

## Chapter 9: Setting Beverage Goals for Healthy Teeth (African American)

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Do you know how to set goals for healthy teeth by improving your beverage choices throughout the day?



Read the Story:



Chapter QR Code

### **Chapter Objectives:**

Learn how to set beverage goals for healthy teeth by improving your beverage choices throughout the day with your family and friends.



## Chapter 9: Oral Health Literacy Post Test

**Directions:** Write the word on the blank line that you remember from reading the Chapter 9 story about oral health.

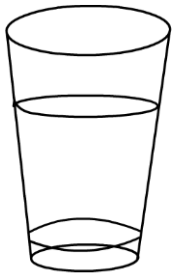
1. I set a goal to drink orange juice and \_\_\_\_\_ at breakfast with my grandma so my teeth will grow stronger.
2. I set a goal to drink \_\_\_\_\_ with my friend during our after-school snack.
3. I set a goal to choose \_\_\_\_\_ instead of soda when I go to my neighbor's house to play on the weekend.
4. I believe that I can set goal for healthy teeth by drinking more water, \_\_\_\_\_, fresh juices, and less soda each day.



# Chapter 9: 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
Drinking	Drink-ing	Putting liquid into the mouth and swallowing.
Milk	milk	A white liquid that provides our bodies minerals such as calcium that helps our bones and teeth to be strong.
Water	Wa-ter	Water is a liquid that you drink, because it is necessary for life. Water is found throughout the human body.



Dr\_nking  
 Drin\_ing  
 Drinki\_g

Mi\_k  
 Mil\_  
 \_ilk

Wa\_er  
 Wate\_  
 W\_ter



## Chapter 9 Oral Health Vocabulary

**Directions:** Fill in the letter to complete the word. Then color the box of the letter that matches the word.



D \_ ntal

o

a

e



Beve \_ age

r

s

n



Break \_ ast

f

d

m

## 9.4 Coloring Sheet

# milk



**Directions:** Color the milk the flavor that you drink at school  
(Possible flavor choices: Vanilla, Strawberry, Chocolate).

