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Level 3 – 6th February 2025

Flossing your teeth could reduce the risk of stroke

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<https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

Dental hygiene (looking after your teeth and gums) is good for you. It keeps your teeth healthy, and it can help your brain. New research from the University of South Carolina suggests that flossing your teeth could reduce the risk of having a stroke. A stroke is like a heart attack, but it affects the brain. It happens when blood cannot get to the brain, or when a blood vessel in the brain bursts. Around 15 million people worldwide have a stroke each year. Of these, about 5 million die, and 5 million are left disabled. Researcher Dr Souvik Sen said oral diseases, such as tooth decay and gum disease, affect around 3.5 billion people. He said these diseases are the most widespread health problems.

Dr Sen and his team of researchers looked into the effects of flossing on our health. He said: "We aimed to determine which oral hygiene behavior - dental flossing, brushing or regular dentist visits - has the greatest impact on stroke prevention." The team found that flossing teeth at least once a week could lower the risk of different types of stroke by 22 per cent to 44 per cent. Dr Sen said flossing could reduce the risk of stroke "by reducing oral infections". He added that flossing was a cheap and easy way of caring for your teeth and body. He said: "Many people have said that dental care is costly. Flossing is a healthy habit that is easy, affordable and accessible."

Sources: <https://nypost.com/2025/01/30/health/good-hygiene-habit-that-could-reduce-stroke-risk-revealed/>
<https://www.health.com/flossing-as-little-as-once-a-week-may-protect-against-stroke-8781732>
<https://www.the-independent.com/life-style/health-and-families/teeth-dental-hygiene-flossing-stroke-b2690742.html>

WARM-UPS

1. TEETH: Students walk around the class and talk to other students about teeth. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

dental / hygiene / teeth / gums / brain / risk / stroke / blood / disabled / diseases / flossing / health / brushing / dentist visits / cheap / body / dental care / healthy habit

Have a chat about the topics you liked. Change topics and partners frequently.

3. FREE FLOSS: Students A **strongly** believe we all need and should get free dental floss; Students B **strongly** believe we shouldn't. Change partners again and talk about your conversations.

4. DENTAL CARE: Why are these things important? Complete this table with your partner(s). Change partners often and share what you wrote.

	Importance	How Often
Toothbrush		
Dental floss		
Toothpicks		
Toothpaste		
Mouthwash		
Chewing gum		

5. HYGIENE: Spend one minute writing down all of the different words you associate with the word "hygiene". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. DENTAL PROBLEMS: Rank these with your partner. Put the biggest problems at the top. Change partners often and share your rankings.

- Tooth decay
- Gum disease
- Stained teeth
- Bad breath
- Toothaches
- Cracked teeth
- Grinding one's teeth
- Abscess

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|---|
| 1. dental | a. About teeth. |
| 2. hygiene | b. To break open suddenly. |
| 3. gums | c. Keeping clean to stay healthy. |
| 4. reduce | d. The chance / possibility that something bad might happen. |
| 5. risk | e. The soft pink parts around your teeth. |
| 6. burst | f. To make smaller or less. |
| 7. tooth decay | g. Damage to a tooth because of too much sugar or not enough cleaning / brushing. |

