

Chapter 6: Decisions to Keep My Teeth Healthy and Strong

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Do you know how to make healthy food and beverage decisions to keep your teeth healthy and strong?



Read the Story:



Chapter QR Code

Chapter Objectives:

Learn how to make decisions to keep your teeth healthy and strong by eating healthy snacks and drinking healthy beverages with your friends at school and your family at home.



Chapter 6: Oral Health Literacy Post Test

Directions: Write the word on the blank line that you remember from reading the Chapter 6 story about oral health.

1. I decide to keep my teeth healthy by eating vegetables like _____, because broccoli contains calcium for my teeth.
2. I decide to keep my teeth healthy by eating _____ with my friends at school instead of candy.
3. I decide to keep my teeth healthy by _____ milk as a delicious snack at home with my brother.
4. I decide to eat fresh foods and drink _____ beverages with my family to keep my teeth healthy.
5. I believe that I can make decisions to drink more _____ instead of sugary sodas, because water can rinse and clean my teeth and gums.
6. I decide to keep my teeth healthy by _____ apples with my friends at school instead of candy.



Chapter 6: 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
Apples	ap-uhlz	A round sweet fruit that grows on trees, typically the color of apples are red or green.
Broccoli	brok-uh-lee	A green vegetable that has a big flowered head.
Drinking	dring-king	Putting liquid into the mouth and swallowing.
Eating	ee-ting	The action of putting food into your mouth, then chewing and swallowing it.
Nutritious	noo-trish-uhs	Nutritious is used to describe a healthy food or drink that provides things that our bodies need like vitamins or minerals to our bodies.
Water	waw-ter	Water is a liquid that you drink, because it is necessary for life. Water is found throughout the human body.

A_ples
Appl_s



B_occoli
Broc_oli



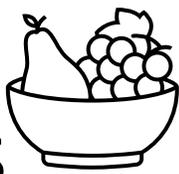
Dr_nking
Drinkin_



Eatin_
E_ting



Nut_itious
Nutrit_ous



Wa_er
_ater





Chapter 6: Oral Health Vocabulary

Directions: Draw a line to connect the correct word with the definition.

Drinking

Nutritious is used to describe a healthy food or drink that provides things that our bodies need like vitamins or minerals to our bodies.

Apples

A green vegetable that has a big flowered head.

Eating

The action of putting food into your mouth, then chewing and swallowing it.

Broccoli

Putting liquid into the mouth and swallowing.

Water

A round sweet fruit that grows on trees, typically the color of apples are red or green.

Nutritious

Water is a liquid that you drink, because it is necessary for life. Water is found throughout the human body.



Fruit Basket

Directions: Color in the fruit and basket.

