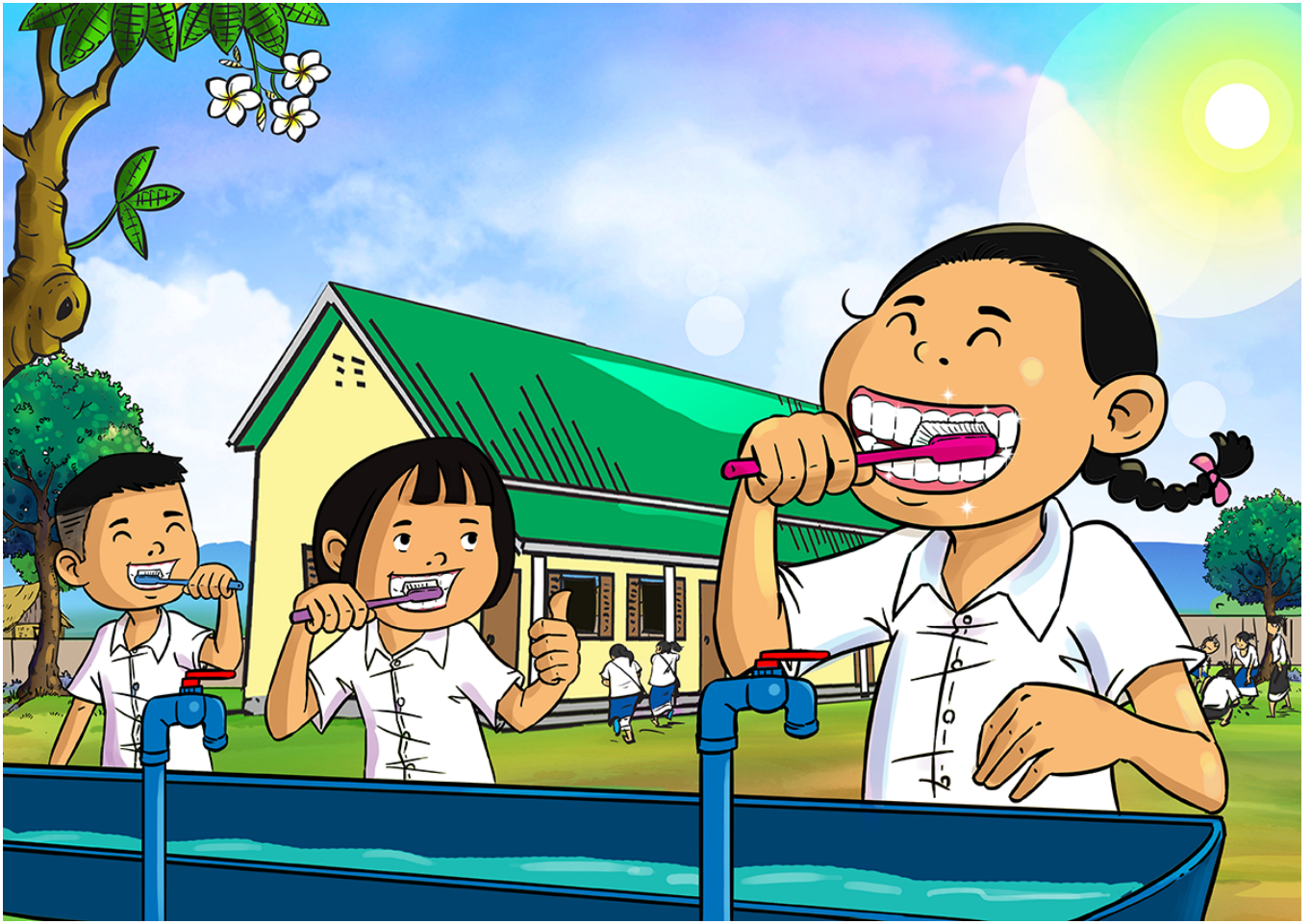
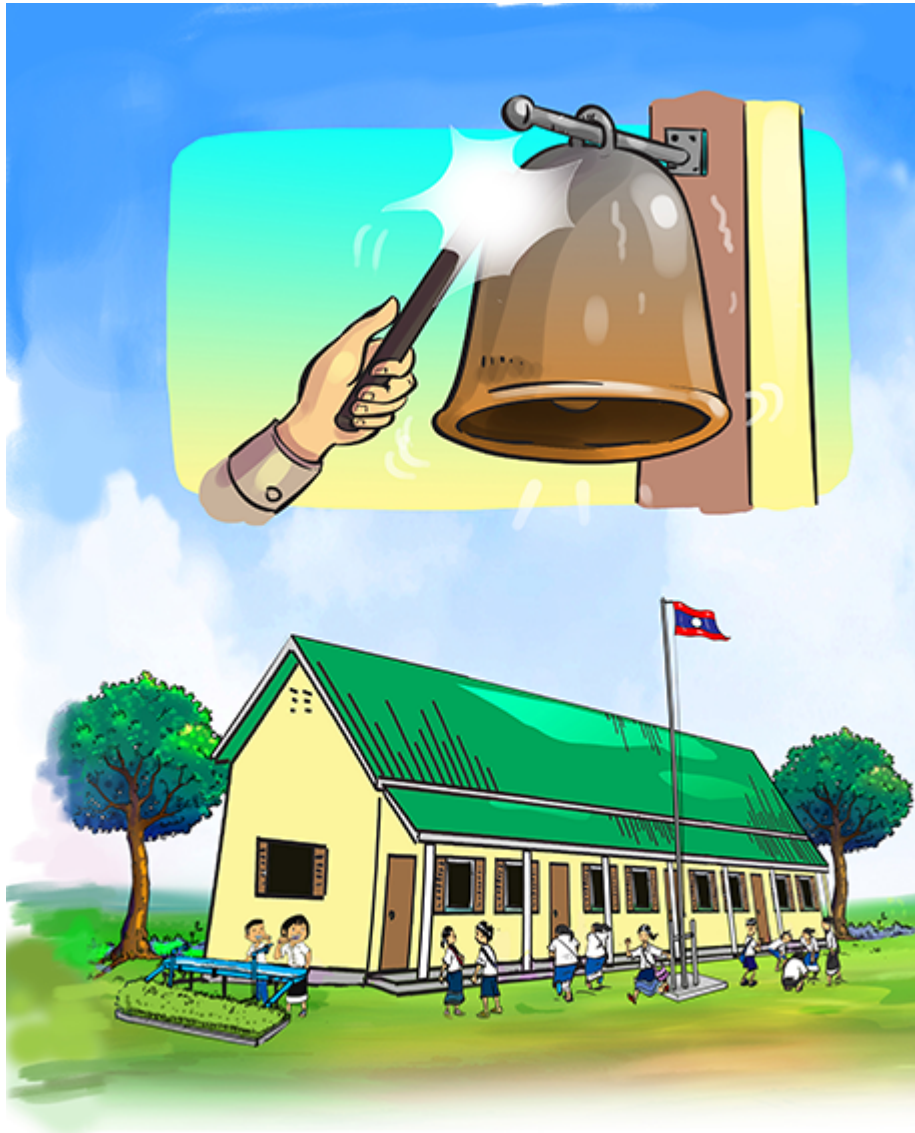


