

Chapter 8: Deciding to Drink Milk for Healthy Teeth

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Do you know how to make decisions to drink milk at breakfast, lunch, and dinner to improve your oral health?



Read the Story:



Chapter QR Code

Chapter Objectives:

Learn how to make healthy decisions for your teeth by drinking milk at breakfast, lunch, and dinner and not drinking sugary beverages. Learn the many benefits of drinking milk to improve your oral health.



Chapter 8: Oral Health Literacy Post Test

Directions: Write the word on the blank line that you remember from reading the Chapter 8 story about oral health.

1. I believe that I can have healthier teeth by deciding to drink milk at _____ and at snack time.
2. I decide to drink milk for breakfast, because milk is a good source of calcium for building _____ teeth.
3. I decide to drink milk for lunch, because milk gives my teeth needed _____ to fight against tooth decay.
4. I decide to drink chocolate milk with my friends instead of soda, because milk gives our teeth lots of vitamins and _____.
5. I decide to drink milk for lunch, because milk gives my teeth needed minerals to fight against tooth _____.
6. I decide to drink milk for dinner, because drinking milk can lower _____ acid levels in my mouth.



Chapter 8: Oral Health Spelling

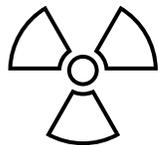
Directions: Read the word, pronunciation, and definition for each word at the top of this page. In the boxes below, fill in the missing letter of each word.

Word	Pronunciation	Definition of the Word
Harmful	hahrm-fuhl	When something is capable or able to hurt or decrease your health.
Stronger	strawng-ger	A greater bodily or muscular power than what is being compared.
Mealtime	meal-time	The usual time that you eat a meal.
Decay	dih-key	When something becomes decomposed, this will show by declining in excellence and health.
Building	bil-ding	When you continuously work on something to make it better
Minerals	min-er-uhl	A naturally occurring substance that is a solid chemical element or compound.

H_rmful

Har_ful

Harmfu_



Dec_y

D_cay

De_ay



St_onger

Stro_ger

Str_nger



Buildi_g

_uilding

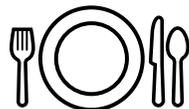
Buildin_



Mealti_e

Meal_ime

M_altime



Mi_erals

Minera_s

Min_rals





Chapter 8: Oral Health Vocabulary

Directions: Trace the dotted word then write the word on the rest of the line.



Minerals



Decay



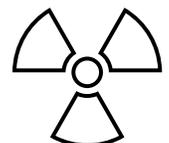
Mealtime



Stronger



Building



Harmful

8.4 Coloring Sheet



Mealtime

Directions: Draw your favorite dinner on the plate to build healthy teeth and draw in a healthy beverage of your choice.

