

Table of Contents for 17 Chapters in the eBook for Oral Health Literacy©

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Themes, Titles, Authors, Narrators, and Health Vocabulary Words Organized by Syllables

Oral Health Chapter Themes	Chapters Titles and Authors in the Oral Health Literacy eBook	Narrated by:	Health Vocabulary – 2 Syllables	Health Vocabulary - 3 Syllables
Theme 1: Oral Health Hygiene of Children	<u>Chapter 1.</u> Setting Dental Hygiene Goals for Healthy Teeth <i>by Jess Bolton and Valerie Ubbes</i>	Bridget Dillhoff	practice, oral, dental, hygiene, toothpaste, fluoride, morning, healthy, flossing, shopping, dentist	enamel, leftover, grocery, overall
	<u>Chapter 2.</u> Making Decisions to Have Fun with my Oral Health <i>by Alicia Graf and Valerie Ubbes</i>	Valerie Ubbes	prevent, practice, daily, dental, routine, decide, morning, bedtime, amount, toothpaste, minutes, cleaning, sugar, smiling, oral, model, water	infections, deciding, cavities, cereal, damages, decisions, decision
	<u>Chapter 3.</u> Taking Action and Making Decisions to Have Healthy Teeth <i>by Jess Bolton and Valerie Ubbes</i>	Caleb Dillhoff	action, improve, brushing, morning, eating, flossing, buildup, toothpaste, mouthwash, shopping, cooking, helping, healthy, baby	decisions, refreshing, vegetables, cavities, grocery, calcium, family, everyday
	<u>Chapter 4.</u> Setting Daily Goals to Rinse My Mouth <i>by Abby Witter and Valerie A. Ubbes</i>	Kennedy Kramer	daily, believe, water, after, brushing, morning, away, eating, dentist, mouthwash	sugary, cavities

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Theme 2: Oral Health & Nutrition of Children	<u>Chapter 5.</u> Setting Food Goals for Healthy Teeth <i>by Jess Bolton and Valerie Ubbes</i>	Kaylyn Macechko	yogurt, fibrous, fiber, remove, sugar, eating, visit, dentist, healthy, toothpaste, buying, evening, watching, brushes, improve, healthy	calcium, grocery
	<u>Chapter 6.</u> Decisions to Keep My Teeth Healthy and Strong <i>by Lana Amer and Valerie Ubbes</i>	Cristin Grenier	healthy, eating, drinking, morning, apples, candy, water, soda, sugar	decisions, vegetables, broccoli, calcium, nutritious, beverages, family
Theme 3: Oral Health & Beverages of Children	<u>Chapter 7.</u> Deciding to Improve My Dental Health by Drinking More Water <i>by Jennifer White, Valerie Ubbes, and Carly Kraska</i>	Caleb Dillhoff	Improve, dental, decide, water, faucet, fluoride, prevent, washing, decay, washes, oral, freshens, throughout	decision, cavities, cavity, bacteria, saliva, family, leftover, particles, deciding
	<u>Chapter 8.</u> Deciding to Drink Milk for Healthy Teeth <i>by Jennifer White, Valerie Ubbes, and Carly Kraska</i>	Kaylyn Macechko	mealtime, decide, breakfast, building, stronger, against, decay, dinner, drinking, harmful, acid, levels, eating, growing, instead, soda, today	healthier, deciding, calcium, minerals, sugary, several, chocolate, vitamins, beverage
	<u>Chapter 9.</u> Setting Beverage Goals for Healthy Teeth (African American) <i>by Valerie Ubbes and Jingwei Zhang</i>	Elias Tzoc	improve, dental, setting, better, drinking, choices, soda, erodes, candies, bedtime, sugar, decay, breakfast, water replace, spinach, juices, after-	sugary, after-school, improving, beverage

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			school, healthy, neighbor's, weekend	
	<p><u>Chapter 10.</u> Setting Beverage Goals for Healthy Teeth (Latin American)</p> <p><i>by Jingwei Zhang and Valerie Ubbes</i></p>	Elias Tzoc	improve, oral, choices, water, instead, soda, sugar, erode, juices, sodas, shopping, fluoride, healthy	beverage, enamel, cavities, sugary, refreshing, grocery, several, vitamins, minerals, every day improvements
Theme 4: Oral Health & Medicine Safety	<p><u>Chapter 11.</u> Coping with the Stress of Dental Pain</p> <p><i>By Sage Kelner and Valerie Ubbes</i></p>	Kennedy Kramer	coping, believe, healthy, healing, reduce, making, morning, every, flossing, dental, talking, dentist, parents, toothache, schedule, taking	preventing, becoming, cavities, serious, infection, everyday, management, addicted, appointment *alternatives, medication, professional (4 syllables)
	<p><u>Chapter 12.</u> Communicating How to Take Medicine Safely with a Trusted Adult</p> <p><i>By Valerie Ubbes and Payton Messner</i></p>	Kennedy Kramer	safely, trusted, adult, actions, dentist, doctor, parents, offers, sister, brother, believe	medicine *communicate (4 syllables), communicating (5 syllables)
	<p><u>Chapter 13.</u> Deciding to Follow Rules for Taking Medicine</p> <p><i>by Valerie Ubbes and Sage Kelner</i></p>	Bridget Dillhoff	decide, follow, taking, healthy, trusted, adult, dangers, dental, reason, parents, dentist, doctor	medicine, medical, pharmacist, unhealthy, decision, wellbeing
Theme 5: Dental Health Checkups for Young Boys and Girls	<p><u>Chapter 14.</u> Setting Goals for Going to the Dentist (Boys)</p> <p><i>by Abby Witter and Valerie A. Ubbes</i></p>	McKinley Kramer	dentist, believe, reading, check-up, toothbrush, every, visit, open, during, healthy	cavities

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	<p><u>Chapter 15.</u> Setting Goals for Going to the Dentist (Girls)</p> <p><i>by Abby Witter and Valerie A. Ubbes</i></p>	Kennedy Kramer	dentist, believe, reading, check-up, toothbrush, every, visit, open, during, healthy	cavities
	<p><u>Chapter 16.</u> Communicating Through My Smile and Teeth at A Very Young Age</p> <p><i>by Valerie A. Ubbes</i></p>	Maggie Brooks	healthy, dentist, growing, finger, brushing, oral, mommy, toothbrush, daddy, watching	communicate, happiness, practicing, everyday
	<p><u>Chapter 17.</u> Communicating with Health Professionals About My Child's Oral Health Care</p> <p><i>by Jennifer White, Carly Kraska, and Valerie Ubbes</i></p>	Amy Macechko	oral, dental, doctor, newborn's, baby's, dentist, erupt, exam, teething, diet, sealants, fluoride, check-up	regular, dental, appointments, communicate, medical, injury, professionals, referral, pediatric, pacifier, recognize, challenges, importance, professional