Chapter 3:
Taking Action and Making Decisions to Have Healthy Teeth

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Do you know how to take action to have healthy teeth?
Do you know how make decisions to have healthy teeth?

Read the Story Here:

https://dlp.lib.miamioh.edu/ebook/03/

Or Use the Chapter QR Code

Chapter Objectives:
Learn how to take action for oral health by making decisions to brush your teeth, eat healthy fruits and vegetables, and floss away leftover food to prevent plaque buildup on your teeth.

Other healthy decisions include buying oral health products with your parents at the grocery store and practicing oral hygiene habits with your family at home.

3.1 Post Assessment Name _____

Chapter 3: Oral Health Literacy Post Test

Directions: Write the word on the blank line that you remember from reading the Chapter 3 story about brushing your teeth and smiling.

1. I take action by brushing my teeth, gums, and tongue every morning and night, so I can have a _____ smile.

2. I take action by flossing my teeth, so I can get rid of leftover foods that will cause plaque _____ and cavities between my teeth.

3. I take action by buying floss, toothpaste, and _____ while grocery shopping with my Mom.

4. I take action by cooking _____-rich foods with my family at dinner time, so our teeth and bones will be stronger.

5. I take action by _____ my little brother brush his teeth every night, so we can both have healthy teeth without cavities.

eBook for Oral Health Literacy©

Answer Key: 1. refreshing 2. buildup 3. mouthwash 4. calcium 5. helping

3.2 Worksheet Name_____

Chapter 3: Oral Health Spelling

Directions: First read the word, pronunciation, and definition for each word at the top of this page. At the bottom, write the missing letter for each word.

Word	Pronunciation	Definition of the Word
Mouthwash	mouth-wosh	Liquid that you put in your mouth, swish around then spit out to help your mouth and teeth stay clean.
Buildup	bild-uhp	When layers of a substance lay on top of other layers to create large amounts of a substance.
Cooking	kook-ing	The act of preparing food.
Helping	hel-ping	Doing a task for someone else to make it easier for them.
Refreshing	ri-fresh-ing	Food or drink that provides your body with improved flavor or nutrients.
Family	fam-uh-lee	A group of people who are important to you. Usually, the people who are your relatives.

Mo_thwash
Mouthwa_h
Mou_hwash

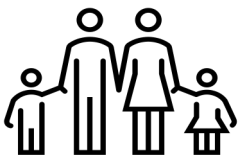
H_lping
Helpi_g
He_ping

_uildup
Bui_dup
Build_p

R_freshing
Refreshin_
Refre_hing

C_oking
Cookin_
Co_king

F_mily
Fami_y
Fa_ily

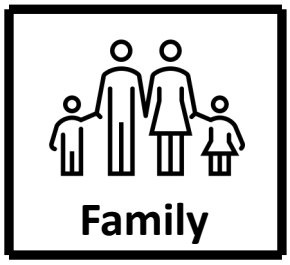


3.3 Worksheet Name_____

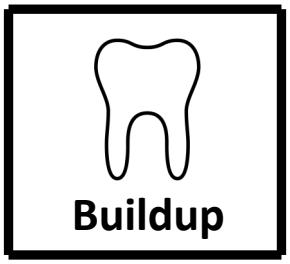
Chapter 3: Oral Health Vocabulary

Directions: Draw a line to match the picture word on the left with the correct definition on the right.

When layers of a substance lay on top of other layers to create large amounts of a substance.



Food or drink that provides your body with improved flavor or nutrients.



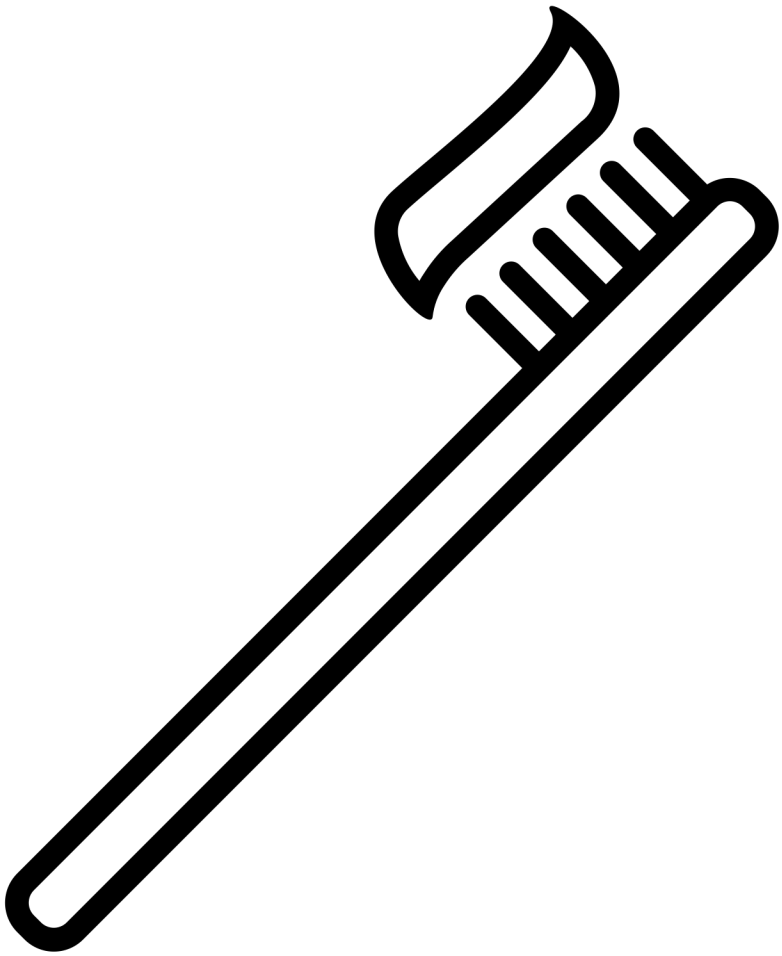
Liquid that you put in your mouth, swish around then spit out that can help your mouth and teeth stay clean.

A group of people who are important to you. Usually, people who are your relatives.

Doing a task for someone else to make it easier for them.

The act of preparing food.

3.4 Coloring Sheet

Toothbrush

<u>Directions</u>: Color the toothbrush to match your toothbrush at home.