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**Level 2 – 6th February 2025**

## **Flossing your teeth could reduce the risk of stroke**

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<https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-2.html>

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**Please try Levels 0, 1 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-2.html>

Dental hygiene keeps your teeth and gums healthy. It can also help your brain. New research from the USA suggests that flossing your teeth could reduce the risk of having a stroke. A stroke happens when blood cannot get to the brain, or when a blood vessel in the brain bursts. Around 15 million people worldwide have a stroke each year. Of these, about 5 million die. Researcher Dr Souvik Sen said oral diseases, such as tooth decay and gum disease, affect around 3.5 billion people. He said these diseases are the most common health problems.

Dr Sen looked into the effects of flossing on our health. He wanted to know if dental flossing, brushing or regular dentist visits helped to cut the risk of a stroke. The team found that flossing teeth at least once a week could lower the risk of a stroke by up to 44 per cent. Dr Sen said flossing could reduce the risk of stroke "by reducing oral infections". He added that flossing was a cheap and easy way of caring for your teeth. He said: "Many people have said that dental care is costly. Flossing is a healthy habit. It is easy and affordable."

Sources: <https://nypost.com/2025/01/30/health/good-hygiene-habit-that-could-reduce-stroke-risk-revealed/>  
<https://www.health.com/flossing-as-little-as-once-a-week-may-protect-against-stroke-8781732>  
<https://www.the-independent.com/life-style/health-and-families/teeth-dental-hygiene-flossing-stroke-b2690742.html>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-2.html>

## PARAGRAPH ONE:

- |                             |                     |
|-----------------------------|---------------------|
| 1. Dental                   | a. worldwide        |
| 2. reduce the risk of       | b. health problems  |
| 3. blood cannot             | c. vessel           |
| 4. a blood                  | d. decay            |
| 5. Around 15 million people | e. having a stroke  |
| 6. tooth                    | f. hygiene          |
| 7. gum                      | g. get to the brain |
| 8. the most common          | h. disease          |

## PARAGRAPH TWO:

- |                            |                   |
|----------------------------|-------------------|
| 1. the effects of flossing | a. affordable     |
| 2. regular                 | b. once a week    |
| 3. cut the risk            | c. habit          |
| 4. flossing teeth at least | d. dentist visits |
| 5. reducing oral           | e. your teeth     |
| 6. caring for              | f. on our health  |
| 7. Flossing is a healthy   | g. infections     |
| 8. It is easy and          | h. of a stroke    |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-2.html>

Dental hygiene keeps your (1) \_\_\_\_\_ healthy. It can also help your brain. New research from the USA suggests that flossing your teeth could (2) \_\_\_\_\_ of having a stroke. A stroke happens when blood cannot get to the brain, or when (3) \_\_\_\_\_ in the brain bursts. Around 15 million people worldwide have a stroke each year. (4) \_\_\_\_\_ 5 million die. Researcher Dr Souvik Sen said oral diseases, such (5) \_\_\_\_\_ and gum disease, affect around 3.5 billion people. He said these diseases are (6) \_\_\_\_\_ health problems.

Dr Sen looked into (7) \_\_\_\_\_ flossing on our health. He wanted to know if dental flossing, brushing or regular dentist visits (8) \_\_\_\_\_ the risk of a stroke. The team found that flossing teeth (9) \_\_\_\_\_ a week could lower the risk of a stroke by up to 44 per cent. Dr Sen said flossing could reduce the risk of stroke "by reducing oral infections". He added that flossing was a (10) \_\_\_\_\_ way of (11) \_\_\_\_\_ teeth. He said: "Many people have said that dental care is costly. Flossing is (12) \_\_\_\_\_. It is easy and affordable."

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-2.html>

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# TEETH SURVEY

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-2.html>

Write five GOOD questions about teeth in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

*Flossing your teeth could reduce the risk of stroke – 6th February 2025*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

