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Level 3

We clean our teeth the wrong way

13th August, 2014

<http://www.breakingnewsenglish.com/1408/140813-tooth-brushing.html>

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

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

Scientists say we clean our teeth the wrong way. Researchers from University College, London found that most of the advice that dentists give us is very different. They add that we have been cleaning our teeth the wrong way. The researchers looked at tooth-brushing advice in dental textbooks, toothpaste instructions and dental clinics. They found five different basic ways of tooth-brushing and decided all of them were incorrect. Most of the methods involve moving the toothbrush along the teeth, with the brush moving round and round in small circular movements. The researchers said we should stop doing this and use a back-and-forth movement instead.

Aubrey Sheilam, lead author of the study and professor of dental public health, said: "The public needs to have sound information on the best method to brush their teeth." The research suggests not brushing teeth too much. More than twice a day damages the enamel on the teeth. The recommended time for brushing is no longer than three minutes each time. The research also says using too much pressure and brushing your teeth too hard will also damage teeth. Researchers also advised not cleaning your teeth immediately after eating. This is when acid is strongest in your mouth and this acid will damage teeth. A final recommendation was to clean the tongue too because it also has a lot of bacteria.

Sources: <http://www.mirror.co.uk/news/uk-news/scientists-reveal-perfect-tooth-brushing-4028625#ixzz3A32WPxi6>
<http://www.telegraph.co.uk/journalists/rebecca-smith/11021049/Best-method-for-brushing-teeth-revealed.html>
<http://www.thehealthsite.com/news/brushing-needs-no-proper-technique-says-a-study/>

WARM-UPS

1. TOOTHBRUSHES: Students walk around the class and talk to other students about toothbrushes. 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?

cleaning teeth / advice / the wrong way / toothpaste / dental clinics / toothbrush / professor / enamel / three minutes / pressure / damaged teeth / tongue / bacteria

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

3. THE RIGHT WAY: How do you do these things? How could you do them better? Complete this table and share what you wrote with your partner(s). Change partners often.

	How you do this	How to improve
Cleaning teeth		
Studying English		
Brushing hair		
Exercising		
Typing		
Cooking		

4. TOOTH BRUSHING: Students A **strongly** believe we won't need to clean our teeth with a brush in the future; Students B **strongly** believe we will always need a toothbrush. Change partners again and talk about your conversations.

5. TEETH: Rank these with your partner. Put the most important to you at the top. Change partners often and share your rankings.

- straightness
- sensitivity
- cavity-free
- size
- number
- no gaps
- colour
- no overcrowding

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

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

1. TRUE / FALSE:

Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|---|-------|
| a. The research is from a dental university in the USA. | T / F |
| b. Researchers looked at the way thousands of people clean their teeth. | T / F |
| c. Researchers found five different ways we clean our teeth. | T / F |
| d. Researchers say we shouldn't brush using circular movements. | T / F |
| e. A professor said people have the best tooth-brushing information. | T / F |
| f. The study recommends brushing teeth four times a day. | T / F |
| g. The research advises against brushing too hard. | T / F |
| h. Researchers say we also need to clean our tongue. | T / F |

2. SYNONYM MATCH:

Match the following synonyms from the article.

- | | |
|-----------------|----------------|
| 1. wrong | a. force |
| 2. instructions | b. round |
| 3. basic | c. action |
| 4. circular | d. research |
| 5. movement | e. directions |
| 6. study | f. technique |
| 7. sound | g. incorrect |
| 8. method | h. harm |
| 9. pressure | i. fundamental |
| 10. damage | j. reliable |

3. PHRASE MATCH:

(Sometimes more than one choice is possible.)

