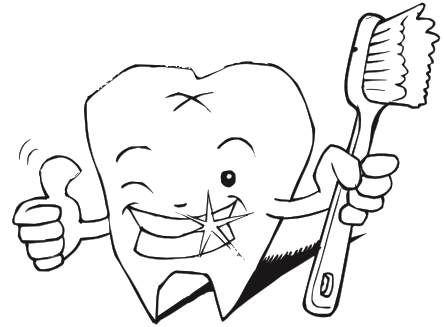


Tooth care

Many people do not take good care of their teeth. I think people need to understand why they should look after their teeth and how to do it.



If we don't look after our teeth, they will decay and then break and fall out. Then they will look horrible and may hurt a lot.

We need our teeth for biting our food. Imagine trying to eat meat, carrots and crisp apples without any teeth. We would be like little babies and have to eat soft or mashed up food. Yuk!

Our teeth help us to speak clearly. I know when my grandfather takes his false teeth out, he sounds funny. I would hate to sound like that.

My little sister told our grandfather she wished she could take her teeth out like he does. He said he'd love to have his own teeth back because he can't chew his food properly and they hurt his mouth. They also cost him a lot of money.

Looking after our teeth is really not that hard. We need to:

- Clean them properly after eating.
- Try not to eat or drink too many sweet things.
- Visit the dentist to have our teeth and gums checked.

Our teeth are very important. I would hate to live without my teeth or with rotten ones. We must look after our teeth. It is quite easy.

