

eBook for Oral Health Literacy[©]

Curriculum Workbook



Let's Practice your Oral Health Literacy!

eBook for Oral Health Literacy[©]

<https://dlp.lib.miamioh.edu>

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Hello!

We are excited to share our Workbook with you, because it can support your **oral health habits** at home!

Did you know that one-half of Americans do not go to the dentist each year for a dental check-up? If you and your loved ones set a goal to go to the dentist twice a year (every six months), your chances for a healthier and longer life will be better.

Taking care of your mouth, teeth, and gums everyday will help you to have a happy and healthy smile!

Our workbook is designed to help you learn more about your **oral health literacy**. By practicing your reading skills at home with your family, you will join hundreds of people who are participating in our health literacy campaign called **“Reading for a Healthy Smile®”**!

Thanks for practicing your literacy skills and oral health skills each day. Have fun!

Valerie A. Ubbes, PhD, MCHES

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Project Director

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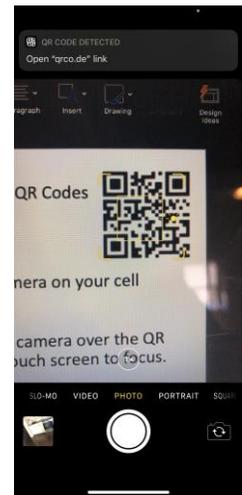
Lindsay M. Wallace, BS, CHES

Workbook Designer

3 Steps for Using the QR Codes

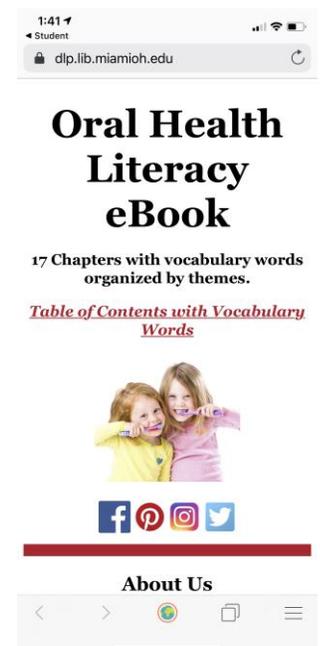


1. Open the camera on your cell phone.
2. Hold the camera over the QR code found on each workbook page.
3. Click on the drop-down link on your phone. That link will take you directly to our web page where you can read and listen to the 5 chapters in this workbook.



You can also access the entire eBook for Oral Health Literacy© from your computer or tablet at:

<https://dlp.lib.miamioh.edu/ebook/index.html>



Chapter 1: Setting Dental Hygiene Goals for Healthy Teeth

Written by Valerie A. Ubbes and Jess Bolton

Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

Do you know how to set dental hygiene goals for healthy teeth by brushing every morning and night?



Read the Story:



Chapter QR Code

Chapter Objectives:

Learn how to set dental hygiene goals for healthy teeth by brushing every morning and night, buying toothpaste with fluoride, flossing regularly, and visiting your dentist to ensure a healthy smile.



Chapter 1: Oral Health Literacy Post Test

Directions: Write the word on the blank line that you remember from reading the Chapter 1 story about oral health.

1. I believe that I can set a goal to practice good oral health and dental _____.

2. I set a goal to buy floss and _____ with my Mom when shopping for food at the grocery store.

3. I set a goal to floss my teeth, because _____ helps to get rid of leftover foods that hide between my teeth and gums.

4. I set a goal to buy toothpaste with fluoride, which helps strengthen my tooth _____.

5. I set a goal to buy floss and toothpaste with my Mom when _____ for food at the _____ store.

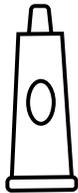


Chapter 1: Oral Health Spelling

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
Toothpaste	tooth-peyst	A paste used to clean our teeth.
Enamel	ih-nam-ul	An outer covering of our teeth that is hard and opaque to make them strong.
Hygiene	hahy-jeen	Being clean and healthy.
Flossing	flaws-ing	The action you take when putting a thin fiber between each of your teeth to clean and protect them.
Grocery	gro-cer-y	A store that has food, drinks, and supplies.
Shopping	shop-ing	The action of going to stores to buy things.

