

Chapter 4: Setting Daily Goals to Rinse My Mouth

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Do you know how to set a goal to have fresh breath and clean teeth?



Read the Story:



Chapter QR Code

Chapter Objectives:

Learn how to set a goal to rinse your mouth with water and mouthwash for a fresh breath and clean teeth.



Chapter 4: Oral Health Literacy Post Test

Directions: Write the word on the blank line that you remember from reading the Chapter 4 story about rinsing your mouth.

These are your word choices: after, daily, morning, away

1. I set a goal to brush my tongue in the _____
to clean away the germs in my mouth.

2. I set a goal to rinse my mouth _____ I
brush my teeth, so I have fresh breath.

3. I believe that I can set a goal _____ to
rinse my mouth for fresh breath and clean
teeth.

4. I set a goal to brush my tongue in the
morning to clean _____ the germs in my
mouth.



Chapter 4: Oral Health Spelling

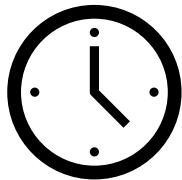
Directions: First read the word, pronunciation, and definition for each word at the top of this page. At the bottom, write the missing letter for each word.

Word	Pronunciation	Definition of the Word
After	ahf-ter	When one event happens, another event follows.
Morning	mawr-ning	The first part of the day when you wake up from sleeping.
Daily	dey-lee	Something that happens every single day.
Away	uh-wey	When something is put in another place, or something has gone somewhere else.

A_ter

Af_er

Afte_



_orning

Mor_ing

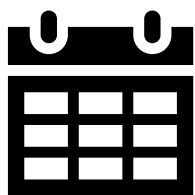
Mornin_



Dail_

D_ily

Dai_y



A_ay

_way

Awa_





Chapter 4: Oral Health Vocabulary

Directions: First, read the vocabulary word listed on the left. Then, write that same word on the blank line to the right to finish the sentence.

after	I will be ready to go to school _____ I brush my teeth.
after	I brush my teeth _____ eating something sugary to prevent my teeth from cavities.
morning	In the _____, I eat a healthy breakfast of fruit and eggs.
morning	I brush my teeth in the _____ and at night.
daily	I floss my teeth _____ to keep my gums healthy.
daily	I brush my teeth twice _____.
away	I like to brush _____ the sugar and food on my teeth to prevent my teeth from cavities.
away	Brushing my teeth keeps the sugar and food _____.



Toothpaste

Directions:

Color the toothpaste tube. Use the same color as your favorite toothpaste flavor.

