

Identify the Problem: I need to brush my teeth because they probably feel gross right now. If I don't brush, I might get cavities, or my breath will smell bad.

What Do I Need to Know: I need to know when to brush (usually in the morning and before bed), how long to brush for (2 minutes), and what stuff I need—like toothpaste, a toothbrush, and floss. I also need to make sure I'm brushing all my teeth, even the ones in the back and my tongue.

Organize the Data: I'll grab my toothbrush, put some toothpaste on it, and make sure I'm at the sink. I'll start brushing the front and top of my teeth, then work on the sides and the back. Don't forget the tongue!

Find and Identify the Relationship: Brushing my teeth helps keep my mouth clean and fresh. If I skip it, I could get cavities, gum problems, or just bad breath. Plus, it's a habit that keeps me feeling good and looking good when I smile.

Find a Solution: I'll brush for two minutes, making sure I hit every part of my teeth. After that, I'll rinse with water and floss if I have time to get rid of any leftover food. That way, my teeth stay clean, and I don't have to worry about bad breath or cavities.