Toot_paste
T_othpaste
Toothpa_te



En_mel
Enam_l
_namel



H_giene
Hygie_e
Hyg_ene



Flo_sing
Flossi_g
F_ossing



Grocery
Grocery
Grocery



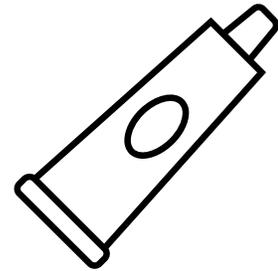
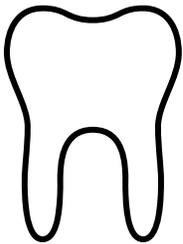
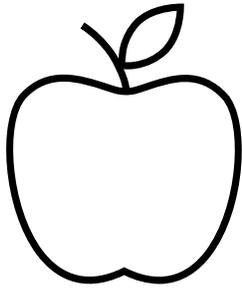
Shopping
Shopping
Shopping





Chapter 1: Oral Health Vocabulary

Directions: Choose the word that matches the picture and color them with the same color.



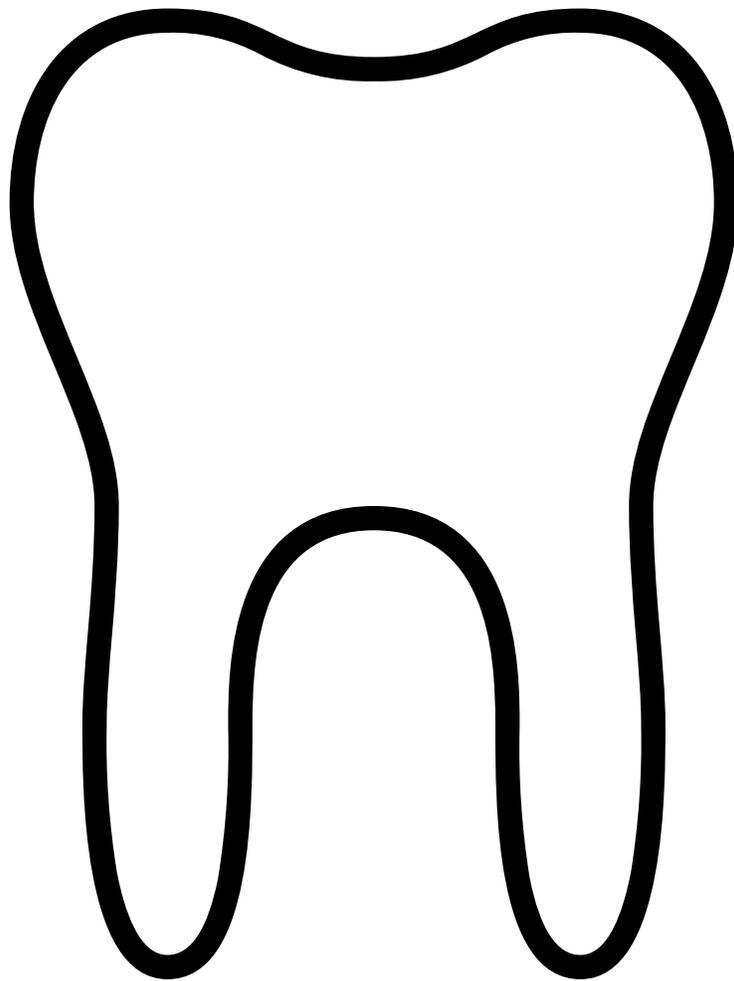
Toothpaste	Enamel	Grocery
Hygiene	Flossing	Shopping

1.4 Coloring Sheet



Tooth

Directions: Color around the tooth to keep it pearly white!



