

# Chapter 1: Setting Dental Hygiene Goals for Healthy Teeth

Written by Valerie A. Ubbes and Jess Bolton

Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

**Do you know how to set dental hygiene goals for healthy teeth by brushing every morning and night?**



Read the Story:



Chapter QR Code

## **Chapter Objectives:**

Learn how to set dental hygiene goals for healthy teeth by brushing every morning and night, buying toothpaste with fluoride, flossing regularly, and visiting your dentist to ensure a healthy smile.



## Chapter 1: Oral Health Literacy Post Test

**Directions:** Write the word on the blank line that you remember from reading the Chapter 1 story about oral health.

1. I believe that I can set a goal to practice good oral health and dental \_\_\_\_\_.

2. I set a goal to buy floss and \_\_\_\_\_ with my Mom when shopping for food at the grocery store.

3. I set a goal to floss my teeth, because \_\_\_\_\_ helps to get rid of leftover foods that hide between my teeth and gums.

4. I set a goal to buy toothpaste with fluoride, which helps strengthen my tooth \_\_\_\_\_.

5. I set a goal to buy floss and toothpaste with my Mom when \_\_\_\_\_ for food at the \_\_\_\_\_ store.

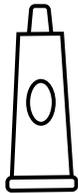


# Chapter 1: Oral Health Spelling

**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
Toothpaste	tooth-peyst	A paste used to clean our teeth.
Enamel	ih-nam-ul	An outer covering of our teeth that is hard and opaque to make them strong.
Hygiene	hahy-jeen	Being clean and healthy.
Flossing	flaws-ing	The action you take when putting a thin fiber between each of your teeth to clean and protect them.
Grocery	gro-cer-y	A store that has food, drinks, and supplies.
Shopping	shop-ing	The action of going to stores to buy things.

Toot\_paste  
T\_othpaste  
Toothpa\_te



En\_mel  
Enam\_l  
\_namel



H\_giene  
Hygie\_e  
Hyg\_ene



Flo\_sing  
Flossi\_g  
F\_ossing



Grocery  
Grocery  
Grocery



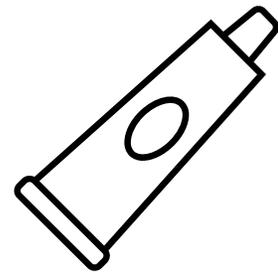
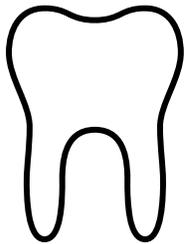
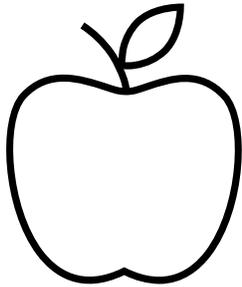
Shopping  
Shopping  
Shopping





# Chapter 1: Oral Health Vocabulary

**Directions:** Choose the word that matches the picture and color them with the same color.



<b>Toothpaste</b>	<b>Enamel</b>	<b>Grocery</b>
<b>Hygiene</b>	<b>Flossing</b>	<b>Shopping</b>

## 1.4 Coloring Sheet



# Tooth

**Directions:** Color around the tooth to keep it pearly white!

