Circle the answer: True or False

Taking care of your oral health helps:

• Prevent oral diseases such as cavities and gum disease.  
  True    False
• Keep your breath smelling fresh and your teeth clean.  
  True    False
• Your overall health.  
  True    False

Label the correct order of steps to brush your teeth 1-4

_____ Spit into the sink  
_____ Put a pea sized amount of toothpaste on your toothbrush  
_____ Rinse off your toothbrush and put it away  
_____ Brush the front and back of all your teeth and your tongue

Circle some of the ways you can keep your teeth and mouth healthy!
Finish the sentence with the correct word from the word bank.

Word Bank:

Dentist       Brush       Receptionist
Cavity        Flossing

1. Before your dental appointment you should _________ and floss your teeth.

2. A ______________ is the first person you will see at your dentist appointment.

3. A _____________ is a doctor who specializes in oral health.

4. ___________ helps to get the food and germs out from between your teeth.

5. A ____________ is a hole in your tooth caused by germs in your mouth.