Paragraph 2

- | | |
|----------------|--|
| 8. aimed | h. Stopping something bad before it happens. |
| 9. determine | i. Not less than. |
| 10. oral | j. Tried to do or get something. |
| 11. at least | k. Expensive; needs a lot of money. |
| 12. prevention | l. To find out or decide something. |
| 13. costly | m. Not too expensive; easy to buy. |
| 14. affordable | n. About the mouth. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says flossing helps your smile and keeps your head healthy. **T / F**
2. A stroke is similar to a heart attack for the brain. **T / F**
3. About 15 million people a year die from stroke. **T / F**
4. Tooth decay and gum disease affects 3.5 billion people. **T / F**
5. Researchers looked into the effects of health on flossing. **T / F**
6. Researchers say flossing once a day reduces the risk of stroke by 44%. **T / F**
7. The article says flossing is expensive. **T / F**
8. The article says flossing is easy and accessible. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-----------------------|----------------|
| 1. hygiene | a. examined |
| 2. risk | b. splits open |
| 3. bursts | c. convenient |
| 4. tooth decay | d. find out |
| 5. widespread | e. possibility |
| 6. looked into | f. diseases |
| 7. determine | g. cavities |
| 8. reduce | h. cleanliness |
| 9. infections | i. cut |
| 10. accessible | j. extensive |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|-----------------------------|--------------------------|
| 1. looking after your teeth | a. is costly |
| 2. reduce the risk | b. decay |
| 3. blood | c. health problems |
| 4. tooth | d. on stroke prevention |
| 5. the most widespread | e. vessel |
| 6. the greatest impact | f. habit |
| 7. flossing teeth at | g. and gums |
| 8. a cheap and easy way of | h. least once a week |
| 9. dental care | i. of having a stroke |
| 10. Flossing is a healthy | j. caring for your teeth |

GAP FILL

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

Dental (1) _____ (looking after your teeth and gums) is good for you. It keeps your teeth healthy, and it can help your (2) _____. New research from the University of South Carolina suggests that flossing your teeth could reduce the (3) _____ of having a stroke. A stroke is like a heart (4) _____, but it affects the brain. It happens when blood cannot get to the brain, or when a (5) _____ vessel in the brain bursts. Around 15 million people (6) _____ have a stroke each year. Of these, about 5 million die, and 5 million are left disabled. Researcher Dr Souvik Sen said oral (7) _____, such as tooth decay and gum disease, affect around 3.5 billion people. He said these diseases are the most (8) _____ health problems.

attack
hygiene
worldwide
blood
widespread
risk
diseases
brain

Dr Sen and his team of researchers looked into the (9) _____ of flossing on our health. He said: "We aimed to (10) _____ which oral hygiene behavior - dental flossing, brushing or regular dentist visits - has the greatest (11) _____ on stroke prevention." The team found that flossing teeth at least once a week could (12) _____ the risk of different (13) _____ of stroke by 22 per cent to 44 per cent. Dr Sen said flossing could reduce the risk of stroke "by reducing oral (14) _____". He added that flossing was a cheap and easy way of caring for your teeth and body. He said: "Many people have said that dental care is (15) _____. Flossing is a healthy (16) _____ that is easy, affordable and accessible."

costly
determine
lower
infections
effects
habit
types
impact

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

- 1) Dental hygiene (looking after your _____)
 - a. tooth and gums
 - b. teeth and gum
 - c. teeth and gums
 - d. tooth and gum
- 2) It keeps your teeth healthy, and it can _____
 - a. help your brainy
 - b. heap your brain
 - c. help your brainier
 - d. help your brain
- 3) A stroke is like a heart attack, but it _____
 - a. effects the brain
 - b. affects the brain
 - c. infects the brain
 - d. reflects the brain
- 4) when blood cannot get to the brain, or when a blood vessel in _____
 - a. a brain bursts
 - b. their brain bursts
 - c. this brain bursts
 - d. the brain bursts
- 5) He said these diseases are the most _____
 - a. widespread wealth problems
 - b. widespread stealth problems
 - c. widespread health problems
 - d. widespread hearth problems
- 6) Dr Sen and his team of researchers looked into the effects of flossing _____
 - a. oh our health
 - b. of our health
 - c. off our health
 - d. on our health
- 7) determine which oral hygiene behavior - dental flossing, brushing or _____
 - a. regular dentist visitors
 - b. regular dentist visit
 - c. regular dentist visits
 - d. regular dentist visitor
- 8) flossing teeth at least once a week could lower the risk of different _____
 - a. types of stroke
 - b. tapes of stroke
 - c. tips of stroke
 - d. tropes of stroke
- 9) flossing was a cheap and easy way of caring for your _____
 - a. teeth and bloody
 - b. teeth and embody
 - c. teeth and bodily
 - d. teeth and body
- 10) He said many people have said that dental _____
 - a. care is cost
 - b. care is costly
 - c. care is costs
 - d. care is costed

