

Name: .....

Class: .....



# Tooth Brushing Worksheet

Describe why it is important to clean your teeth.

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Describe how you should brush your teeth. Think about what you use to brush your teeth and how long you should brush them for.

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How often should you brush your teeth?

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What is the key ingredient in toothpaste? Describe what it does.

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When you have finished brushing, spit out the toothpaste but do not rinse with water. This will leave a little bit of toothpaste in your mouth that protects your teeth.



**Key words;** Tooth decay, Fluoride, Toothpaste, Toothbrush