

Minnesota Department of Health ELL Health Curriculum Answer Key – Lesson 4

Lesson 4: Oral Health

Reading Questions

1. If you do not take care of your mouth, germs can damage your teeth and gums and move to other parts of your body.
2. Tooth decay is damage to a tooth caused by bacteria. When tooth decay gets worse, it can lead to a cavity, which is a hole in the tooth. When you eat, especially sugary foods, the sugar comes into contact with plaque (a layer of bacteria) on your teeth. The bacteria use the sugars to make acid, which wears away the tooth enamel.
3. Brush your teeth twice a day and floss once a day. Brush your tongue. Use mouthwash. Go to the dentist regularly (every 6 months). See the dentist right away if you have a toothache or any kind of pain in your mouth.

Conversation

Answers will vary

To take care of your teeth and prevent cavities, dentists recommend brushing your teeth and tongue twice per day, floss once a day, and use mouthwash. Drink plenty of water and rinse mouth frequently. Avoid smoking. Cut back on sugary foods, soda and alcohol. Change toothbrush every 3 to 4 months. Go to the dentist every six months or sooner if you have a toothache.

Quiz

1. d
2. b
3. d
4. a
5. c
6. d
7. See your dentist right away.
8. websites: CDC, mayoclinic.com, mouthhealthy.org

CCRS STANDARDS ALIGNMENT:

CCR Anchor 1 (Language): Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

- Produce and expand complete simple and compound declarative interrogative, imperative and exclamatory sentences in response to prompts.