

## Chapter 5: Setting Food Goals for Healthy Teeth

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Can you set food goals for healthy teeth by eating healthy snacks and meals?



Read the Story:



Chapter QR Code

### **Chapter Objectives:**

Learn how to set food goals for healthy teeth by eating foods rich in calcium and fiber, brushing after snacks and meals, and visiting with your dentist every 6 months.

Other oral health goals include buying floss and toothpaste at the grocery store and following healthy role models from your parents at home.



## Chapter 5: Oral Health Literacy Post Test

**Directions:** Write the word on the blank line that you remember from reading the Chapter 5 story about setting food goals for healthy teeth.

1. I set a goal to visit and talk with my \_\_\_\_\_ every 6 months, so I can keep a healthy smile.
2. I set a goal to eat fibrous fresh foods, because \_\_\_\_\_ helps to remove plaque and sugar from my teeth.
3. I set a goal to buy floss and \_\_\_\_\_ when buying food at the grocery store with my Mom.
4. I set a goal to eat healthy foods that have fiber, because fiber helps to \_\_\_\_\_ plaque and sugar from my teeth.
5. I set a goal to buy a new toothbrush and floss when buying food at the \_\_\_\_\_ store with my Mom.
6. I set a goal to clean my teeth after our evening snack by watching how my Mom \_\_\_\_\_ her teeth.



# Chapter 5: 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
Fiber	fahy-ber	Parts of a healthy food that aids our digestion.
Grocery	gro-cer-y	A store that has food, drinks, and supplies.
Dentist	den-tist	A person who cleans and cares for your teeth, mouth, and gums.
Remove	ri-moov	To get rid of something or to move it to another place.
Brushes	Bruh-sh-es	The act of smoothing or scrubbing with using a brush most often to clean a surface.
Toothpaste	tooth-peyst	A paste used to clean our teeth.

Fib\_r  
Fi\_er  
F\_ber



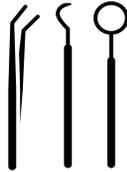
\_rocery  
Gro\_ery  
Gr\_cery



D\_ntist  
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Remo\_e  
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B\_ushes  
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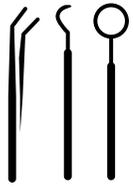
T\_othpaste  
Toothp\_ste  
Toot\_paste





# Chapter 5: Oral Health Vocabulary

**Directions:** Trace the dotted word then write the word on the empty line.



Remove



Brushes



Toothpaste



Dentist



Grocery



Fiber



# Apple

**Directions:** Color the apples, toothbrush, and toothpaste. Draw lines from the groceries to the shopping bag. When you get home from the grocery store, eat your healthy apple then remember to brush and floss your teeth.

