

Name: \_\_\_\_\_

# What Makes a Toothache?

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A tooth can start to ache if the hard enamel covering the tooth is broken down. The enamel is broken down by caries. Caries is a disease that forms holes, known as cavities, in the enamel. It is caused by bacteria.

Caries usually begins in the grooves of molars, in between teeth and around the gums. These are all areas where food particles can get caught. Bacteria is always



## Preview

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1. Put the events that cause a toothache in sequential order.

Write *1st*, *2nd*, *3rd*, *4th*, and *5th*.

\_\_\_\_\_ Bacteria feed on the food particles in the mouth and leave behind acids.

\_\_\_\_\_ Food particles become stuck between teeth.

\_\_\_\_\_ Acids eat through the enamel covering of teeth.

\_\_\_\_\_ The cavity grows and causes a toothache.

\_\_\_\_\_ The tooth's enamel is eaten away, causing a cavity.

2. Which is the most practical way to prevent cavities?

**a.** Always avoid all foods with sugar.

**b.** Brush your teeth and floss regularly.

**c.** Visit the dentist every month.

**d.** Chew your food more slowly.

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  - b. **Brush your teeth and floss regularly.**
  - c. Visit the dentist every month.
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