

Why We Brush Our Teeth

Read the text. Then answer the questions on the next page.

- 1 You brush your teeth every morning and every night. Do you know why?
- 2 Tiny living things called germs live in your mouth. They are too small to see. When you eat, bits of food stay on your teeth. The germs eat the sugar in that food.
- 3 As the germs eat, they make acid. Acid can wear things away. Because the acid sits on your teeth, it slowly makes little holes in them. These holes are called cavities. A cavity can make your tooth hurt.
- 4 Brushing sweeps away the food and many of the germs. As a result, less acid is made, and your teeth stay strong. Toothpaste helps too. It has fluoride (say it: FLOR-ide) in it, which makes the outside of your teeth harder. So brush for two minutes, two times a day!



Why We Brush Our Teeth: Questions

Go back to the text to find your proof. Underline it in the color shown.

1. What happens when the germs in your mouth eat sugar?

red

- ☐ They make acid.
- ☐ They go away.
- ☐ They turn into teeth.

2. What causes cavities?

orange

- ☐ brushing too much
- ☐ acid sitting on your teeth
- ☐ drinking water

3. What is one effect of a cavity?

yellow

4. Finish the chart. A cause is why something happens. An effect is what happens.

CAUSE

Germs eat the sugar on your teeth.

→

EFFECT

CAUSE

→

EFFECT

Little holes called cavities form.

CAUSE

You brush away the food and germs.

→

EFFECT

5. Which words in paragraph 4 tell you that an effect is coming?

green

- ☐ two minutes
- ☐ helps too
- ☐ as a result

Why We Brush Our Teeth: Answer Key

Answers are in green. The proof is where to find each answer in the text.

1. What happens when the germs in your mouth eat sugar?

red

- ☒ They make acid.
- ☐ They go away.
- ☐ They turn into teeth.

Proof Paragraph 3: "As the germs eat, they make acid."

2. What causes cavities?

orange

- ☐ brushing too much
- ☒ acid sitting on your teeth
- ☐ drinking water

Proof Paragraph 3: "Because the acid sits on your teeth, it slowly makes little holes in them."

3. What is one effect of a cavity?

yellow

It can make your tooth hurt.

4. Finish the chart. A cause is why something happens. An effect is what happens.

CAUSE

Germs eat the sugar on your teeth.

→

EFFECT

The germs make acid.

CAUSE

Acid sits on your teeth.

→

EFFECT

Little holes called cavities form.

CAUSE

You brush away the food and germs.

→

EFFECT

Your teeth stay strong.

5. Which words in paragraph 4 tell you that an effect is coming?

green

- ☐ two minutes
- ☐ helps too
- ☒ as a result

Proof Paragraph 4: "As a result, less acid is made, and your teeth stay strong."