

FRESH BREATH DAY

http://www.eslHolidayLessons.com/08/fresh_breath_day.html

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ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

THE READING / TAPESCRIPT

August the 6th is Fresh Breath Day. It is a day when we can think about our breath and how it affects our life and relationships. Bad breath is one of life's most personal problems. It can make or break a romantic relationship and have an impact on how you do business. Indeed, it can be so personal that even our best friend will not tell us we have bad breath. Would you tell someone that they had smelly breath? On Fresh Breath Day, read up on how you can make sure you have fresh-smelling breath. For many people it's a simple case of good dental hygiene habits and a healthy lifestyle. Drinking too much alcohol, smoking cigarettes and not brushing your teeth regularly will all make your breath smell.

Around 25 per cent of the population has chronic bad breath, often called halitosis. The older we become, the more likely we are to have it. Bad breath is caused by as many as 600 different types of bacteria. These are found on the gums, cheeks and tongue. Many of us try to hide bad breath with things like mouthwash and breath sprays. These are only short-term solutions. Fresh breath comes from keeping your mouth healthy. This means regular dental check-ups to have your teeth cleaned, flossing, and using a water-jet cleaner every day to remove food stuck between your teeth or under your gums. You also need to scrape your tongue every day. Fifty per cent of bacteria is found on the tongue.

PHRASE MATCH

Match the following phrases from the article.

Paragraph 1

- | | |
|---------------------------|--------------------------|
| 1. it affects our life | a. hygiene habits |
| 2. It can make or break a | b. breath |
| 3. it can be so | c. teeth regularly |
| 4. smelly | d. personal |
| 5. good dental | e. and relationships |
| 6. brushing your | f. romantic relationship |

Paragraph 2

- | | |
|-----------------------------|-------------------------------|
| 1. chronic bad | a. keeping your mouth healthy |
| 2. as many as 600 different | b. on the tongue |
| 3. Many of us try to | c. breath |
| 4. Fresh breath comes from | d. between your teeth |
| 5. remove food stuck | e. types of bacteria |
| 6. bacteria is found | f. hide bad breath |

LISTENING GAP FILL

August the 6th is Fresh Breath Day. It is a day when we can think about our breath _____ our life and relationships. Bad breath is one of life's most personal problems. It can make or break a romantic relationship and _____ how you do business. Indeed, it can be so personal _____ friend will not tell us we have bad breath. Would you tell someone that they had smelly breath? On Fresh Breath Day, _____ can make sure you have fresh-smelling breath. For many people _____ good dental hygiene habits and a healthy lifestyle. Drinking too much alcohol, smoking cigarettes and not brushing your teeth regularly _____ breath smell.

Around 25 per cent of the population has _____, often called halitosis. The older we become, the more likely we are to have it. Bad breath is caused _____ 600 different types of bacteria. These are found on the gums, cheeks and tongue. Many of _____ bad breath with things like mouthwash and breath sprays. These are only short-term solutions. Fresh breath _____ your mouth healthy. This means regular dental check-ups to have your teeth cleaned, flossing, and using a water-jet cleaner every day _____ between your teeth or under your gums. You also need to scrape your tongue every day. Fifty per cent _____ on the tongue.

WHILE READING / LISTENING GAP FILL

Put the words into the gaps in the text.

August the 6th is Fresh Breath Day. It is a day _____ we can think about our breath and how it affects our life and relationships. Bad breath is one of life's most _____ problems. It can make or break a romantic relationship and have an _____ on how you do business. Indeed, it can be so personal that even our best friend will not tell us we have _____ breath. Would you tell someone that they had smelly breath? On Fresh Breath Day, _____ up on how you can _____ sure you have fresh-smelling breath. For many people it's a simple _____ of good dental hygiene habits and a healthy lifestyle. Drinking too much alcohol, smoking cigarettes and not brushing your teeth _____ will all make your breath smell.

bad
make
personal
when
read
regularly
impact
case

Around 25 per cent of the population has _____ bad breath, often called halitosis. The older we become, the more _____ we are to have it. Bad breath is caused by as many as 600 different types of bacteria. These are found on the gums, _____ and tongue. Many of us try to hide bad breath with things like mouthwash and breath _____. These are only short-term solutions. Fresh breath comes from keeping your mouth _____. This means _____ dental check-ups to have your teeth cleaned, flossing, and using a water-jet cleaner every day to _____ food stuck between your teeth or under your gums. You also need to scrape your tongue every day. Fifty per cent of _____ is found on the tongue.

regular
likely
sprays
chronic
bacteria
remove
cheeks
healthy

CHOOSE THE CORRECT WORD

Delete the wrong word in each of the pairs of *italics*.

August the 6th is Fresh Breath Day. It is a day when we can *thinking* / *think* about our breath and how it *affects* / *effects* our life and relationships. Bad breath is one of life's most personal problems. It can make or *broke* / *break* a romantic relationship and have an impact on how you do business. Indeed, it can be so *personality* / *personal* that even our best friend will not tell us we have bad breath. Would you tell someone that they had *smelly* / *smell* breath? On Fresh Breath Day, read *down* / *up* on how you can make sure you have fresh-smelling breath. For many people it's a *sample* / *simple* case of good dental hygiene habits and a healthy lifestyle. Drinking too much alcohol, smoking cigarettes and not *brushing* / *brush* your teeth regularly will all make your breath smell.