Chapter 2: Making Decisions to Have Fun with My Oral Health

Written by Valerie A. Ubbes and Alicia Graf

Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

Do you know how to make decisions for brushing your teeth, tongue, and gums every morning and night?



Read the Story:



Chapter QR Code

Chapter Objectives:

Learn how to make decisions for brushing your teeth, tongue, and gums every morning and night while singing songs for 2 minutes to ensure a proper cleaning.



Chapter 2: Oral Health Literacy Post Test

Directions: Write the word on the blank line that you remember from reading the Chapter 2 story about oral health.

1. I believe that I can prevent infections in my teeth by deciding to practice my daily dental _____.
2. I decide to brush my teeth, tongue, and gums with a small amount of toothpaste, so that my mouth will be really _____.
3. I decide to brush my teeth right after I eat _____ with my brother, so we can get rid of sugar that damages our teeth.
4. I decide to show off my teeth by _____, because I want my parents to see that I can take charge of my own oral health.
5. I decide to be a _____ model to my sister, so I can show her how well I take care of my teeth every single day!
6. I believe that I can prevent _____ in my teeth by deciding to practice my daily dental routine.



Chapter 2: 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
Cereal	seer-ee-uhl	A breakfast food made up of grain that is usually paired with milk.
Infection	in-fek-shuhn	A condition that shows decline or trouble for the body which leads to a disease.
Cleaning	klee-ning	The action of taking off dirt or germs from the surface of something.
Smiling	smahyl-ing	A facial expression with the corners of your mouth pointing upwards that shows others you are happy.
Model	mod-l	Something that will show you how to act or do a task.
Routine	roo-teen	The process of what you do each day.

Infecti_n

Inf_ction

Infec ion



_miling

Smi_ing

Smili g



M_del

Mode_

Mo_el



Ce_eal

Cerea_

_ereal



Cl_aning

Clea_ing

Cleanin_



_outine

Routi_e

Ro_tine





Chapter 2: Oral Health Vocabulary

Directions: Read each sentence, then write the word from the Word Bank on the line to complete the sentence.

Word Bank: Cereal, Clean, Infection, Models, Routine, Smiling

1. My friend is happy, because I know she is _____ at me.
2. When I am not sure how to act, I look to my mom because she _____ how I should act.
3. For breakfast, I am going to make a healthy choice and have _____ with milk.
4. I am going to _____ my teeth by brushing them to get all the food particles off.
5. My morning _____ is to wake up, get dressed, brush my teeth, eat a healthy breakfast, and go to school.
6. I am going to make sure to brush my gums so that they do not get an _____.



Brushing

Directions: Color the toothbrush the same color as your toothbrush. Then color the tooth the same color as the toothpaste.



Chapter 3: Taking Action and Making Decisions to Have Healthy Teeth

Written by Valerie A. Ubbes and Jess Bolton

Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

Do you know how to take action to have healthy teeth?

Do you know how make decisions to have healthy teeth?



Read the Story:



Chapter QR Code

Chapter Objectives:

Learn how to take action for oral health by making decisions to brush your teeth, eat healthy fruits and vegetables, and floss away leftover food to prevent plaque buildup on your teeth.

Other healthy decisions include buying oral health products with your parents at the grocery store and practicing oral hygiene habits with your family at home.



Chapter 3: Oral Health Literacy Post Test

Directions: Write the word on the blank line that you remember from reading the Chapter 3 story about brushing your teeth and smiling.

1. I take action by brushing my teeth, gums, and tongue every morning and night, so I can have a _____ smile.
2. I take action by flossing my teeth, so I can get rid of leftover foods that will cause plaque _____ and cavities between my teeth.
3. I take action by buying floss, toothpaste, and _____ while grocery shopping with my Mom.
4. I take action by cooking _____-rich foods with my family at dinner time, so our teeth and bones will be stronger.
5. I take action by _____ my little brother brush his teeth every night, so we can both have healthy teeth without cavities.



Chapter 3: Oral Health Spelling

Directions: First read the word, pronunciation, and definition for each word at the top of this page. At the bottom, write the missing letter for each word.

