

Toothpaste and Toothbrush

-Google Course Exercise

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Chapter 1. What is Toothbrush and Toothpaste?

This section provides a simple description of two daily necessities: toothbrush and toothpaste.

1.1 What is toothbrush?

Toothbrush is a manual or electrical instrument used for cleaning teeth (see Figure 1 and Figure 2). It usually consists of two parts:

1. A small head filled with fine synthetic bristles (hard fibres) on one side
2. A thin handle connected to the head for gripping

Figure 1. Traditional toothbrush



Figure 2. Electric toothbrush



1.2 What is toothpaste?

Toothpaste is a dental product used with toothbrush for cleaning teeth. It provides thick creamy substance contained in a squeezable tube. The substance can be white, colored, or striped (see Figure 3 and Figure 4).

Figure 3. A tube of toothpaste



Figure 4. Colored toothpaste



Chapter 2. How to Get Toothpaste on a Toothbrush

This section explains how to get toothpaste on a toothbrush.



Note:

This section is intended for people who have no experience with toothpaste and toothbrush. The requirements for reading the task are as follows:

1. Make sure you understand the the concept of toothpaste and toothbrush (see [What is Toothbrush and Toothpaste? \(on page 3\)](#))
2. Prepare a tube of toothpaste and a toothbrush beforehand

To get toothpast on a toothbrush, follow these steps:

1. Place a tube of toothpaste in one hand
2. Remove the cap of the toothpaste by twisting the cap or pulling it off
3. Hold the handle of toothbrush in one hand with the bristles facing up
4. Put the opening of the toothpaste above the center of the bristles
5. Squeeze the tube of the toothpaste to release a pea-sized amount of paste onto the bristles
6. Replace the cap onto the toothpaste for later use