

Dental Health Survey

Before presentation, answer these questions about your **dental health habits**.

1. **I brush my teeth...**
 - a. never
 - b. 1-4 times per week
 - c. 1 time per day
 - d. 2 times per day
2. **I brush my teeth with a...**
 - a. Soft brush
 - b. Medium brush
 - c. Hard brush
3. **I floss my teeth...**
 - a. never
 - b. 1-4 times per week
 - c. 1 time per day
 - d. 2 times per day
4. **I go to the dentist...**
 - a. only when I have a problem
 - b. 1 time per year
 - c. every 6 months
5. **Every day I eat...**
 - a. a little sugar
 - b. some sugar
 - c. a lot of sugar
6. **Plaque is ...**
 - a. a cavity
 - b. a layer of bacteria on my teeth
 - c. gum disease



7. Plaque and sugar on my teeth make...

- a. acid
- b. germs
- c. a sticky layer of germs

8. Breast milk and baby formula (**do / do not**) have a lot of sugar.

9. I should begin to brush my baby's teeth when...

- a. My baby eats solid food
- b. My baby is old enough to hold a toothbrush
- c. My baby has his or her first tooth

10. Children should drink bottles of...

- a. Only water
- b. Only water, breast milk and formula
- c. Water, milk, juice and formula

11. Babies (**should / should not**) go to bed with a bottle of breast milk or formula.

12. Gingivitis is...

- a. a cavity
- b. gum disease
- c. tooth decay

13. Unhealthy teeth can affect...

- a. My whole mouth
- b. my whole body
- c. only my teeth

14. I have questions about my teeth and mouth...