- | | |
|-------------------------------|---------------------------|
| 1. most of the advice | a. on the teeth |
| 2. dental | b. basic ways |
| 3. They found five different | c. circular movements |
| 4. round and round in small | d. health |
| 5. use a back-and- | e. damage teeth |
| 6. professor of dental public | f. that dentists give us |
| 7. damages the enamel | g. clinics |
| 8. using too much | h. lot of bacteria |
| 9. this acid will | i. forth movement instead |
| 10. it also has a | j. pressure |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

Scientists say we clean our teeth the wrong (1) _____. Researchers from University College, London found that (2) _____ of the advice that dentists give us is very different. They (3) _____ that we have been cleaning our teeth the wrong way. The researchers looked at tooth-brushing (4) _____ in dental textbooks, toothpaste instructions and dental (5) _____. They found five different basic ways of tooth-brushing and decided all of them were incorrect. Most of the methods involve moving the toothbrush (6) _____ the teeth, with the brush moving round and round in small (7) _____ movements. The researchers said we should stop doing this and use a back-and-forth (8) _____ instead.

along

add

way

clinics

movement

most

circular

advice

Aubrey Sheilam, lead (9) _____ of the study and professor of dental public health, said: "The public needs to have sound information on the best (10) _____ to brush their teeth." The research suggests not brushing teeth too much. More than (11) _____ a day damages the enamel on the teeth. The recommended time for brushing is no (12) _____ than three minutes each time. The research also says using too much pressure and brushing your teeth too (13) _____ will also damage teeth. Researchers also advised not cleaning your teeth (14) _____ after eating. This is when acid is strongest in your mouth and this (15) _____ will damage teeth. A final recommendation was to clean the (16) _____ too because it also has a lot of bacteria.

immediately

tongue

twice

author

hard

method

acid

longer

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

- 1) most of the advice that dentists give us _____
 - a. is very difference
 - b. is very differential
 - c. is very diffident
 - d. is very different
- 2) The researchers looked at tooth-brushing advice _____
 - a. in dentist textbooks
 - b. in dent all textbooks
 - c. in dental textbooks
 - d. in denture textbooks
- 3) decided all of them _____
 - a. were in correct
 - b. were ink correct
 - c. were incorrectly
 - d. were incorrect
- 4) Most of the methods involve moving the toothbrush _____
 - a. along the teeth
 - b. all along the teeth
 - c. a long the teeth
 - d. all a long the teeth
- 5) The researchers said we should stop doing this and use a back-and-_____
 - a. fourth movement instead
 - b. for movement instead
 - c. forth movement instead
 - d. forward movement instead
- 6) lead author of the study and professor of _____
 - a. dental public health
 - b. dental publicly health
 - c. dental pub lick health
 - d. dental publicity health
- 7) The public needs to have sound information _____
 - a. on a best method
 - b. on the best method
 - c. on this best method
 - d. on their best method
- 8) More than twice a day damages the _____
 - a. enamel in the teeth
 - b. enamel on the teeth
 - c. enamel and the teeth
 - d. enamel end the teeth
- 9) Researchers also advised not cleaning your teeth _____
 - a. immediatly after eating
 - b. immediacy after eating
 - c. immediate tea after eating
 - d. immediate after eating
- 10) clean the tongue too because it also has _____
 - a. a lot of bacteria
 - b. the lot of bacteria
 - c. a lots of bacteria
 - d. lot of bacteria

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

Scientists say we clean our teeth (1) _____. Researchers from University College, London found that (2) _____ that dentists give us is very different. They add that we have been cleaning our teeth the wrong way. The researchers looked at tooth-brushing advice in (3) _____, toothpaste instructions and dental clinics. They found five (4) _____ of tooth-brushing and decided all of them were incorrect. Most of the methods involve moving the toothbrush along the teeth, with the brush moving round and (5) _____ movements. The researchers said we should stop doing this and (6) _____ movement instead.

