

Chapter 7: Deciding to Improve My Dental Health by Drinking More Water

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Do you know to make decisions to drink more water to clean your teeth and prevent cavities and dry mouth?



Read the Story:



Chapter QR Code

Chapter Objectives:

Learn how to make decisions to improve your dental health by drinking more water to clean your teeth and to prevent cavities and dry mouth.



Chapter 7: Oral Health Literacy Post Test

Directions: Write the word on the blank line that you remember from reading the Chapter 7 story about oral health.

1. I decide to drink water every day, because most water from the faucet has fluoride in it to _____ cavities.

2. I decide to drink water every day, because it keeps my mouth clean by _____ away cavity-causing bacteria in my mouth.

3. I decide to drink water every day, because water fights against dry mouth and uses my _____ to fight against tooth decay.

4. I decide to help my brother drink more water, because water _____ his dry throat and improves his mood.

5. I decide to drink water every day, because it keeps my mouth clean by washing away cavity-causing _____ in my mouth.

6. I decided to start _____ milk every morning at breakfast and dinner to help make my teeth strong.

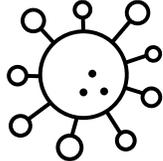


Chapter 7: Oral Health Spelling

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
Bacteria	bak-teer-ee-uh	Microscopic living organisms, usually one-celled, that can be found everywhere, including some living in your mouth.
Freshens	fresh-uhn	When something is clean or new.
Saliva	suh-lahy-vuh	The liquid found in the mouth that helps lubricate and begin to breakdown food.
Drinking	dring-king	Putting liquid into the mouth and swallowing.
Washing	wosh-ing	The act of cleansing something with water.
Prevent	pri-vent	To stop something from happening or existing.

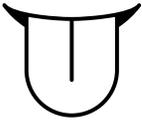
B_cteria
Bact_ria
Ba_teria



_reshens
Fr_shens
Freshe_s



Saliv_
Sa_iva
S_liva



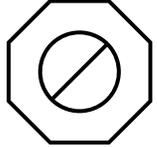
D_inking
Dri_king
Drinki_g



W_shing
Washi_g
Was_ing



P_event
Preve_t
Pr_vent





Chapter 7: Oral Health Vocabulary

Directions: Make the term and definition the same color.

To stop something from happening or existing.

The act of cleansing something with water.

Putting liquid into the mouth and swallowing.

The liquid found in the mouth that helps lubricate and begin to breakdown food.

Microscopic living organisms, usually one-celled, that can be found everywhere, including some living in your mouth.

When something is clean or new.

Bacteria

Saliva

Washing

Freshens

Drinking

Prevent



Water