Word	Pronunciation	Definition of the Word
Mouthwash	mouth-wosh	Liquid that you put in your mouth, swish around then spit out to help your mouth and teeth stay clean.
Buildup	bild-uhp	When layers of a substance lay on top of other layers to create large amounts of a substance.
Cooking	kook-ing	The act of preparing food.
Helping	hel-ping	Doing a task for someone else to make it easier for them.
Refreshing	ri-fresh-ing	Food or drink that provides your body with improved flavor or nutrients.
Family	fam-uh-lee	A group of people who are important to you. Usually, the people who are your relatives.

Mo_thwash
Mouthwa_h
Mou hwash



H_lping
Helpi_g
He ping



_uildup
Bui_dup
Build p



R_freshing
Refreshin_
Refre hing



C_oking
Cookin_
Co king



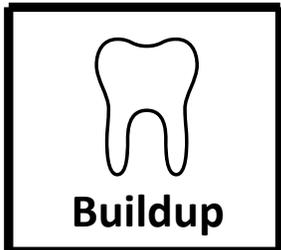
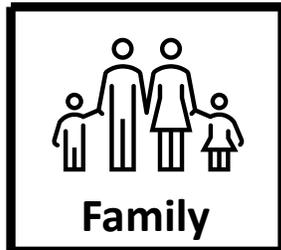
F_mily
Fami_y
Fa_ily





Chapter 3: Oral Health Vocabulary

Directions: Draw a line to match the picture word on the left with the correct definition on the right.



When layers of a substance lay on top of other layers to create large amounts of a substance.

Food or drink that provides your body with improved flavor or nutrients.

Liquid that you put in your mouth, swish around then spit out that can help your mouth and teeth stay clean.

A group of people who are important to you. Usually, people who are your relatives.

Doing a task for someone else to make it easier for them.

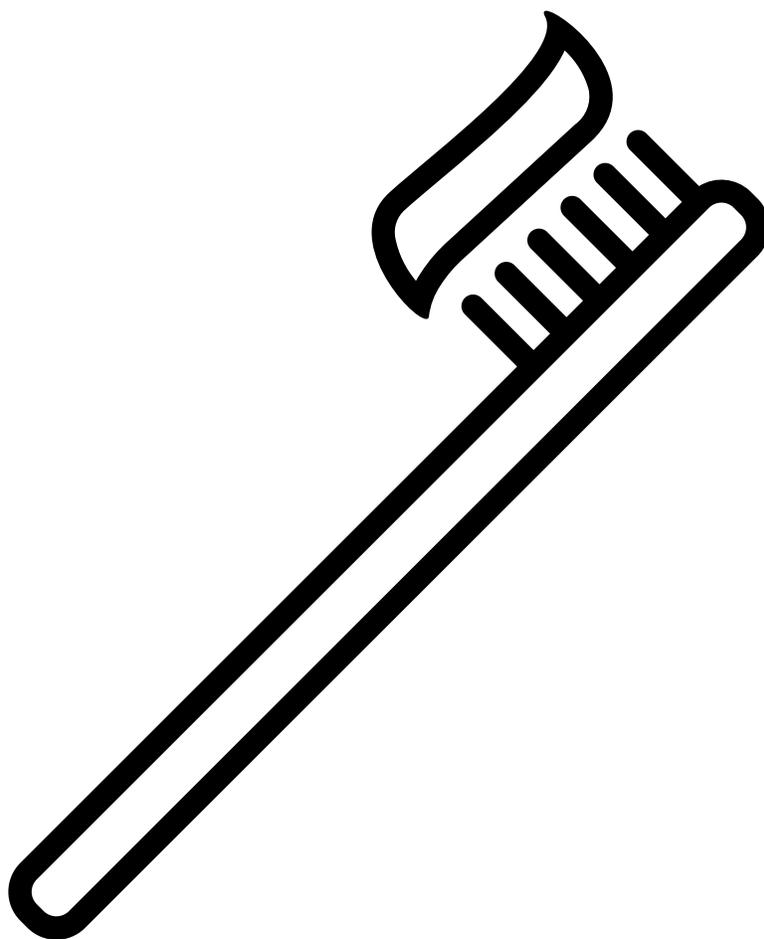
The act of preparing food.

