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?

<table>
<thead>
<tr>
<th>So you can chew your favourite foods?</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>To prevent your feet becoming sore?</td>
<td></td>
</tr>
<tr>
<td>So you can eat sugary sweets?</td>
<td></td>
</tr>
<tr>
<td>To prevent tooth decay?</td>
<td></td>
</tr>
<tr>
<td>So you have fresh breath?</td>
<td></td>
</tr>
</tbody>
</table>
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

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

TOOTHPASTE
BRUSH
CHEW
CLEAN

TEETH
FLOSS
BREATH
GUMS
Your healthy mouth and oral care checklist

Have you got a dentist?

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.