. Another very important message for mums. Don't use a bottle to feed older babies.
33. Continual sucking on a bottle covers the baby's teeth in a sweet liquid that will start the teeth to rot.
34. It is best not to bottle feed at all. Breast feeding is always better.
35. What is better for a baby's teeth?
36. Always feeding from a bottle

Looking After Your Teeth

37. Or feeding from the breast?

38. You are right. Breast feeding is best for a baby's health and for baby's teeth.

39. Cleaning teeth is important. Use toothpaste if you can.

40. If you haven't got toothpaste - just water is enough. Some people rub their teeth with powdered charcoal or salt.

41. If you haven't got a toothbrush, you can use a twig of a tree. Sharpen one end to clean between the teeth. Chew on the other end and use the fibres as a brush.

42. Or you can tie a piece of rough towel around the end of a stick and use it as a toothbrush.

43. Is it possible to make a twig from a tree into a toothbrush?

44. Yes

45. or No?

Looking After Your Teeth

46. That's right! A twig can be made into an effective toothbrush.
47. Can you still clean your teeth if you don't have toothpaste?
48. Yes, you can rub them with water
49. Or no, toothpaste is the only thing you can use?
50. Yes! You can rub your teeth with clean water to clean them.
51. It's also possible to clean between your teeth using dental floss as shown in the images you are watching.
52. If you haven't any dental floss then try to use a small piece from a clean plastic bag.
53. Take a small piece of plastic and stretch it to make it thin.
54. You can use the stretched plastic to remove bits of food between your teeth.

Looking After Your Teeth

55. What is dental floss used for?

56. Cleaning between teeth

57. Or cleaning behind teeth?

58. That's right. It's important to remove any food between teeth.

59. What can you use to floss your teeth if you don't have dental floss?

60. A plastic bottle,

61. or a bit of a clean plastic bag?

62. Yes! Stretch a bit of a clean plastic bag to make it thin and use it to remove bits of food between your teeth!

63. Now we will look at what to do if your tooth already has a hole.

Looking After Your Teeth

64. You must avoid eating sweet things, and brush well after every meal.
65. Don't wait until it hurts a lot. Have it filled by a dental worker right away!
66. If your tooth has a hole - how quickly should you see a dental worker?
67. Straight away,
68. Or only when the tooth hurts a lot?
69. You're right. See a dental worker as soon as possible.
70. Remember that good teeth will give you:
71. Good health, Good looks, Good speech, Good eating, Good breath!
72. That was the wrong answer. Let's go back and listen again.

Looking After Your Teeth

73. Sorry! Wrong answer.
74. Hello. The title of this lesson is “Looking after your teeth”. To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again, press the middle button.
75. You’ve now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!
76. Correct!
77. “Looking after your teeth”