

Essential Health Skills for Middle School 2e, Workbook

Chapter 3: Developing Good Personal Hygiene

Activity E: Preventing Common Mouth and Teeth Conditions

Many common conditions with the mouth and teeth result from the choices people make. Complete each fill in the blank statement to reveal strategies you can use to prevent some of the most common mouth and teeth conditions. Then, answer the reflection question.

1. See your dentist _____ a year, so your dentist can catch mouth conditions early on, when they can be more easily treated.
2. _____ your teeth every day to help remove food particles that remain stuck between your teeth after brushing.
3. If cold sores are painful, treat them using a(n) _____ that will speed up the healing and help ease the pain.
4. Get a new _____ when the bristles wear out, which is usually about every three months.
5. If you have bad breath and you brush and floss regularly, use an antiseptic mouth-rinse, which reduces the _____ that cause bad breath.
6. Wear a(n) _____ during activities that can result in broken teeth, such as football or ice hockey.
7. When brushing your teeth, use a soft bristle toothbrush and toothpaste that contains _____.
8. See a dental specialist called a(n) _____ to prevent and correct teeth misalignments.
9. Brushing your teeth at least twice a day, especially after eating or drinking something sticky or high in sugar, can help prevent tooth decay, which causes _____.
10. Avoid using any type of _____ product, such as cigarettes, since they can stain your teeth