

Worksheet

4

Reading : Comprehension Passage

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Roll No. [] []

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4. Read the following passage carefully :

1. Dental disease is the most common disease in the world. With proper personal and professional care, you and your children can also keep your teeth healthy and *dazzling*¹ white.
2. Toothbrushing is the best method to remove *plaque*² and proper method of brushing can *minimize*³ the dental diseases. Always use a good toothpaste and a good quality toothbrush with soft bristles and a handle that fits comfortably in your mouth and hand. Truly speaking, you must brush your teeth regularly after every meal and minimum twice a day, especially at night before going to bed. Brush must be changed when bristles get curled off.
3. Your child should start brushing soon after the first tooth appears in the oral cavity. *Rinsing*⁴ with plain water should be done after anything you eat. Massage your gums with your fingers after brushing and gently brush your tongue also.
4. A balanced diet throughout life is necessary for dental health. You must finish your food with self cleansing fibrous or rough food such as salad and fruits. Do not eat sweets or sticky food such as chocolates, candies, cakes, etc. between meals, as bacteria love sugar and destroy the tooth substances.
5. Mouth breathing, thumb sucking, nail biting, pencil biting, tongue thrusting are bad habits and discourage your children to do these. Milk teeth are equally important. Take care of them. Get your missing teeth replaced by *artificial*⁵ teeth. If accidentally your tooth breaks or comes out of socket, wrap it in a wet cloth and rush to your dentist. In many cases, it is possible to reattach the tooth in socket.

4.1 Answer the questions briefly :

1. How can our teeth be kept healthy and shining ?
2. How can dental diseases be minimized ?
3. What kind of brush should be used for cleaning teeth ?
4. When should a child start brushing teeth ?
5. What are considered bad habits to have healthy teeth ?

VALUE POINTS

About the passage

The passage is about the dental care and how to avoid tooth decay.

Para 1

- proper personal and professional care can keep your teeth healthy.

Para 2

- brushing teeth after every meal can minimize dental diseases ; use of good toothbrush.

Para 3

- brushing the teeth to start early on appearance of the first tooth, massage the gums.

Para 4

- balanced diet and avoiding sweets essential.

Para 5

- some suggestions : avoid bad habits, have early replacement of decayed tooth.

GLOSSARY

1. *dazzling* : shining brightly
2. *plaque* : a soft substance that forms on the teeth and encourages the growth of harmful bacteria
3. *minimize* : reduce the intensity
4. *rinsing* : washing it with clean water
5. *artificial* : unnatural, false

- 4.2
1. Do not eat sweets or sticky food such as candies _____ meals.
 2. A balanced diet is very necessary for dental health. (True/False)

Space for Answers

4.1

- 1) Brush your teeth regularly after every meal and minimum twice a day, especially at night bed before going to bed, which keeps our teeth be kept healthy and shining.
- 2) Dental diseases can be minimized by brushing twice a day and rinsing with plain water should be done after eating. Massage your gums and gently brush your tongue to avoid growth of bacteria.
- 3) We should use good quality of toothbrush with soft bristles and a handle that fits our mouth and hand comfortably.
- 4) A child should start brushing soon after the first tooth appears in the oral cavity.
- 5) Mouth breathing, thumb sucking, nail biting, pencil biting, tongue thrusting are the bad habits of ~~the~~ and should be discouraged to your children to do these.

4.2

- 1) Do not eat sweets or sticky food such as candies between meals.
- 2) A balanced diet is very necessary for dental health. True.