



How to brush your teeth

LUCA: I love the fair! Can I eat the lollipop now?

LUIZA: Of course! But brush your teeth really well afterwards.

LUCA: Oh, do I have to?

LUIZA: Yes. Taking care of your teeth is really important. We need them to eat, talk and smile! Today we're going to show you how to brush your teeth properly!

LUIZA AND LUCA: Let's do it!

LUCA: So, what do we need?

LUIZA: We need a toothbrush, toothpaste and, the most important part, your teeth!

Before we start, do you know what happens if we don't brush our teeth properly?

LUCA: No, what happens?

LUIZA: Something called plaque forms on our teeth, and if we don't brush it off, the plaque attacks our teeth and makes holes in them.

LUCA: Oh, no! I don't want holes in my teeth!

LUIZA: So, you need to remove the plaque! The first thing to do is to put toothpaste on your toothbrush.

Then open your mouth wide, like this, and start brushing!

Start at the back, hold the brush near to the gum and brush the outside surface gently, in small circles.

How to ...





Then start at the back again and brush the biting surface.

And, finally, brush the inside surface. This is the most difficult part, so take your time.

LUCA: Finished!

LUISA: Well done! That was one minute for your bottom teeth. Now you need to do exactly the same for your top teeth.

LUCA: The outside teeth ... the biting surface ... and the inside teeth!

Done!

LUISA: Ready, set, go!

Don't forget to visit your dentist regularly and don't eat too many sweets!

Ten seconds down! We hope you enjoyed the video and have fun brushing your teeth!

LUISA AND LUCA: Bye bye!

LUISA: Remember! To brush your teeth:

- put toothpaste on your toothbrush
- start at the back
- brush in small circles
- brush the outside, biting and inside surfaces
- brush your bottom teeth for one minute and your top teeth for one minute.

That's it! Brush your teeth like this twice a day.