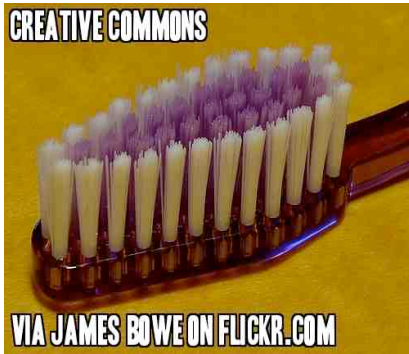


## We clean our teeth the wrong way

13th August, 2014



Scientists say we clean our teeth the wrong way. Researchers from University College, London found that most of the advice that dentists give us is very different. They add that we have been cleaning our

teeth the wrong way. The researchers looked at tooth-brushing advice in dental textbooks, toothpaste instructions and dental clinics. They found five different basic ways of tooth-brushing and decided all of them were incorrect. Most of the methods involve moving the toothbrush along the teeth, with the brush moving round and round in small circular movements. The researchers said we should stop doing this and use a back-and-forth movement instead.

Aubrey Sheilam, lead author of the study and professor of dental public health, said: "The public needs to have sound information on the best method to brush their teeth." The research suggests not brushing teeth too much. More than twice a day damages the enamel on the teeth. The recommended time for brushing is no longer than three minutes each time. The research also says using too much pressure and brushing your teeth too hard will also damage teeth. Researchers also advised not cleaning your teeth immediately after eating. This is when acid is strongest in your mouth and this acid will damage teeth. A final recommendation was to clean the tongue too because it also has a lot of bacteria.

Sources: *Mirror* / *The Telegraph* / *The Health Site*

## Writing

Electric toothbrushes are better than normal ones. Discuss.

## Chat

Talk about these words from the article.

*cleaning teeth / advice / the wrong way / toothpaste / dental clinics / toothbrush / professor / enamel / three minutes / pressure / damaged teeth / tongue / bacteria*

## True / False

- The research is from a dental university in the USA. T / F
- Researchers looked at the way thousands of people clean their teeth. T / F
- Researchers found five different ways we clean our teeth. T / F
- Researchers say we shouldn't brush using circular movements. T / F
- A professor said people have the best tooth-brushing information. T / F
- The study recommends brushing teeth four times a day. T / F
- The research advises against brushing too hard. T / F
- Researchers say we also need to clean our tongue. T / F

## Synonym Match

- |                 |                |
|-----------------|----------------|
| 1. wrong        | a. force       |
| 2. instructions | b. round       |
| 3. basic        | c. action      |
| 4. circular     | d. research    |
| 5. movement     | e. directions  |
| 6. study        | f. technique   |
| 7. sound        | g. incorrect   |
| 8. method       | h. harm        |
| 9. pressure     | i. fundamental |
| 10. damage      | j. reliable    |

## Discussion – Student A

- How do you clean your teeth?
- Do you think the way you clean your teeth is the best way?
- How many times a day should you clean your teeth?
- Will you now change the way you clean your teeth?
- What other things do you do to care for your teeth?
- What condition are your teeth in?
- Is it better to have dentures?
- How important is it to have straight, white teeth?

## Phrase Match

- |                               |                           |
|-------------------------------|---------------------------|
| 1. most of the advice         | a. on the teeth           |
| 2. dental                     | b. basic ways             |
| 3. They found five different  | c. circular movements     |
| 4. round and round in small   | d. health                 |
| 5. use a back-and-            | e. damage teeth           |
| 6. professor of dental public | f. that dentists give us  |
| 7. damages the enamel         | g. clinics                |
| 8. using too much             | h. lot of bacteria        |
| 9. this acid will             | i. forth movement instead |
| 10. it also has a             | j. pressure               |

## Discussion – Student B

- Why do you think there is so much different advice?
- What changes would you like to make to your teeth?
- Do you avoid certain food because it's bad for your teeth?
- What do you think of cleaning your tongue?
- What do you think of going to the dentist?
- What do you do when you have a toothache?
- How can bad teeth affect your health?
- What questions would you like to ask the researchers?

## Spelling

- ntSiscise say we clean our teeth the wrong way
- tooth-brushing eiavdc
- Intdae textbooks
- all of them were ortnccrie
- in small rcilcrau movements
- use a back-and-forth movement etdnais
- lead hartuo of the study
- the best dtemoh to brush their teeth
- damages the lenaem on the teeth
- using too much eupersrs
- clean the nugteo
- it also has a lot of rtaicbea

### Answers – Synonym Match

1. g	2. e	3. i	4. b	5. c
6. d	7. j	8. f	9. a	10. h

## Role Play

### Role A – Regular rinsing with water

You think regular rinsing with water is best for our teeth. Tell the others three reasons why. Tell them why there things aren't so good for our teeth. Also, tell the others which is the least useful of these (and why): no sugar, chewing gum or mouthwash.

### Role B – No sugar

You think no sugar is best for our teeth. Tell the others three reasons why. Tell them why there things aren't so good for our teeth. Also, tell the others which is the least useful of these (and why): regular rinsing with water, chewing gum or mouthwash.

### Role C – Chewing gum

You think chewing gum is best for our teeth. Tell the others three reasons why. Tell them why there things aren't so good for our teeth. Also, tell the others which is the least useful of these (and why): no sugar, regular rinsing with water or mouthwash.

### Role D – Mouthwash

You think mouthwash is best for our teeth. Tell the others three reasons why. Tell them why there things aren't so good for our teeth. Also, tell the others which is the least useful of these (and why): no sugar, chewing gum or regular rinsing with water.

## Speaking – Teeth

Rank these with your partner. Put the most important to you at the top. Change partners often and share your rankings.

- |                |                   |
|----------------|-------------------|
| • straightness | • number          |
| • sensitivity  | • no gaps         |
| • cavity-free  | • colour          |
| • size         | • no overcrowding |

### Answers – True False

a	F	b	F	c	T	d	T	e	F	f	F	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.