3.4 Coloring Sheet



Toothbrush

Directions: Color the toothbrush to match your toothbrush at home.



Chapter 4: Setting Daily Goals to Rinse My Mouth

Written by Abby Witter and Valerie A. Ubbes

Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

Do you know how to set a goal to have fresh breath and clean teeth?



Read the Story:



Chapter QR Code

Chapter Objectives:

Learn how to set a goal to rinse your mouth with water and mouthwash for a fresh breath and clean teeth.



Chapter 4: Oral Health Literacy Post Test

Directions: Write the word on the blank line that you remember from reading the Chapter 4 story about rinsing your mouth.

These are your word choices: after, daily, morning, away

1. I set a goal to brush my tongue in the _____
to clean away the germs in my mouth.

2. I set a goal to rinse my mouth _____ I
brush my teeth, so I have fresh breath.

3. I believe that I can set a goal _____ to
rinse my mouth for fresh breath and clean
teeth.

4. I set a goal to brush my tongue in the
morning to clean _____ the germs in my
mouth.



Chapter 4: Oral Health Spelling

Directions: First read the word, pronunciation, and definition for each word at the top of this page. At the bottom, write the missing letter for each word.

Word	Pronunciation	Definition of the Word
After	ahf-ter	When one event happens, another event follows.
Morning	mawr-ning	The first part of the day when you wake up from sleeping.
Daily	dey-lee	Something that happens every single day.
Away	uh-wey	When something is put in another place, or something has gone somewhere else.

A_ter

Af_er

Afte_



_orning

Mor_ing

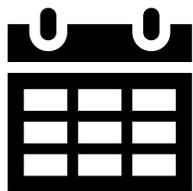
Mornin_



Dail_

D_ily

Dai_y



A_ay

_way

Awa_





Chapter 4: Oral Health Vocabulary

Directions: First, read the vocabulary word listed on the left. Then, write that same word on the blank line to the right to finish the sentence.

