

# What Would Happen If You Stopped Brushing Your Teeth

## VOCABULARY

- \***Plaque** – a soft substance that forms on teeth and encourages the growth of harmful bacteria
- \***Biofilm** – a thin layer of living organisms
- \***Tartar** – a hard substance that forms on teeth
- \***Cavity** – a hole in a tooth
- \***Gingivitis** – inflammation of the gums
- \***Periodontitis** – the inflammation of periodontal tissue (*situated or occurring around a tooth*)
- \***Erectile dysfunction** – difficulty in achieving or maintaining an erection of the penis; impotence
- \***Dementia** – a state of serious mental deterioration, of organic or functional origin, characterized by declining memory and intellectual ability, and emotional and behavioural changes

## COMPREHENSION

1. What is streptococci?
2. What is plaque?
3. What happens after a week of not brushing your teeth?
4. How does gingivitis form?
5. How does the immune system react when teeth haven't been brushed in a year?

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## LET'S TALK

1. How do you take care of your teeth?
2. How often do you pay a visit to your dentist?
3. How does the availability of processed foods and sugar affect your ability to make healthy choices for your body?