



We all love our teeth, but sometimes we don't much love taking care of them. But this is a huge mistake. After all, think of all the things teeth do for you: they chew your food, they bite nails or undo knots, they give you that million-dollar movie star smile. You don't want to end up like grandma with teeth that you have to put in and take out each time you eat. So try to remember to brush at least twice a day, and floss at least once. We should also rinse our mouth out with water after eating something sour or sugary, like candy or soda. This can rinse away the sugar bugs and acid that hurt our teeth. Following these steps will take good care of your teeth, so that they can help take care of you!