Why Do We Brush Our Teeth?

Thongkhoun does not like brushing her teeth. What will happen if she doesn't brush her teeth?



Why Do We Brush Our Teeth?
Room to Read



Ding! Ding! Ding! Recess is over.



Every day Thongkhoun hurries out of the classroom to buy sweets and snacks.



Thongkhoun eats her candy and many other types of food. Then she hurries to play and forgets to brush her teeth.



Thongkhoun's teeth start turning yellow. Sometimes her breath smells bad.



Thongkhoun starts to have a toothache and rubs her cheeks back and forth.



Thongkhoun holds her cheeks with her hands. "Ouch! My tooth hurts," she cries.



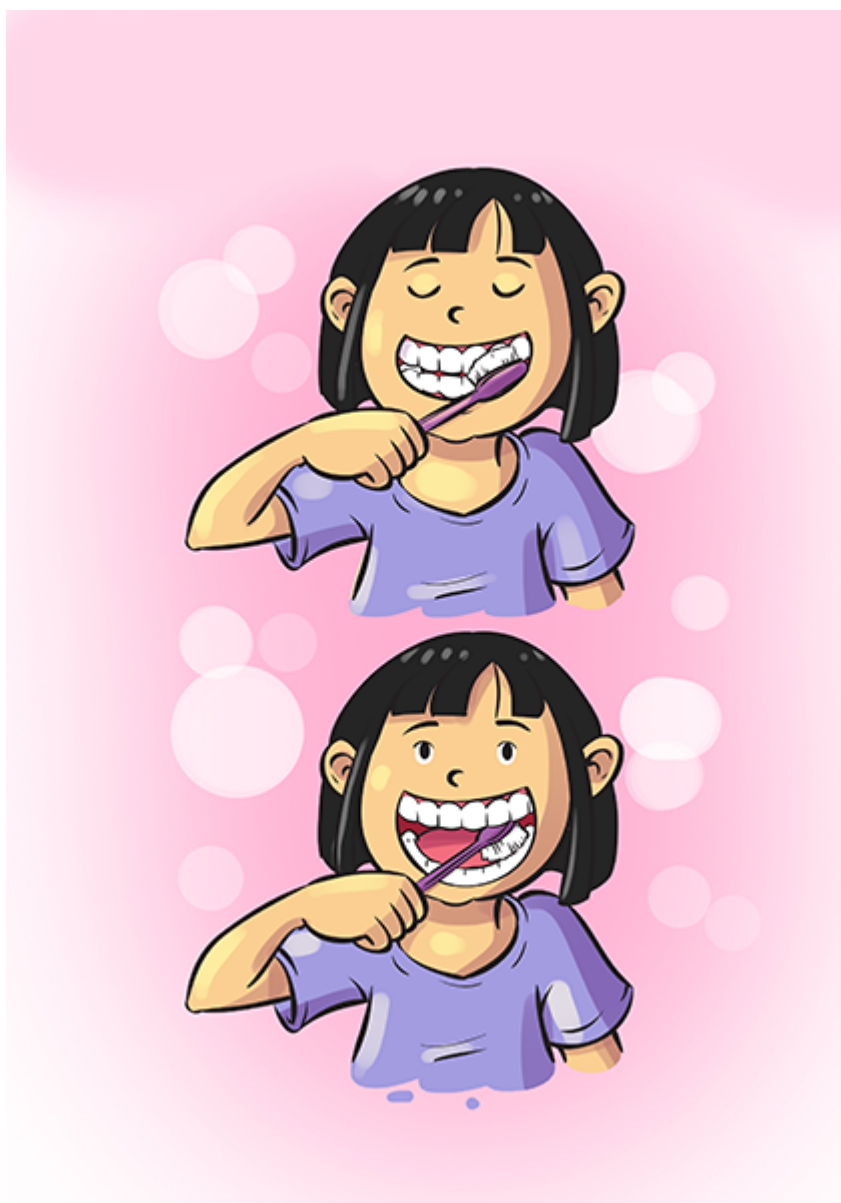
Somchay tells Thongkhoun to go brush her teeth.