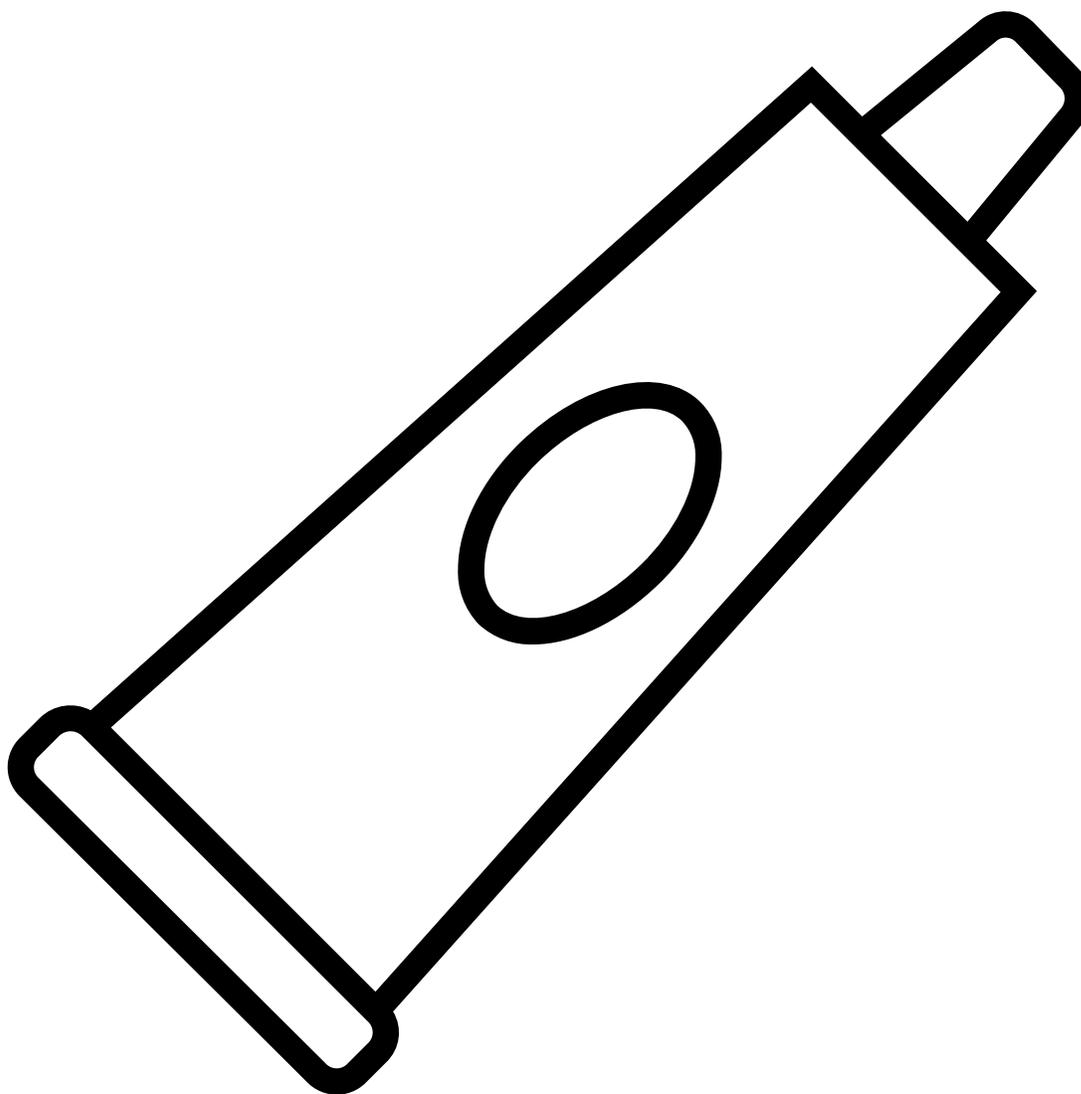
after	I will be ready to go to school _____ I brush my teeth.
after	I brush my teeth _____ eating something sugary to prevent my teeth from cavities.
morning	In the _____, I eat a healthy breakfast of fruit and eggs.
morning	I brush my teeth in the _____ and at night.
daily	I floss my teeth _____ to keep my gums healthy.
daily	I brush my teeth twice _____.
away	I like to brush _____ the sugar and food on my teeth to prevent my teeth from cavities.
away	Brushing my teeth keeps the sugar and food _____.



Toothpaste

Directions:

Color the toothpaste tube. Use the same color as your favorite toothpaste flavor.



