

## ***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