## **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

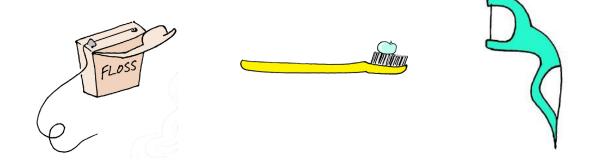
## Circle some of the ways you can keep your teeth and mouth healthy!



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.



Taking Charge of My Health Care Toolkit: https://www.ohsu.edu/oregon-office-on-disability-and-health /taking-charge-my-health-care-toolkit