

## Chapter 10: Setting Beverage Goals for Healthy Teeth (Latin America)

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Do you know how to set goals for healthy teeth by improving your beverage choices throughout the day?



Read the Story:



Chapter QR Code

### **Chapter Objectives:**

Learn how to set beverage goals for healthy teeth by improving your beverage choices throughout the day with your family and friends.



## Chapter 10: Oral Health Literacy Post Test

**Directions:** Write the word on the blank line that you remember from reading the Chapter 10 story about oral health.

1. I believe that I can set goals to improve my \_\_\_\_\_ health by making better beverage choices for teeth and gums.

2. I set a goal to drink milk with my best friend during our school lunch because milk has several vitamins and \_\_\_\_\_ to strengthen our teeth and gums.

3. I set a goal to choose \_\_\_\_\_ instead of soda for my teeth when I need a refreshment.


4. I set a goal to drink water instead of juice when playing with my cousins, because water has minerals called \_\_\_\_\_ to strengthen our teeth and gums.



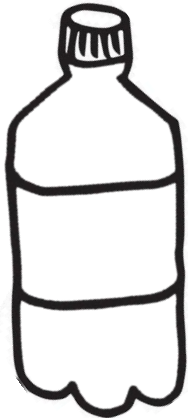
# Chapter 10: Oral Health Spelling

**Directions:** Read the word, pronunciation, and definition for each word at the top of this page. In the boxes below, fill in the missing letter of each word.

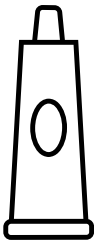
Word	Pronunciation	Definition of the Word
Oral	awr-uhl	Anything involving the mouth.
Water	waw-ter	Water is a liquid that you drink, because it is necessary for life. Water is found throughout the human body.
Fluoride	floor-ahyd	A chemical added to our water and our toothpaste. The dentist also puts this chemical on our teeth to keep our teeth healthy.
Minerals	min-er-uhl	A naturally occurring substance that is a chemical element or solid compound.



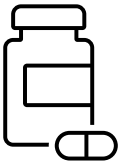
O\_al  
Or\_al  
\_ral



Wa\_er  
\_ater  
Wat\_r



Fluor\_de  
Fl\_oride  
Fluori\_e



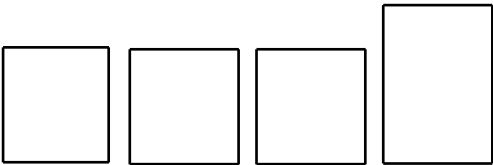

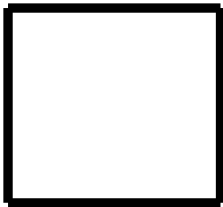
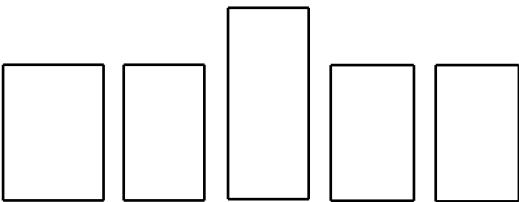
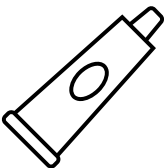

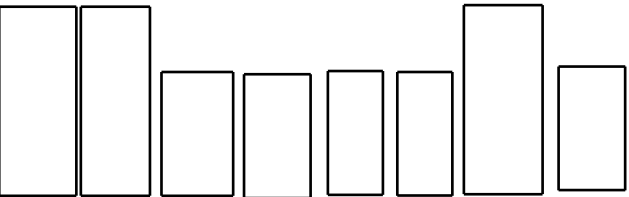
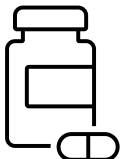
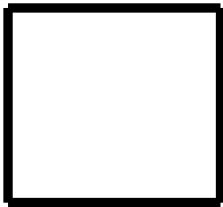
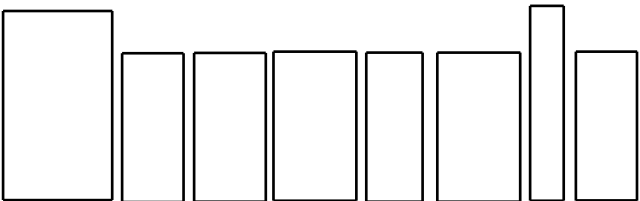


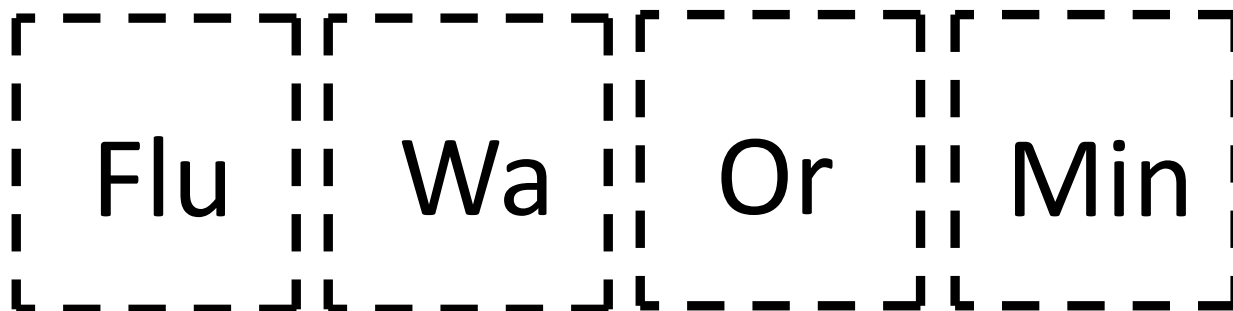
Min\_rals  
M\_nerals  
Minera\_s



# Chapter 10: Oral Health Vocabulary

**Directions:** Cut the letters at the bottom and paste them in the big open box, then write the word in the smaller boxes.

Words	Paste	Write
Oral 	 al	
Water 	 ter	
Fluoride 	 oride	
Minerals 	 erals	





# Oral

**Directions:** Color the lips of the mouth using your favorite shade of pink or red to show off those pearly white teeth.

