

*词汇: teeth 牙齿*

We all know that cleaning our teeth is important, right? Because, if you don't clean them and things go wrong, they can cause you a lot of pain and discomfort. We're taught from a young age how to clean our teeth, but the question is – do we all clean our teeth in the same way? Is there a specific time, **technique**, or duration you should be incorporating into your dental routine?

When our **milk teeth** first appear in our infant years, we are shown, often by our parents, how to clean them – a **ritual** normally **accompanied** by some kind of **catchy** song. As we mature, our **baby teeth** drop out, replaced by adult teeth. And soon it's from trips to the dentists that we get more advice. And that's the issue – when trying to discover the best way to brush your teeth, it feels like there are so many different tips and tricks.

University College London (UCL) analysed 66 sources of **toothbrushing** advice from around the world. The most commonly recommended techniques incorporated **circular** movements and **horizontal** brush **strokes**. However, there were some deviations. The **angle** of the **brush**, use of **vertical** movements and **rigorous scrubbing** were all variations on brushing advice.

And it seems that not one single technique is the standard method – so, if that's the case, how do we know if we're doing it right? Well – there is some standard advice. It seems that brushing for between two to three minutes, two or three times a day, is the best course of action. And if you're one of these people who think it's wise to brush straight after **sugary** foods to prevent **decay**, think again. Apparently, bacteria weaken the **enamel** almost immediately upon eating, so it's wiser to wait for an hour or so before brushing.

So, while there is not one standardised technique, most dentists recommend a combination of horizontal and circular movements, lasting for between two to three minutes, two or three times a day. Do that, and you might not need too many trips to the dentist.

## 词汇表

<b>technique</b>	技巧
<b>milk teeth</b>	乳齿
<b>ritual</b>	例行公事
<b>accompanied</b>	伴随着
<b>catchy</b>	好听易记的, 朗朗上口的
<b>baby teeth</b>	乳牙
<b>toothbrushing</b>	刷牙
<b>circular</b>	绕圈的
<b>horizontal</b>	横的, 水平的
<b>stroke</b>	(刷) 一下
<b>angle</b>	角度
<b>brush</b>	牙刷
<b>vertical</b>	竖的, 垂直的
<b>rigorous</b>	严谨细致的
<b>scrub</b>	用力刷、擦
<b>sugary</b>	含糖的
<b>decay</b>	蛀牙, 龋齿
<b>enamel</b>	牙釉质

## 测验与练习

### 1. 阅读课文并回答问题。

1. True or false? *Our parents often use a song to help teach us how to brush our teeth.*
2. How many different sources of toothbrushing information were analysed in the UCL study?
3. What was the most commonly recommended technique?
4. How many times a day should you brush your teeth?
5. How long should you brush your teeth for?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. I prefer water to \_\_\_\_\_ drinks.

sugary	scrubbing	enamel	regulate
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2. I spent all day \_\_\_\_\_ the floor. It's still not clean!

catchy	scrubbing	rigorous	decay
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3. The accountants carried out a \_\_\_\_\_ check of my finances.

strokes	enamel	rigorous	horizontal
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4. I can't stop singing that song – it's really \_\_\_\_\_.

baby teeth	catchy	strokes	scrubbing
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5. Brush your teeth to help stop tooth \_\_\_\_\_.

decay	ritual	catchy	rigorous
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## 答案

### 1. 阅读课文并回答问题。

1. True or false? *Our parents often use a song to help teach us how to brush our teeth.*

**True. Our parents often use a catchy song to help us learn how to brush our teeth.**

2. How many different sources of toothbrushing information were analysed in the UCL study?

**UCL analysed 66 sources of information from around the world.**

3. What was the most commonly recommended technique?

**The most commonly recommended techniques incorporated circular movements and horizontal brush strokes.**

4. How many times a day should you brush your teeth?

**You should brush your teeth two to three times a day.**

5. How long should you brush your teeth for?

**You should brush your teeth for between two to three minutes.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. I prefer water to **sugary** drinks.

2. I spent all day **scrubbing** the floor. It's still not clean!

3. The accountants carried out a **rigorous** check of my finances.

4. I can't stop singing that song – it's really **catchy**.

5. Brush your teeth to help stop tooth **decay**.