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Level 1

We clean our teeth the wrong way

13th August, 2014

<http://www.breakingnewsenglish.com/1408/140813-tooth-brushing-1.html>

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THE READING

From <http://www.breakingnewsenglish.com/1408/140813-tooth-brushing-1.html>

Scientists said we clean our teeth the wrong way. Different dentists give us different advice. Researchers looked at advice in dental textbooks, toothpaste instructions and dental clinics. They found five basic ways of tooth-brushing. Most of them moved the toothbrush along the teeth in circular movements. The researchers said we should stop this. We should move the toothbrush backwards and forwards instead.

A professor of dental public health said we need good information on how to brush our teeth. We should not brush our teeth more than twice a day. This damages the tooth enamel. We should brush for two to three minutes each time and not press too hard. In addition, we shouldn't clean our teeth minutes after eating. This is when the acid in your mouth can damage our teeth. We should also clean our tongue. This also has a lot of bacteria.

Sources: <http://www.mirror.co.uk/news/uk-news/scientists-reveal-perfect-tooth-brushing-4028625#ixzz3A32WPxi6>
<http://www.telegraph.co.uk/journalists/rebecca-smith/11021049/Best-method-for-brushing-teeth-revealed.html>
<http://www.thehealthsite.com/news/brushing-needs-no-proper-technique-says-a-study/>

VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1408/140813-tooth-brushing-1.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|------------------------|
| 1. we clean our teeth | a. we should stop this |
| 2. Different dentists give | b. textbooks |
| 3. advice in dental | c. movements |
| 4. They found five basic ways | d. the wrong way |
| 5. circular | e. move the toothbrush |
| 6. The researchers said | f. forwards instead |
| 7. We should | g. of tooth-brushing |
| 8. backwards and | h. us different advice |

PARAGRAPH TWO:

- | | |
|---|--------------------------|
| 1. A professor of dental | a. too hard |
| 2. We should not brush our teeth | b. each time |
| 3. This damages the | c. of bacteria |
| 4. two to three minutes | d. more than twice a day |
| 5. not press | e. can damage our teeth |
| 6. we shouldn't clean our teeth minutes | f. public health |
| 7. the acid in your mouth | g. tooth enamel |
| 8. This also has a lot | h. after eating |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1408/140813-tooth-brushing-1.html>

Scientists said we clean our teeth (1) _____.

Different dentists give (2) _____.

Researchers looked (3) _____ dental textbooks, toothpaste

instructions and dental clinics. They found

(4) _____ tooth-brushing. Most of them moved

the toothbrush along the teeth in (5) _____.

The researchers said we should stop this. We should move the

toothbrush (6) _____ instead.

A professor of dental public health (7) _____

information on how to brush our teeth.

(8) _____ teeth (9) _____

day. This damages the tooth enamel. We should brush for two to

three minutes each time and not (10) _____.

In addition, we shouldn't clean our teeth

(11) _____. This is when the acid in your mouth

can damage our teeth. We should also clean our tongue. This also

has (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

WRITING

From <http://www.breakingnewsenglish.com/1408/140813-tooth-brushing-1.html>

Write about **teeth** for 10 minutes. Comment on your partner's paper.