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

Dental hygiene (looking after your (1) _____) is good for you. It keeps your teeth healthy, and it can (2) _____. New research from the University of South Carolina suggests that flossing your teeth could reduce the risk of having a stroke. A stroke is like (3) _____, but it affects the brain. It happens when blood cannot get to the brain, or when (4) _____ in the brain bursts. Around 15 million people worldwide have a stroke each year. Of these, about 5 million die, and 5 million (5) _____. Researcher Dr Souvik Sen said oral diseases, such as tooth decay and gum disease, affect around 3.5 billion people. He said these diseases are (6) _____ health problems.

Dr Sen and his team of researchers looked into (7) _____ flossing on our health. He said: "We aimed to determine which oral hygiene behavior - dental flossing, brushing or (8) _____ - has the greatest impact on stroke prevention." The team found that flossing teeth at (9) _____ week could lower the risk of different types of stroke by 22 per cent to 44 per cent. Dr Sen said flossing could (10) _____ of stroke "by reducing oral infections". He added that flossing was a cheap and easy (11) _____ for your teeth and body. He said: "Many people have said that dental care is costly. Flossing is a (12) _____ is easy, affordable and accessible."

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

1. What does the article say dental hygiene is good for looking after?
2. What does a stroke affect?
3. What can burst in the brain?
4. How many people die from a stroke each year?
5. How many people have tooth decay or gum disease?
6. Who helped Dr Sen look into the effects of flossing on our health?
7. How often should we brush our teeth to reduce the risk of stroke?
8. What did a doctor say flossing was a cheap and easy way of caring for?
9. What do many people say is costly?
10. What kind of habit does the article call flossing?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

- 1) What does the article say dental hygiene is good for looking after?
 - a) your breath
 - b) your smile
 - c) your liver and kidneys
 - d) your teeth and gums
- 2) What does a stroke affect?
 - a) old age
 - b) the brain
 - c) the whiteness of your teeth
 - d) flossing
- 3) What can burst in the brain?
 - a) the brainstem
 - b) brain cells
 - c) thought
 - d) blood vessels
- 4) How many people die from a stroke each year?
 - a) about 15 million
 - b) about 50 million
 - c) about 5 million
 - d) about 5.5 million
- 5) How many people have tooth decay of gum disease?
 - a) around 6.5 billion
 - b) around 5.5 billion
 - c) around 4.5 billion
 - d) around 3.5 billion
- 6) Who helped Dr Sen look into the effects of flossing on our health?
 - a) dentists in New Zealand
 - b) patients
 - c) his team of researchers
 - d) a dental floss company
- 7) How often should we floss our teeth to reduce the risk of stroke?
 - a) at least once a week
 - b) several times a week
 - c) at least once a day
 - d) several times a day
- 8) What did a doctor say flossing was a cheap and easy way of caring for?
 - a) your smile
 - b) tooth decay
 - c) your teeth and body
 - d) dental care
- 9) What do many people say is costly?
 - a) smiling
 - b) dental care
 - c) reducing oral infections
 - d) flossing
- 10) What kind of habit does the article call flossing?
 - a) a healthy habit
 - b) an expensive habit
 - c) a bad habit
 - d) a damaging habit

ROLE PLAY

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

Role A – Tooth Decay

You think tooth decay is the biggest dental problem. Tell the others three reasons why. Tell them why their problems aren't so bad. Also, tell the others which is the least worrying of these (and why): gum disease, bad breath or stained teeth.

Role B – Gum Disease

You think gum disease is the biggest dental problem. Tell the others three reasons why. Tell them why their problems aren't so bad. Also, tell the others which is the least worrying of these (and why): tooth decay, bad breath or stained teeth.

Role C – Bad Breath

You think bad breath is the biggest dental problem. Tell the others three reasons why. Tell them why their problems aren't so bad. Also, tell the others which is the least worrying of these (and why): gum disease, tooth decay or stained teeth.

