

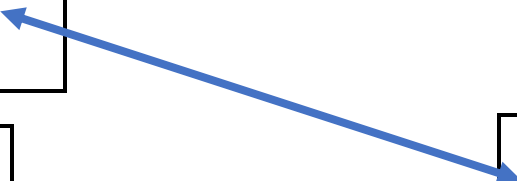
## Keeping Teeth Clean

*An activity of "My Stuff: Toothbrush".*

The toothbrush is something that we use every day to keep our teeth clean. Before the invention of the modern-day toothbrush, what did people use to maintain oral hygiene? Read "My Stuff: Toothbrush" (page 13, *What's Up* October 2023) for some examples.

1. Match these methods of cleaning teeth with the communities that they are historically associated with. One has been done for you.

1. "miswak" (frayed twigs)	a. Ancient China
2. bone/ wood handle with boar bristles	b. 18 <sup>th</sup> century Europe
3. chew sticks made from willow trees	c. India
4. Toothbrushes with nylon bristles	d. Africa, Central Asia
5. hamigaki	e. Modern societies
6. neem stick (a special chewing stick)	f. Japan



2. If you had to adopt one of these methods to clean your teeth, which would you choose? With your group, discuss the pros and cons of each. Then pick your preferred method.

Method	Pros	Cons
“miswak” (frayed twigs)		
bone/ wood handle with boar bristles		
neem stick (a chewing stick)		
My preferred method would be to use _____.		

3. The teeth-brushing campaign was introduced in schools in 1969. Would you like to see this campaign re-introduced at your school? With your group, discuss the reasons for and against this idea.

For: Yes, bring the campaign back!	Against: No, thank you!
<i>Reasons</i>	<i>Reasons</i>
<b>MY CONCLUSION:</b> Considering these points, I am ( <i>Tick one.</i> ) <input type="checkbox"/> FOR <input type="checkbox"/> AGAINST the idea of re-introducing the teeth-brushing campaign at my school.	

4. In the two tables above, you listed plus and minus points about the topics. Reflect on whether this was a useful way to think through your own preferences. Try doing it for something else that is happening in your life.