Chapter 5: Setting Food Goals for Healthy Teeth

Written by Valerie A. Ubbes and Jess Bolton

Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

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



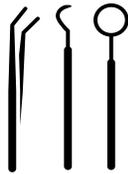
_rocery
Gro_ery
Gr_cery



D_ntist
Denti_t
Den_ist



Remo_e
Remov_
R_move



B_ushes
Bru_hes
Brushe_



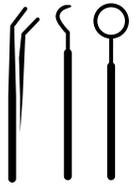
T_othpaste
Toothp_ste
Toot_paste





Chapter 5: Oral Health Vocabulary

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



Remove



Brushes



Toothpaste



Dentist



Grocery

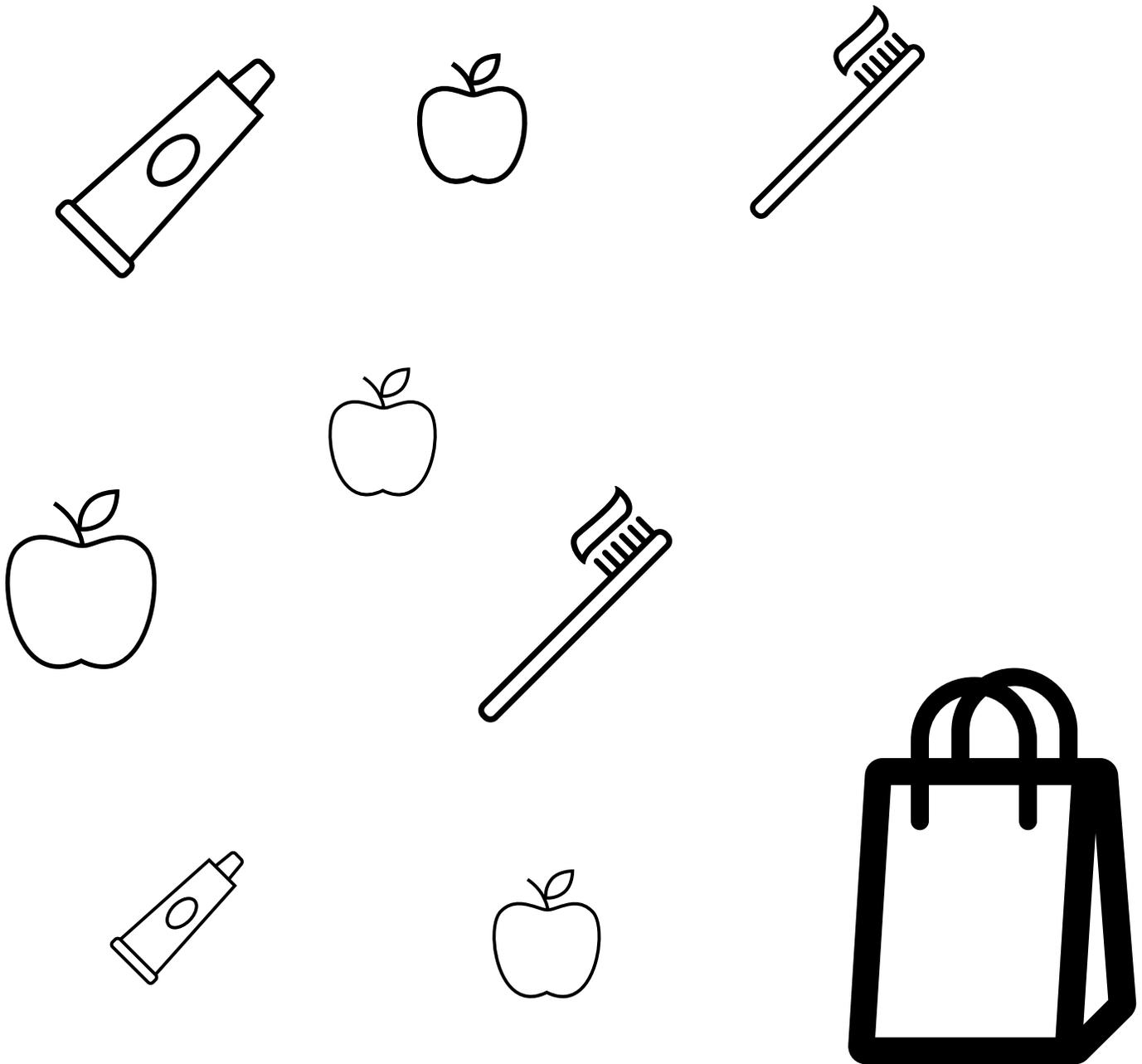


Fiber



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.



Chapter 6: Decisions to Keep My Teeth Healthy and Strong

Written by Valerie A. Ubbes and Lana Amer

Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

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 

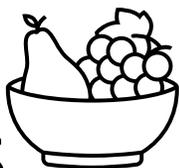
Broc_oli

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.

