

## Chapter 11: Coping with the Stress of Dental Pain

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Do you know how to set a goal to cope with the stress of dental pain by always brushing and flossing your teeth?



Read the Story:



Chapter QR Code

### **Chapter Objectives:**

Learn how to set a goal to cope with the stress of dental pain by always brushing, flossing, and scheduling a dental appointment for pain management.



## Chapter 11: Oral Health Literacy Post Test

**Directions:** Write the word on the blank line that you remember from reading the Chapter 11 story about oral health.


1. I set a goal to tell my parents if I have a toothache, so they can schedule a \_\_\_\_\_ appointment for me.
2. I believe that I can set a goal to reduce the stress of dental pain by taking good care of my teeth, so I do not get any \_\_\_\_\_.
3. I set a goal to reduce the stress of tooth pain by \_\_\_\_\_ my teeth everyday.
4. I set a goal to check with my doctor before I take any \_\_\_\_\_, so a professional can tell me what is best.



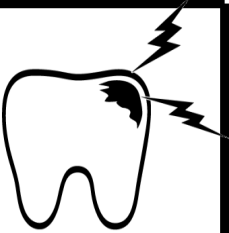
# Chapter 11: Oral Health Spelling

**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   |
|------------|-----------------|--|
| Dentist    | den-tist        | A person whose profession is cleaning and caring for teeth.                              |
| Cavities   | kav-i-ties      | Having many teeth that are or have decayed parts.  |
| Flossing   | flaws-ing       | The act of putting a thin fiber between each tooth to clean them and protect your teeth. |
| Medication | med-i-key-shuhn | A medicine that is prescribed to you by a doctor usually this is a pill or syrup.        |



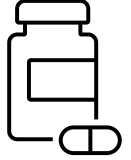
D\_ntist  
Den\_ist  
Dentis\_



Caviti\_s  
Ca\_ities  
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\_lossing  
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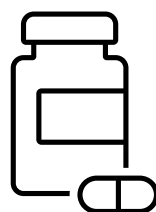
# Chapter 11 Oral Health Vocabulary

**Directions:** Fill in the letter to complete the word. Then color the box of the letter that matches the word.

|         |   |   |
|---------|---|---|
| De_tist |  | t |
|         |   | n |
|         |   | p |

|          |   |   |
|----------|---|---|
| Cav_ties |  | i |
|          |   | e |
|          |   | l |

|          |  |   |
|----------|--|---|
| Flos_ing |  | l |
|          |  | k |
|          |  | s |

|            |  |   |
|------------|--|---|
| Medicat_on |  | i |
|            |  | o |
|            |  | n |



# floss

**Directions:** Color the dental floss to match yours at home. Remember to floss your teeth at least once a day. Ask for help if you need it!

