

# Healthy Teeth

## Pre-reading

### Questions:

- What are healthy teeth? What do they look like?
- How does one get healthy teeth?



[www.sanjoseca.gov](http://www.sanjoseca.gov) image

### Definitions:

- Oral health – taking care of one’s teeth, tongue and mouth
- Remind – to cause a person to think of something
- Thorough – careful; to leave nothing out
- Cavity – a hole in a tooth caused by decay

## Reading

17 Mai is five years old. Her mother wants her to take good care of her teeth. She  
reminds Mai to brush and floss her teeth twice a day. Mai brushes every morning.  
32 She brushes at night, too. One of the house rules is that teeth need to be brushed  
49 before Mai hears her bedtime story.

55 Mai is a thorough brusher. She brushes all her teeth up and down, left to right.  
71 She reaches to the back of her mouth to brush her molars. Plus, she flosses between  
87 each tooth.

89 Mai takes her time. Her routine lasts two to three minutes. That’s the same  
103 amount of time it takes to sing the A, B, C song. Mai sings it to herself. This helps  
122 her not rush.

125 Mai has nice, white teeth. She does not have any cavities. She has good oral  
140 health.

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## Understanding

1. How does Mai's mother help her have healthy teeth? \_\_\_\_\_

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2. How often does Mai brush and floss her teeth? \_\_\_\_\_

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3. How long does Mai brush and floss her teeth? \_\_\_\_\_

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4. What house rule helps Mai have good oral health? \_\_\_\_\_

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5. What song does Mai sing to herself? Why? \_\_\_\_\_

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## Writing

Option A: Write the story in your own words.

Option B: Write about your oral health.

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