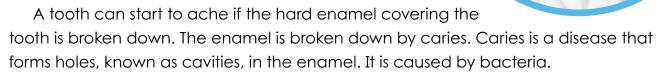
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## What Makes a Toothache?





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 present in the mouth, and it feeds on these tiny food particles. As they feed, they produce acids that work to slowly break down the enamel of teeth, and create cavities. If the cavity is not caught early, it can lead to a toothache, and in some cases, it can lead to an infection.

The best way to avoid cavities and the toothaches that come with them, is to brush your teeth twice a day and floss regularly. Be sure to pay attention to your dentist as she demonstrates how to brush your teeth and floss correctly. Hopefully, if you listen to your dentist and follow her directions, you won't ever have to experience the pain of a toothache.

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.			

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

d. Chew your food more slowly.

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

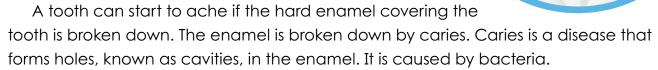
**a.** Always avoid all foods with sugar.

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

## **ANSWER KEY**

## What Makes a Toothache?

By Kimberly M. Hutmacher



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 present in the mouth, and it feeds on these tiny food particles. As they feed, they produce acids that work to slowly break down the enamel of teeth, and create cavities. If the cavity is not caught early, it can lead to a toothache, and in some cases, it can lead to an infection.

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- 1. Put the events that cause a toothache in sequential order. Write 1st, 2nd, 3rd, 4th, and 5th.
  - **2nd** Bacteria feed on the food particles in the mouth and leave behind acids.
  - 1st Food particles become stuck between teeth.
  - **3rd** Acids eat through the enamel covering of teeth.
  - \_\_\_\_\_\_\_ The cavity grows and causes a toothache.
  - 4th 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.