

Dental Health in Teens: Good Oral Health

10 Question Quiz

The answers to the question will be in **bold and underlined**

- Dental problems are the #2 reason for missing school
A. True B. False
- Poor dental Health impacts teens in which of the following ways:
A. Lowers self-esteem B. Causes embarrassing bad breath
C. Results in overall bad health **D. All of the above**
- Bacteria that causes dental diseases are transferred from person to person by sharing:
A. Food B. Utensils
C. Tooth brushes D. Saliva (kissing)
E. All of the above
- According to the Cavity Equation, which of the following combinations allow cavities to form in the mouth?
A. Food and sharing utensils B. Sharing utensils and time
C. Water and time **D. Acid and time**
- All of the following are reasons why you should maintain excellent oral health, EXCEPT:
A. Treatment is expensive B. Untreated caries may result in severe pain
C. Dental caries only affect children D. Untreated caries may result in tooth loss
- Which of the following is/are warning signs for early gum disease or gingivitis?
A. Gum redness and/or puffiness B. Bleeding gums when flossing or brushing teeth
C. Poor overall health **D. A and B**
- Bad breath or halitosis is caused by which of the following?
A. Odor producing bacteria in the mouth B. Dry mouth
C. Smoking **D. All of the above**
- When brushing your teeth, place the bristles of the toothbrush _____ degrees to the tooth and gum line:
A. 25 degrees B. 30 degrees
C. 45 degrees D. 90 degrees
- To maintain healthy gums and teeth, you should floss at least:
A. Once a week B. Every other day
C. Once a day D. When your gums start to bleed
- To avoid dental diseases:
A. Brush twice daily B. Have a dental exam twice a year
C. Make wise food and beverage choices **D. All of the above**

Key