

### 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 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.