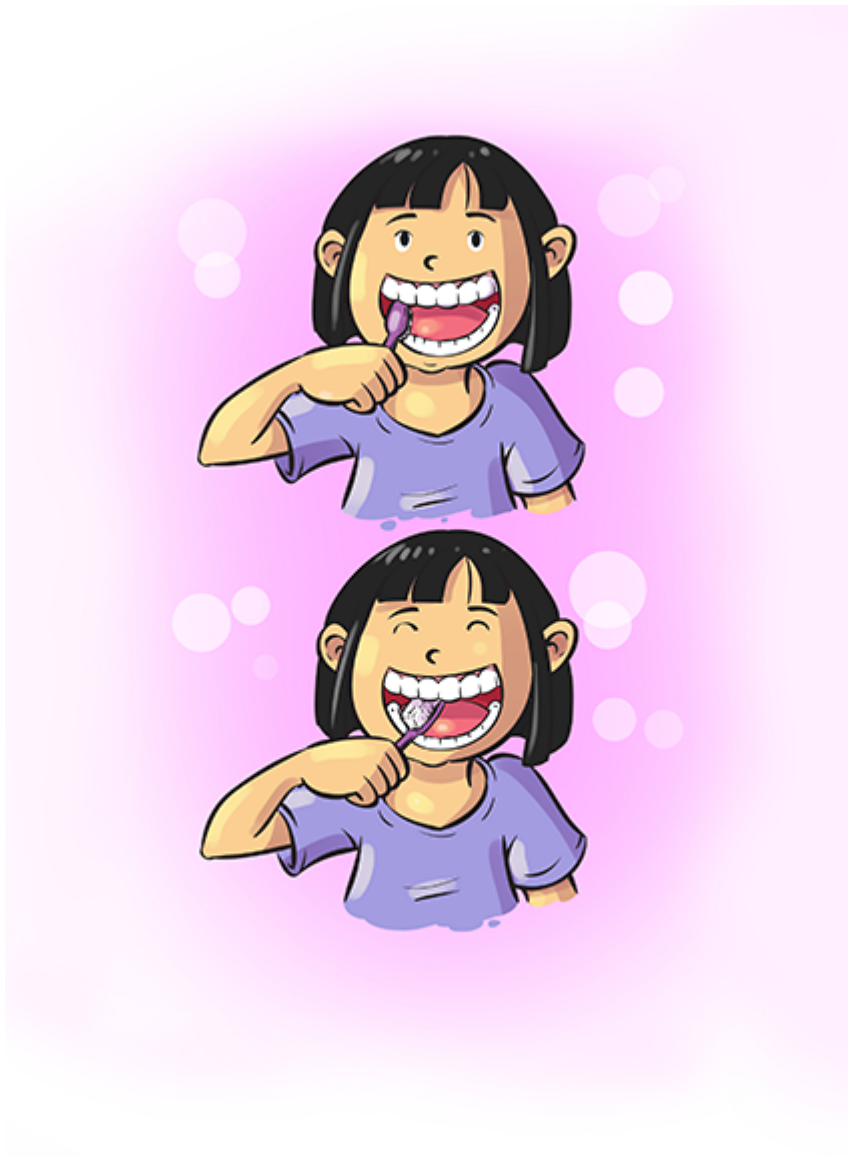
"No, I don't want to brush my teeth because my tooth aches."



Somchay explains, "If you don't want toothaches, you must brush your teeth often and not eat too much candy."



"You must brush your teeth like this! Brush the outer and the inner side of your teeth."



"Brush the upper and the lower teeth."



"Brush your tongue, gargle, and spit out the water. Brush your teeth until they are clean in the morning and before bedtime every day."



Thongkhoun follows the steps Somchay told her.



Thongkhoun brushes until her teeth are clean then spits out the water.



Thongkhoun smiles wide and shouts, "Yay! My teeth are no longer yellow. I have no cavities and my teeth do not hurt anymore."



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Save the Children



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