Role D – Stained Teeth

You think stained teeth is the biggest dental problem. Tell the others three reasons why. Tell them why their problems aren't so bad. Also, tell the others which is the least worrying of these (and why): gum disease, bad breath or tooth decay.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for... the words 'flossing' and 'teeth'.

flossing	teeth
-----------------	--------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• good• suggests• happens• around• disabled• decay	<ul style="list-style-type: none">• looked• regular• once• reduce• caring• habit
---	---

TEETH SURVEY

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

Write five GOOD questions about teeth in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

TEETH DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'flossing'?
3. What do you think of flossing?
4. How important is dental hygiene?
5. What do you do to look after your teeth?
6. What do you know about strokes?
7. Are you happy with your teeth?
8. What problems can people have with their teeth?
9. Do you ever get tooth decay?
10. What do you think of going to the dentist?

Flossing your teeth could reduce the risk of stroke – 6th February 2025
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TEETH DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'teeth'?
13. What do you think about what you read?
14. How regularly do you floss?
15. For how many minutes should we brush our teeth?
16. How important are straight, white teeth?
17. What do you think of the cost of dental care?
18. What problems have you had with your teeth?
19. Has this article changed your opinion of flossing?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

Dental hygiene (looking (1) _____ your teeth and gums) is good for you. It keeps your teeth healthy, and it can help your brain. New research from the University of South Carolina suggests that flossing your teeth could (2) _____ the risk of having a stroke. A stroke is like a heart attack, but it (3) _____ the brain. It happens when blood cannot get to the brain, or when a blood vessel in the brain (4) _____. Around 15 million people worldwide have a stroke each year. Of these, about 5 million die, and 5 million are (5) _____ disabled. Researcher Dr Souvik Sen said oral diseases, such as tooth decay and gum disease, affect around 3.5 billion people. He said (6) _____ diseases are the most widespread health problems.

Dr Sen and his team of researchers looked into the effects of flossing (7) _____ our health. He said: "We aimed to determine which (8) _____ hygiene behavior - dental flossing, brushing or regular dentist visits - has the greatest impact on stroke prevention." The team found that flossing teeth at least (9) _____ a week could lower the risk of different types of stroke by 22 per cent to 44 per cent. Dr Sen said flossing could reduce the risk of stroke "(10) _____ reducing oral infections". He added that flossing was a cheap and easy way of (11) _____ for your teeth and body. He said: "Many people have said that dental care is costly. Flossing is a healthy (12) _____ that is easy, affordable and accessible."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|--------------|-------------|--------------|--------------|
| 1. | (a) after | (b) then | (c) before | (d) up |
| 2. | (a) down | (b) low | (c) reduce | (d) less |
| 3. | (a) effects | (b) infects | (c) affects | (d) reflects |
| 4. | (a) feeds | (b) tries | (c) lowers | (d) bursts |
| 5. | (a) right | (b) up | (c) left | (d) down |
| 6. | (a) they | (b) these | (c) them | (d) there |
| 7. | (a) in | (b) on | (c) at | (d) to |
| 8. | (a) aural | (b) oral | (c) aerial | (d) rural |
| 9. | (a) one | (b) only | (c) once | (d) ones |
| 10. | (a) on | (b) at | (c) of | (d) by |
| 11. | (a) pairing | (b) daring | (c) sharing | (d) caring |
| 12. | (a) fluoride | (b) tooth | (c) heritage | (d) habit |

SPELLING

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

Paragraph 1

1. Dental ehigney
2. A stroke is like a rehta attack
3. a dolbo vessel in the brain bursts
4. 5 million are left ildsadbe
5. tooth cedya
6. these dsiseeas are the most widespread

Paragraph 2

7. urgarel dentist visits
8. the greatest impact on stroke poverennti
9. different syept of stroke
10. eeucdr the risk of stroke
11. reducing oral fictoinesn
12. Flossing is a healthy athbi

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

Number these lines in the correct order.