Aubrey Sheilam, (7) _____ study and professor of dental public health, said: "The public needs to have sound information on the best (8) _____ teeth." The research suggests not brushing teeth too much. More than twice a day (9) _____ on the teeth. The recommended time for brushing is no longer than three minutes each time. The research also says using (10) _____ and brushing your teeth too hard will also damage teeth. Researchers also advised not cleaning your teeth (11) _____. This is when acid is strongest in your mouth and this acid will damage teeth. A final recommendation was to clean the tongue too because it also has (12) _____.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

1. What university are the researchers from?

2. What does the research say about the advice dentists give us?

3. How many basic ways to tooth brushing did the research find?

4. What kind of movements does the research say we shouldn't do?

5. What kind of toothbrush movement does the research suggest?

6. What did the lead author say the public needs?

7. What part of the tooth gets damaged if we brush our teeth too often?

8. What is the maximum length of tooth-brushing time?

9. When does the research say we shouldn't clean our teeth?

10. What is also on the tongue that needs cleaning?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

1. What university are the researchers from?
 - a) Tokyo University
 - b) University College, London
 - c) Massachusetts Institute of Technology
 - d) Sorbonne, Paris
2. What does the research say about the advice dentists give us?
 - a) it's great
 - b) we should listen to it
 - c) it's all different
 - d) it's strange
3. How many basic ways to tooth brushing did the research find?
 - a) 8
 - b) 7
 - c) 6
 - d) 5
4. What kind of movements does the research say we shouldn't do?
 - a) 45-degree movements
 - b) circular movements
 - c) up and down movements
 - d) in and out movements
5. What kind of toothbrush movement does the research suggest?
 - a) back-and-forth movements
 - b) fast and slow movements
 - c) spiral movements
 - d) left and right movements
6. What did the lead author say the public needs?
 - a) information
 - b) better toothpaste
 - c) more dentists
 - d) cheaper dental care
7. What part of the tooth gets damaged if we brush our teeth too often?
 - a) the back
 - b) the root
 - c) the crown
 - d) the enamel
8. What is the maximum length of tooth-brushing time?
 - a) 4 minutes
 - b) 3 minutes and 26 seconds
 - c) 3 minutes
 - d) no maximum
9. When does the research say we shouldn't clean our teeth?
 - a) at midnight
 - b) after having a filling
 - c) before lunch
 - d) after eating
10. What is also on the tongue that needs cleaning?
 - a) saliva
 - b) bacteria
 - c) old toothpaste
 - d) food

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

Role A – Regular rinsing with water

You think regular rinsing with water is best for our teeth. Tell the others three reasons why. Tell them why these things aren't so good for our teeth. Also, tell the others which is the least useful of these (and why): no sugar, chewing gum or mouthwash.

Role B – No sugar

You think no sugar is best for our teeth. Tell the others three reasons why. Tell them why these things aren't so good for our teeth. Also, tell the others which is the least useful of these (and why): regular rinsing with water, chewing gum or mouthwash.

Role C – Chewing gum

You think chewing gum is best for our teeth. Tell the others three reasons why. Tell them why these things aren't so good for our teeth. Also, tell the others which is the least useful of these (and why): no sugar, regular rinsing with water or mouthwash.

Role D – Mouthwash

You think mouthwash is best for our teeth. Tell the others three reasons why. Tell them why these things aren't so good for our teeth. Also, tell the others which is the least useful of these (and why): no sugar, chewing gum or regular rinsing with water.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'tooth' and 'brush'.

tooth	brush
--------------	--------------

- 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">• London• add• textbooks• basic• round• instead	<ul style="list-style-type: none">• author• best• twice• pressure• strongest• tongue
--	---

TEETH SURVEY

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.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)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'toothbrush'?
- c) How do you clean your teeth?
- d) Do you think the way you clean your teeth is the best way?
- e) How many times a day should you clean your teeth?
- f) Will you now change the way you clean your teeth?
- g) What other things do you do to care for your teeth?
- h) What condition are your teeth in?
- i) Is it better to have dentures?
- j) How important is it to have straight, white teeth?

