

Workbook

Mouth Care

Name:



.....



Why should you look after your mouth?

Circle the correct answer



So that you have
healthy teeth and gums



So that you can go
to the nightclub

Why should you also look after your teeth?



So you can chew your favourite foods?	
To prevent your feet becoming sore?	
So you can eat sugary sweets?	
To prevent tooth decay?	
So you have fresh breath?	



OR



Yes

No

You should go to the dentist at least once a year?



Yes



No

Sugar harms your teeth?



Yes



No

Your adult teeth grow back if they fall out?



Yes



No

Smoking is good for your mouth?



Yes



No

Your teeth might fall out if they are not looked after?



Yes



No

Fill in the missing words

Fill in the missing words

Breath

Decay

Toothpaste

Dentures

Sugar

Teeth

Brushing your teeth stops you getting
Bad _____



You should brush your teeth
with _____



If you don't look after your teeth
they can _____ and fall out



False teeth are called _____



Coke has lots of _____ in it which is
bad for your _____



Which gums are healthy?
Circle the correct answer



Tick which statement is correct



You should never brush your teeth.

You should brush your teeth at least twice a day.

You should brush your teeth twice a week.



Word search

A	C	H	E	W	A	F	U	F	S
T	B	A	X	T	C	L	E	A	N
E	E	F	T	G	U	M	S	V	E
E	Q	L	D	J	D	C	N	O	E
T	O	O	T	H	P	A	S	T	E
H	A	S	L	S	U	W	O	Y	E
D	Z	S	A	B	R	E	A	T	H
B	R	U	S	H	Y	K	I	C	P

TOOTHPASTE
BRUSH
CHEW
CLEAN

TEETH
FLOSS
BREATH
GUMS

Your healthy mouth and oral care checklist

Have you got a dentist?

☐

Yes

☐

Not sure

☐

No

My Dentist is:

Their address is:

Date of last appointment:

If you don't have a dentist ask for help in finding an NHS dentist.