## 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?







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





Sugar harms your teeth?







Your adult teeth grow back if they fall out?





Smoking is good for your mouth?







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







### 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.

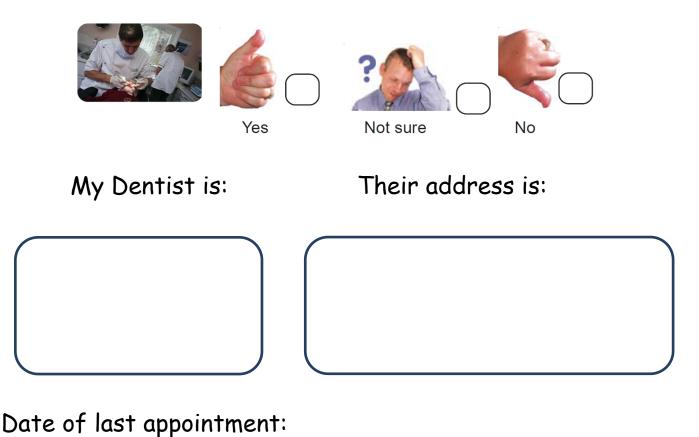
## Word search

EWA C B A X E A G U 5 M C D N PA S F  $\bigcap$ S S 0 S A B R E A K 5 B I

TOOTHPASTE BRUSH CHEW CLEAN TEETH FLOSS BREATH GUMS

# Your healthy mouth and oral care checklist

Have you got a dentist?



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

an NHS dentist.