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TEETH DISCUSSION

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

- a) Did you like reading this article? Why/not?
- b) What problems have you had with your teeth?
- c) Why do you think there is so much different advice?
- d) What changes would you like to make to your teeth?
- e) Do you avoid certain food because it's bad for your teeth?
- f) What do you think of cleaning your tongue?
- g) What do you think of going to the dentist?
- h) What do you do when you have a toothache?
- i) How can bad teeth affect your health?
- j) 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 <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

Scientists say we clean our (1) _____ the wrong way. Researchers from University College, London found that most of the (2) _____ that dentists give us is very different. They add that we have been (3) _____ our teeth the wrong way. The researchers looked at tooth-brushing advice in dental textbooks, toothpaste instructions and dental clinics. They found five different (4) _____ ways of tooth-brushing and decided all of them were incorrect. Most of the methods involve moving the toothbrush along the teeth, with the brush moving (5) _____ and round in small circular movements. The researchers said we should stop doing this and use a (6) _____-and-forth movement instead.

Aubrey Sheilam, (7) _____ author of the study and professor of dental public health, said: "The public needs to have (8) _____ information on the best method to brush their teeth." The research suggests not brushing teeth too much. More than twice a day damages the (9) _____ on the teeth. The recommended time for brushing is no longer than three minutes each time. The research also says using too much (10) _____ and brushing your teeth too hard will also damage teeth. Researchers also advised not cleaning your teeth (11) _____ after eating. This is when acid is strongest in your mouth and this acid will damage teeth. A (12) _____ recommendation was to clean the tongue too because it also has a lot of bacteria.

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

- | | | | | |
|-----|------------------|-----------------|---------------|---------------|
| 1. | (a) teeth | (b) teething | (c) tooth | (d) toothy |
| 2. | (a) advice | (b) advise | (c) advisory | (d) advisor |
| 3. | (a) clearing | (b) cleaning | (c) closing | (d) cleansing |
| 4. | (a) dentistry | (b) junior | (c) advanced | (d) basic |
| 5. | (a) abound | (b) sound | (c) round | (d) mound |
| 6. | (a) fifth | (b) back | (c) front | (d) north |
| 7. | (a) lead | (b) top | (c) majority | (d) boss |
| 8. | (a) smell | (b) feel | (c) sight | (d) sound |
| 9. | (a) plaster | (b) filling | (c) enamel | (d) bacteria |
| 10. | (a) tension | (b) thrust | (c) stress | (d) pressure |
| 11. | (a) straightness | (b) immediately | (c) right now | (d) before |
| 12. | (a) final | (b) finally | (c) finalist | (d) finals |

SPELLING

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

Paragraph 1

1. tntSiscise say we clean our teeth the wrong way
2. tooth-brushing eiavdc
3. Intdae textbooks
4. all of them were ortnccrie
5. in small rcilcrau movements
6. use a back-and-forth movement etdnais

Paragraph 2

7. lead hartuo of the study
8. the best dtemoh to brush their teeth
9. damages the lenaem on the teeth
10. using too much eupersrs
11. clean the nugteo
12. it also has a lot of rtaicbea

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

Number these lines in the correct order.

- () cleaning our teeth the wrong way. The researchers looked at tooth-brushing advice in dental
- () ways of tooth-brushing and decided all of them were incorrect. Most of the methods involve moving the toothbrush
- () of the advice that dentists give us is very different. They add that we have been
- () immediately after eating. This is when acid is strongest in your mouth and this
- () Aubrey Sheilam, lead author of the study and professor of dental public health, said: "The public
- () along the teeth, with the brush moving round and round in small circular movements. The researchers
- () acid will damage teeth. A final recommendation was to clean the tongue too because it also has a lot of bacteria.
- () your teeth too hard will also damage teeth. Researchers also advised not cleaning your teeth
- () for brushing is no longer than three minutes each time. The research also says using too much pressure and brushing
- (**1**) Scientists say we clean our teeth the wrong way. Researchers from University College, London found that most
- () brushing teeth too much. More than twice a day damages the enamel on the teeth. The recommended time
- () said we should stop doing this and use a back-and-forth movement instead.
- () textbooks, toothpaste instructions and dental clinics. They found five different basic
- () needs to have sound information on the best method to brush their teeth." The research suggests not

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

1. teeth way say our wrong Scientists clean the we.

