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

1. What is/are the reason(s) we must focus on oral health?
   A. Dental problems are ranked the #2 reason for missing school
   B. Dental education programs for teens are lacking
   C. 65% of adolescents (aged 16-19) have tooth decay or fillings in their permanent teeth
   **D. All of the above**

2. Dental cavities are developed when acid from foods and bacteria is present in the mouth.
   **A. True**  
   B. False

3. Dental diseases depend **only** on the amount of sugar in the mouth.
   A. True  
   **B. False**

4. Which of the following sweets stay on the teeth longer?
   A. Sweets that stick to teeth  
   B. Sweets that dissolve slowly  
   C. Sweets with low sugar content  
   **D. A and B**

5. Consuming soda and diet soda regularly can cause tooth decay.
   **A. True**  
   B. False

6. Which of the following is FALSE about fermentable carbohydrates?
   A. They are also known as starch  
   B. They change to sugar in the mouth  
   **C. They can cause teeth to chip**  
   D. Most commonly found in pretzels and potato chips

7. Which of the following is the **least** harmful food or drink for your teeth?
   A. Sour candies  
   B. Pretzels  
   C. Diet soda  
   **D. Nuts**

8. Which of the following ways can help reduce your risk of cavities?
   A. Eat sweets with meals  
   B. Swish your mouth with water after each meal  
   C. Eat protein-rich foods  
   D. Eat vegetables and fruits after eating sweets  
   **E. All of the above**

9. Which of the following increase saliva flow in the mouth, helping “wash” food particles and harmful acid from teeth?
   A. Tart candy  
   B. Sweet candy  
   **C. Raw vegetables and fruits**  
   D. Diet soda

10. All of the following are ways to protect your teeth from acids, EXCEPT:
    A. Snack on fruits and vegetables  
    B. Rinse mouth with water after eating acidic foods  
    C. Chew sugarless gum  
    **D. Brush teeth immediately after eating acidic foods**

*Key*