

**Map-toothpaste**

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# Concept

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Manual - how to apply toothpaste on a toothbrush?

This manual provides instructions on how to apply toothpaste onto a toothbrush. It is an essential step for proper oral hygiene. Refer to the instructions and figures below to complete this procedure.

## Task

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This part shows particular steps of applying toothpaste to a toothbrush

Follow the steps below

1. Grab the toothpaste tube with your right hand, somewhere in the middle, with the cap end pointing towards you, and unscrew the cap counterclockwise.
2. Remove the safety foil covering the opening by pulling at the sticking-out end.
3. Grab the toothbrush with your left hand by the non-slip grip end, with the brush facing up and the brush end pointing to your right.
4. Grab the toothpaste tube between your thumb and your index finger, near the opening.
5. Move the toothpaste tube closer to the brush, with the hole nearly touching the brush.
6. Squeeze the toothpaste tube gently until you see the paste coming out.
7. Apply a 2-cm-long strip of toothpaste to the toothbrush.
8. Screw the cap back on the toothpaste tube. Put it away.
9. Move the toothbrush to your right hand\* and brush your teeth.

## reference

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You need the following items to complete the task of applying toothpaste to a toothbrush:

- *Toothpaste* – special paste for cleaning teeth, locked in a toothpaste tube.
- *Toothpaste tube* – tube-like packaging, flattened on one side and with a hole opening, covered by a screw-on cap, on the other, containing toothpaste.
- *Toothbrush* – an elongated stick, usually with a non-slip grip on one side and a small brush on the other, together with toothpaste used for cleaning teeth.