2. advice the of Most different very is us give dentists that.

3. The - researchers brushing looked advice at tooth.

4. round in Moving small round circular and movements.

5. and Stop forth use doing movement and- a this back-.

6. sound have to needs public The information.

7. the twice enamel a day More damages than.

8. hard Using too much pressure and brushing your teeth too.

9. is your This acid in when strongest mouth is.

10. lot also too Clean of has because the bacteria a it tongue.

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

Scientists say we *clean / cleanse* our teeth the wrong way. Researchers from University College, London found that most of the advice that dentists give us *are / is* very different. They add that we have been cleaning our teeth the wrong way. The researchers looked at tooth-brushing *advise / advice* in dental textbooks, toothpaste *instruction / instructions* and dental clinics. They found five different *basic / basically* ways of tooth-brushing and decided *all / whole* of them were *incorrect / corrected*. Most of the methods involve *moving / movable* the toothbrush along the teeth, with the brush moving round and round in small *circled / circular* movements. The researchers said we should stop doing this and use a back-and-forth movement *instead / rather*.

Aubrey Sheilam, *lead / leader* author of the study and professor of dental public *healthy / health*, said: "The public needs to have *sounds / sound* information on the best method to brush their *teeth / tooth*." The research suggests not brushing teeth too *many / much*. More than twice a day damages the enamel on the teeth. The recommended time for brushing is no longer than three minutes *each / all* time. The research also says using too much *pressures / pressure* and brushing your teeth too hard will also damage teeth. Researchers also *advised / advice* not cleaning your teeth immediately after eating. This is when acid is *strongest / strength* in your mouth and this acid will damage teeth. A final recommendation was to clean the tongue too because it also *had / has* a lot of bacteria.

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

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

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

Sc__nt__sts s__y w__ cl__n __r t__th th__ wr__ng w__y.
R_s__rch_rs fr_m __n_v_rs_ty C_ll_g__, L_nd_n f__nd
th_t m__st __f th__ __dv_c__ th_t d__nt__sts g_v__ __s __s v__ry
d_ff_r__nt. Th_y __dd th_t w__ h__v__ b__n cl__n__ng __r
t__th th__ wr__ng w__y. Th__ r_s__rch_rs l__k_d __t t__th-
br_sh__ng __dv_c__ __n d__nt__l t__xtb__ks, t__thp__st__
__nstr__ct__ns __nd d__nt__l cl_n_cs. Th_y f__nd f__v__
d_ff_r__nt b__s_c w__ys __f t__th-br_sh__ng __nd d_c_d_d
__ll __f th__m w_r__ __nc__rr__ct. M__st __f th__ m__th__ds
__nv__lv__ m__v__ng th__ t__thbr_sh __l__ng th__ t__th, w__th
th__ br_sh m__v__ng r__nd __nd r__nd__n sm__ll c__rc_l_r
m__v__m__nts. Th__ r_s__rch_rs s__d w__ sh__ld st_p
d__ng th__s __nd __s__ __ b__ck__nd__f__rth m__v__m__nt
__nst__d.