Around 25 per cent of the population has *chronic* / *chronicle* bad breath, often called halitosis. The older we become, the more *likeable* / *likely* we are to have it. Bad breath is caused by as many as 600 different *types* / *type* of bacteria. These are found on the gums, cheeks and tongue. Many of us try to hide bad breath with things like mouthwash and *breathe* / *breath* sprays. These are only short-term solutions. Fresh breath comes from keeping your *mouth health* / *healthy*. This means regular dental check-ups to have your teeth cleaned, flossing, and using a water-jet *clean* / *cleaner* every day to remove food *stuck* / *stick* between your teeth or under your gums. You also need to scrape your tongue every day. Fifty per cent of bacteria is *finding* / *found* on the tongue.

MULTIPLE CHOICE

August the 6th is Fresh Breath Day. It is a day when we can (1) _____ about our breath and how it (2) _____ our life and relationships. Bad breath is one of life's most personal problems. It can make or (3) _____ a romantic relationship and have an impact on how you do business. Indeed, it can be so (4) _____ that even our best friend will not tell us we have bad breath. Would you tell someone that they had smelly breath? On Fresh Breath Day, read (5) _____ on how you can make sure you have fresh-smelling breath. For many people it's a simple case of good dental hygiene habits and a healthy lifestyle. Drinking too much alcohol, smoking cigarettes and not brushing your teeth (6) _____ will all make your breath smell.

Around 25 per cent of the population has chronic bad breath, often called halitosis. The (7) _____ we become, the more likely we are to have it. Bad breath is caused by as (8) _____ as 600 different types of bacteria. These are found on the gums, cheeks and tongue. Many of us try to (9) _____ bad breath with things like mouthwash and breath sprays. These are only short-term solutions. Fresh breath comes (10) _____ keeping your mouth healthy. This means regular dental check-ups to have your teeth cleaned, flossing, and using a water-jet cleaner every day (11) _____ remove food stuck between your teeth or under your gums. You also need to scrape your tongue every day. Fifty per cent of bacteria is found on (12) _____ tongue.

Put the correct words from this table into the article.

- | | | | | |
|-----|--------------|-----------------|-----------------|---------------|
| 1. | (a) think | (b) thought | (c) thoughts | (d) thinking |
| 2. | (a) effects | (b) effective | (c) affects | (d) affected |
| 3. | (a) broke | (b) break | (c) breaking | (d) broken |
| 4. | (a) personal | (b) personality | (c) personalize | (d) person |
| 5. | (a) down | (b) on | (c) in | (d) up |
| 6. | (a) regular | (b) regulars | (c) regulate | (d) regularly |
| 7. | (a) old | (b) elder | (c) older | (d) oldest |
| 8. | (a) many | (b) most | (c) much | (d) more |
| 9. | (a) hidden | (b) hid | (c) hide | (d) hides |
| 10. | (a) from | (b) from | (c) for | (d) fro |
| 11. | (a) at | (b) to | (c) by | (d) with |
| 12. | (a) a | (b) some | (c) one | (d) the |

SPELLING

Spell the jumbled words (from the text) correctly.

Paragraph 1

1. how it atfcse our life
2. osnpaerl problems
3. how you do enssbiu
4. yllems breath
5. a mlseip case of good dental hygiene
6. bhgrnuis your teeth

Paragraph 2

7. chrocin bad breath
8. different types of batrecai
9. the gums, cheeks and tonueg
10. mouthwash and breath yrpsa
11. grreual dental check-ups
12. remove food cstuk between your teeth

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

- () people it's a simple case of good dental hygiene habits and a healthy lifestyle. Drinking too much alcohol, smoking
- () healthy. This means regular dental check-ups to have your teeth cleaned, flossing, and using a water-jet cleaner every
- () day to remove food stuck between your teeth or under your gums. You also need
- () breath? On Fresh Breath Day, read up on how you can make sure you have fresh-smelling breath. For many
- () to scrape your tongue every day. Fifty per cent of bacteria is found on the tongue.
- () sprays. These are only short-term solutions. Fresh breath comes from keeping your mouth
- (**1**) August the 6th is Fresh Breath Day. It is a day when we can think about our breath and how it affects
- () Around 25 per cent of the population has chronic bad breath, often called halitosis. The older we become, the more
- () our life and relationships. Bad breath is one of life's most personal problems. It can make or break a romantic
- () friend will not tell us we have bad breath. Would you tell someone that they had smelly
- () relationship and have an impact on how you do business. Indeed, it can be so personal that even our best
- () likely we are to have it. Bad breath is caused by as many as 600 different types of bacteria. These are found on the gums,
- () cheeks and tongue. Many of us try to hide bad breath with things like mouthwash and breath
- () cigarettes and not brushing your teeth regularly will all make your breath smell.

SCRAMBLED SENTENCES

With a partner, put the words back into the correct order.

1. about when think breath day can our A we.

2. break It a can romantic make relationship or.

3. Tell breath smelly had they that someone.

4. hygiene dental good of case simple A habits.

5. brushing Not regularly teeth your.

6. Around 25% of the population has chronic bad breath.

7. as bacteria 600 different As types many of.

8. breath try to Many hide of bad us.

9. your breath mouth comes healthy from keeping Fresh.

10. found on the tongue Fifty per cent of bacteria is.

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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THE FRESH BREATH DAY SURVEY

Write five questions about Fresh Breath Day in the table. Do this in pairs/groups. Each student must write the questions on his / her own paper.

Without your partner, interview other students. Write down their answers.

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

Return to your original partner(s) and share and talk about what you found out. Make mini-presentations to other groups on your findings.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find more information about Fresh Breath Day. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about Fresh Breath Day. Write about what happens around the world. Include two imaginary interviews with people who did something on this day.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. POSTER: Make your own poster about Fresh Breath Day. Write about will happen on this day around the world.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.