- () cannot get to the brain, or when a blood vessel in the brain bursts. Around 15 million people
- () Dr Souvik Sen said oral diseases, such as tooth decay and gum disease, affect
- () impact on stroke prevention." The team found that flossing teeth at least once a week could lower the risk of different
- () which oral hygiene behavior - dental flossing, brushing or regular dentist visits - has the greatest
- () for your teeth and body. He said: "Many people have said that dental care is
- (**1**) Dental hygiene (looking after your teeth and gums) is good for you. It keeps your teeth healthy, and it can
- () Dr Sen and his team of researchers looked into the effects of flossing on our health. He said: "We aimed to determine
- () of having a stroke. A stroke is like a heart attack, but it affects the brain. It happens when blood
- () costly. Flossing is a healthy habit that is easy, affordable and accessible."
- () help your brain. New research from the University of South Carolina suggests that flossing your teeth could reduce the risk
- () around 3.5 billion people. He said these diseases are the most widespread health problems.
- () worldwide have a stroke each year. Of these, about 5 million die, and 5 million are left disabled. Researcher
- () "by reducing oral infections". He added that flossing was a cheap and easy way of caring
- () types of stroke by 22 per cent to 44 per cent. Dr Sen said flossing could reduce the risk of stroke

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

1. is Hygiene and after teeth looking your gums .
2. risk . your teeth Flossing reduce the could
3. reach It happens the when blood cannot brain .
4. blood When bursts . vessel in a the brain
5. diseases health are most the widespread These problems .
6. effects The on flossing health . of our
7. or like dental Oral behavior, hygiene brushing . flossing
8. of of risk different types Lower the stroke .
9. costly . have People dental that care is said
10. is a is that healthy Flossing habit easy .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

Dental hygiene (looking *after* / *before* your teeth and gums) is good for you. It *keeps* / *gives* your teeth healthy, and it can help your brain. New research from the University of South Carolina suggests that flossing your teeth could reduce the *risky* / *risk* of having a stroke. A stroke is like a heart *attacked* / *attack*, but it affects the brain. It *happens* / *happening* when blood cannot get to the brain, or when a blood vessel *at* / *in* the brain bursts. Around 15 million people worldwide have a stroke *all* / *each* year. Of these, about 5 million die, and 5 million are *left* / *right* disabled. Researcher Dr Souvik Sen said oral diseases, such as tooth decay and gum disease, *effect* / *affect* around 3.5 billion people. He said *them* / *these* diseases are the most widespread health problems.

Dr Sen and his team of *researcher* / *researchers* looked into the effects of flossing *on* / *in* our health. He said: "We aimed to determine which *aural* / *oral* hygiene behavior - dental flossing, brushing or *regularly* / *regular* dentist visits - has the *greatest* / *best* impact on stroke prevention." The team found that flossing teeth at least *once* / *one* a week could lower the risk of different types of stroke by 22 per cent to 44 per cent. Dr Sen said flossing could reduce the risk of stroke "*of* / *by* reducing oral infections". He added that flossing was a *cheap* / *cheaply* and easy way of caring for your teeth and body. He said: "Many people have said that dental care is *cost* / *costly*. Flossing is a healthy habit that *is* / *are* easy, affordable and accessible."

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

Dentist hygiene (looking after your teeth and gums) is good for you. It keeps your teeth healthy, and it can help your brain. New research from the University of South Carolina suggests that flossing your teeth could reduce the risk of having a stroke. A stroke is like a heart attack, but it affects the brain. It happens when blood cannot get to the brain, or when the blood vessel in the brain bursts. Around 15 million people worldwide have a stroke each year. Of these, about 5 million die, and 5 million are left disabled. Researcher Dr. Steven S. Suddarth said, "Flossing, such as tooth decay and gum disease, affect around 3.5 billion people. He said these diseases are the most widespread health problems."

