**Care of Teeth**

**First of all you should brush your teeth twice a day for 3 minutes with a good kind of tooth paste; I recommend Colgate or Oral B. If you do not take care of your teeth your teeth will be covered in a sticky, thin layer of something called plaque. This is caused by sugar you eat throughout the whole day, so that’s why you have to brush at the night. Bad breath builds through the night and also causes plaque and breakfast does too. You also have to brush so you can prevent gum disease. You can tell if you have it - if you don't clean plaque off your teeth regularly, your gums will become red, swollen and shiny, and they may bleed.**

**This is the early stage of gum disease, called gingivitis. Gingivitis is completely reversible. If you remove the plaque, your gums will get better. So take care of your teeth!**