__br_y Sh__l_m, l__d __th_r __f th__ st__dy __nd
pr_f__ss_r __f d__nt__l p__bl_c h__lth, s__d: "Th__ p__bl_c
n__ds t__ h__v__ s__nd __nf__rm__t__n __n th__ b__st m__th__d
t__ br_sh th__r t__th." Th__ r_s__rch s__gg__sts n__t
br_sh__ng t__th t__ m__ch. M__r__th__n tw__c__ __d__y
d__m__g__s th__ __n__m__l __n th__ t__th. Th__ r__c__mm__nd_d
t__m__f__r br_sh__ng __s n__l__ng_r th__n thr__ m__n__t__s
__ch t__m__. Th__ r_s__rch __ls__ s__ys __s__ng t__ m__ch
pr__ss_r __nd br_sh__ng y__r t__th t__ h__rd w__ll __ls__
d__m__g__ t__th. R_s__rch_rs __ls__ __dv__s_d n__t cl__n__ng
y__r t__th __mm__d__t__ly __ft__r __t__ng. Th__s __s wh__n
__c_d __s str__ng__st __n y__r m__th __nd th__s __c_d w__ll
d__m__g__ t__th. __f__n__l r__c__mm__nd__t__n w__s t__ cl__n
th__t__ng__ t__ b__c__s__ t__ls h__s __l__t__f__b__ct_r__.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

scientists say we clean our teeth the wrong way researchers from university college london found that most of the advice that dentists give us is very different they add that we have been cleaning our teeth the wrong way the researchers looked at tooth-brushing advice in dental textbooks toothpaste instructions and dental clinics they found five different basic ways of tooth-brushing and decided all of them were incorrect most of the methods involve moving the toothbrush along the teeth with the brush moving round and round in small circular movements the researchers said we should stop doing this and use a back-and-forth movement instead

aubrey sheilam lead author of the study and professor of dental public health said "the public needs to have sound information on the best method to brush their teeth" the research suggests not brushing teeth too much more than twice a day damages the enamel on the teeth the recommended time for brushing is no longer than three minutes each time the research also says using too much pressure and brushing your teeth too hard will also damage teeth researchers also advised not cleaning your teeth immediately after eating this is when acid is strongest in your mouth and this acid will damage teeth a final recommendation was to clean the tongue too because it also has a lot of bacteria

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1408/140813-tooth-brushing.html>

Scientists say we clean our teeth the wrong way. Researchers from University College, London found that most of the advice that dentists give is very different. They add that we have been cleaning our teeth the wrong way. The researchers looked at tooth-brushing advice in dental textbooks, toothpaste instructions and dental clinics. They found five different basic ways of tooth-brushing and decided all of them were incorrect. Most of the methods involve moving the toothbrush along the teeth, with the brush moving ground and round in small circular movements. The researchers said we should stop doing this and use a back-and-forth movement instead. Aubrey Sheilam, lead author of the study and professor of dental public health, said: "The public needs to have sound information on the best method to brush their teeth." The research suggests not brushing teeth too much. More than twice a day damages the enamel on the teeth. The recommended time for brushing is no longer than three minutes each time. The research also says using too much pressure and brushing your teeth too hard will also damage teeth. Researchers also advised not cleaning your teeth immediately after eating. This is when acid is strongest in your mouth and this acid will damage teeth. A final recommendation was to clean the tongue too because it also has a lot of bacteria.

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 tooth brushing. 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. TOOTH BRUSHING: Write a magazine article about tooth brushing. Include imaginary interviews with dentists.

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 tooth brushing. Give him/her three of your ideas on how best to look after your teeth. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b F c T d T e F f F g T h T

SYNONYM MATCH (p.4)

- | | |
|-----------------|----------------|
| 1. wrong | a. incorrect |
| 2. instructions | b. directions |
| 3. basic | c. fundamental |
| 4. circular | d. round |
| 5. movement | e. action |
| 6. study | f. research |
| 7. sound | g. reliable |
| 8. method | h. technique |
| 9. pressure | i. force |
| 10. damage | j. harm |

COMPREHENSION QUESTIONS (p.8)

1. University College, London
2. It's all different
3. 5
4. Circular movements
5. Back and forth movements
6. Information about tooth brushing
7. The enamel
8. 3 minutes
9. Immediately after eating
10. Bacteria

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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