Dr. Suddarth and his team of researchers looked into the effects of flossing on your health. He said: "We found that dentin, which is oral hygiene behavior - dental flossing, brushing or regular dentist visits - has the greatest impact on stroke prevention." The team found that flossing teeth at least once a week could lower the risk of different types of stroke by 22 percent to 44 percent. Dr. Suddarth said flossing could reduce the risk of stroke "by reducing oral infections". He added that flossing was a cheap and easy way of caring for your teeth and body. He said: "Many people have said that dental care is costly. Flossing is a healthy habit that is easy, affordable and accessible."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

dental hygiene looking after your teeth and gums is good for you it keeps your teeth healthy and it can help your brain new research from the university of south carolina suggests that flossing your teeth could reduce the risk of having a stroke a stroke is like a heart attack but it affects the brain it happens when blood cannot get to the brain or when a blood vessel in the brain bursts around 15 million people worldwide have a stroke each year of these about 5 million die and 5 million are left disabled researcher dr souvik sen said oral diseases such as tooth decay and gum disease affect around 35 billion people he said these diseases are the most widespread health problems

dr sen and his team of researchers looked into the effects of flossing on our health he said we aimed to determine which oral hygiene behavior dental flossing brushing or regular dentist visits has the greatest impact on stroke prevention the team found that flossing teeth at least once a week could lower the risk of different types of stroke by 22 per cent to 44 per cent dr sen said flossing could reduce the risk of stroke by reducing oral infections he added that flossing was a cheap and easy way of caring for your teeth and body he said many people have said that dental care is costly flossing is a healthy habit that is easy affordable and accessible

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene.html>

Dental hygiene (looking after your teeth and gums) is good for you. It keeps your teeth healthy, and it can help your brain. New research from the University of South Carolina suggests that flossing your teeth could reduce the risk of having a stroke. A stroke is like a heart attack, but it affects the brain. It happens when blood cannot get to the brain, or when a blood vessel in the brain bursts. Around 15 million people worldwide have a stroke each year. Of these, about 5 million die, and 5 million are left disabled. Researcher Dr Souvik Sen said oral diseases, such as tooth decay and gum disease, affect around 3.5 billion people. He said these diseases are the most widespread health problems. Dr Sen and his team of researchers looked into the effects of flossing on our health. He said: "We aimed to determine which oral hygiene behavior - dental flossing, brushing or regular dentist visits - has the greatest impact on stroke prevention." The team found that flossing teeth at least once a week could lower the risk of different types of stroke by 22 percent to 44 percent. Dr Sen said flossing could reduce the risk of stroke "by reducing oral infections". He added that flossing was a cheap and easy way of caring for your teeth and body. He said: "Many people have said that dental care is costly. Flossing is a healthy habit that is easy, affordable and accessible."

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. TEETH: Make a poster about teeth. Show your work to your classmates in the next lesson. Did you all have similar things?

4. FREE DENTAL FLOSS: Write a magazine article about dentists giving free dental floss to everyone. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on teeth. Ask him/her three questions about them. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. a 2. c 3. e 4. f 5. d 6. b 7. g
8. j 9. l 10. n 11. i 12. h 13. k 14. m

TRUE / FALSE (p.5)

- 1 F 2 T 3 F 4 T 5 F 6 F 7 F 8 T

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

- Your teeth and gums
- The brain
- Blood vessels
- About 5 million
- Around 3.5 billion
- His team of researchers
- At least once a week
- Your teeth and body
- Dental care
- A healthy habit

WORDS IN THE RIGHT ORDER (p.19)

- Hygiene is looking after your teeth and gums.
- Flossing your teeth could reduce the risk.
- It happens when blood cannot reach the brain.
- When a blood vessel in the brain bursts.
- These diseases are the most widespread health problems.
- The effects of flossing on our health.
- Oral hygiene behavior, like dental flossing or brushing.
- Lower the risk of different types of stroke.
- People have said that dental care is costly.
- Flossing is a healthy habit that is easy.

MULTIPLE CHOICE - QUIZ (p.10)

1. d 2. b 3. d 4. c 5. d 6. c 7. a 8. c 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)