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Level 2

We clean our teeth the wrong way

13th August, 2014

<http://www.breakingnewsenglish.com/1408/140813-tooth-brushing-2.html>

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Please try Levels 0 and 1 (easier) and the 26–page Level 3 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1408/140813-tooth-brushing-2.html>

Scientists from a London university say we clean our teeth the wrong way. Researchers found that different dentists give us different advice. The researchers looked at advice in dental textbooks, toothpaste instructions and dental clinics. They found five basic ways of tooth-brushing and said all of them were incorrect. Most of the methods involve moving the toothbrush along the teeth, using small circular movements. The researchers said we should stop doing this. They said we should use a backwards and forwards movement instead.

The lead author of the study is a professor of dental public health. He said we need good information on the best way to brush our teeth. The research suggests not brushing teeth more than twice a day. This damages the enamel on the teeth. We should brush for no longer than three minutes each time. We shouldn't use too much pressure and brush our teeth too hard. Researchers also said we shouldn't clean our teeth immediately after eating. This is when strong acid in your mouth can damage teeth. We should also clean our tongue because it 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/>

MATCHING

From <http://www.breakingnewsenglish.com/1408/140813-tooth-brushing-2.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|---------------------------|
| 1. we clean our teeth the | a. movements |
| 2. different dentists give | b. textbooks |
| 3. advice in dental | c. along the teeth |
| 4. They found five basic | d. wrong way |
| 5. all of them | e. forwards movement |
| 6. moving the toothbrush | f. us different advice |
| 7. circular | g. were incorrect |
| 8. we should use a backwards and | h. ways of tooth-brushing |

PARAGRAPH TWO:

- | | |
|---|-----------------------------|
| 1. The lead author | a. much pressure |
| 2. research suggests not brushing teeth | b. mouth can damage teeth |
| 3. This damages the enamel | c. more than twice a day |
| 4. We shouldn't use too | d. of the study |
| 5. we shouldn't clean our teeth | e. on the teeth |
| 6. This is when strong acid in your | f. of bacteria |
| 7. We should also clean | g. immediately after eating |
| 8. it has a lot | h. our tongue |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1408/140813-tooth-brushing-2.html>

Scientists from a London university (1) _____ teeth the wrong way. Researchers found that different dentists give us different advice. The researchers (2) _____ dental textbooks, toothpaste instructions and dental clinics. They found (3) _____ tooth-brushing and said all of them were incorrect. Most of (4) _____ moving the toothbrush along the teeth, using small (5) _____. The researchers said we should stop doing this. They said we should use a (6) _____ movement instead.

The (7) _____ study is a professor of dental public health. He said we need good information (8) _____ brush our teeth. The research suggests not brushing teeth more than twice a day. This (9) _____ on the teeth. We should brush for no longer than three minutes each time. We shouldn't (10) _____ and brush our teeth too hard. Researchers also said we shouldn't clean our teeth (11) _____. This is when strong acid in your mouth can damage teeth. We should also clean our (12) _____ a lot of bacteria.

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-2.html>

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