

4 At the dentist

4b

How to have healthy teeth

Type of activity

Reading – an information leaflet from the dentist. Pair, class and group work.

AECC reference

Rt/E2.2, Rs/E2.1c, Rw/E2.3

Aims

To enable learners to understand leaflets in a dental surgery and related vocabulary.

Language

giving warnings; strong advice; imperatives; countables/ uncountables

Vocabulary

fluoride, fizzy

Preparation

Make one set of photocopies of the cards for exercises 2 and 3 and one set as a record of the lesson. Cut up the cards.

Differentiation

Weaker learners: at the end, ask them to write a short report of what they found out in exercise 4. Give them an example, e.g. *Most students eat fruit after meals.*
Stronger learners: ask them to design their own ‘healthy living’ leaflet.

Warmer

Ask learners if they like going to the dentist and why or why not.

- 1
- Ask learners to look at the question on the advice leaflet. Ask them what they expect the leaflet to be about. Pre-teach *fluoride* and *fizzy*. Ask them, in pairs, to tick the three best pieces of advice. Go round helping. Then ask the class for their ideas to find out if they chose the same things.
- 2
- Put learners into pairs, A and B, and give them each a card. Ask them to read through their texts. Tell them to ask questions to find their missing words and then to check their answers with each other. When they have done this, they should check the meaning of any unknown words in their dictionary.
- 3
- Put learners into different pairs, A and B, and give them each a card. Ask them to tell their partner what to do to stay healthy according to the illustrations. Check the answers with the class.

Suggested answers

Student A: drink lots of water, don’t eat too much, go for a run or a fast walk three times a week
Student B: do/play a sport/football, eat lots of fruit, walk up the stairs / don’t take the lift

Ask learners to think of any other advice for things you should or should not do. Ask the class for their ideas.

- 4
- Learners do a survey of the class to find out how many rules from exercise 1 are obeyed. They can either do this informally by going round and asking or you could ask them to draw up a table they can put ticks in. (A weaker class could do this in groups of four.) Go through these examples with them – Q: *Do you drink water or fizzy drinks?* A: *Both!* Q: *Do you finish your meals with fruit?* A: *Sometimes.* Ask them to find out if there are any learners who do everything on the list.

Give learners a copy of the complete worksheet when you have finished as a record of the lesson.

Extension

Ask learners to find more leaflets from their own dental surgeries or doctors which give advice on fitness, and look at them in groups in class. Help them with the vocabulary and ask them to discuss whether they agree with the advice.

Answers: Self-study exercises

- 1
- 2 U

5 C

8 U

3 C

6 C

9 C

4 C

7 U

10 U
- 2
- 1 Drink water between meals.

2 Don’t have fizzy drinks.

3 Don’t eat sweets.

4 Use a good toothbrush.

5 Finish your meals with fruit.

How to have healthy teeth

Your own notes

How to have healthy teeth 4b

1 Read this advice from a dentist. Tick the three best pieces of advice.

Want to see less of me?

Make sure you keep your teeth healthy! Do these things:

- Brush your teeth twice a day after meals.
- Brush for at least two minutes.
- Change your toothbrush every three months.
- Use a good toothbrush.
- Use fluoride toothpaste.
- Visit your dentist every six months.
- Drink water between meals.
- Don't drink fizzy drinks.
- Finish meals with fruit.
- Limit the number of cakes and sweets you eat.
- Don't smoke!



2 Ask your partner questions to find the missing words.

Student A

- To have (1) teeth, you must take care of your teeth.
- When you don't look after your teeth, you can get (3) in them. This can be painful and you may have to go to the dentist to have a (5)
- Taking care of your teeth is the same as taking care of yourself. You take (7) to keep fit and healthy and you eat healthy food, so you should do the things that are best for your teeth too!

Student B

- To have healthy teeth, you must take care of your teeth.
- When you don't look (2) your teeth, you can get holes in them. This can be (4) and you may have to go to the dentist to have a filling.
- Taking care of your teeth is the same as taking care of (6) You take exercise to keep fit and healthy and you eat healthy (8), so you should do the things that are best for your teeth too!

3 Tell a partner what to do to stay healthy. Can you think of any other things that are good or bad for you?

Student A



Student B



4 Do a survey of the class: ask questions to find out how many things in exercise 1 the people in your class do. Is there anybody that does everything?

Need help?

If you want to remember words, make a list of words that go together. For example: *teeth, toothpaste, brush, dentist.*