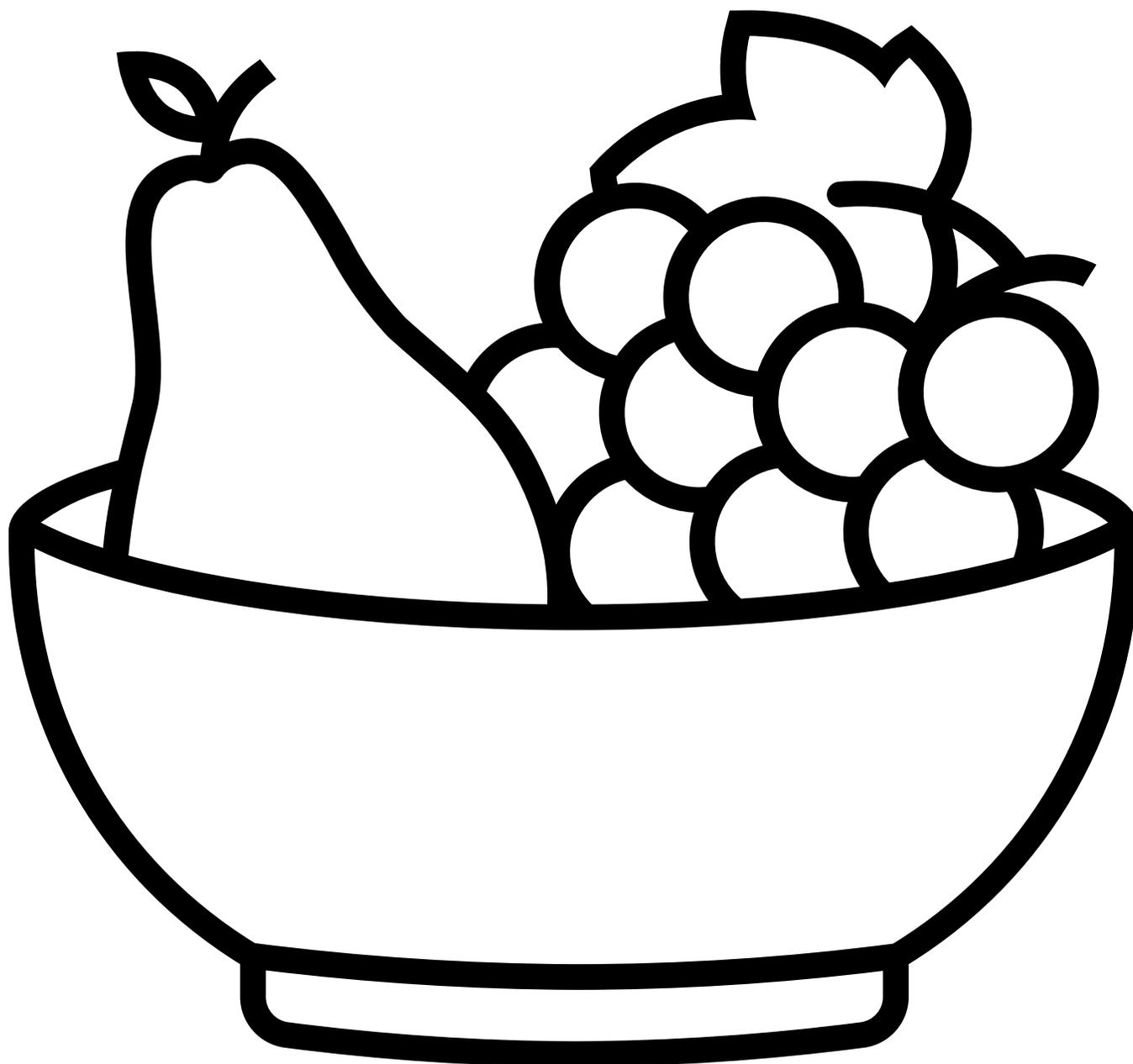
Nutritious

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.



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

Written by Valerie A. Ubbes, Jennifer White, and Carly Kraska
Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

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

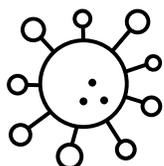
Directions: Read the word, pronunciation, and definition for each word at the top of this page. In the boxes below, fill in the missing letter of each word.

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

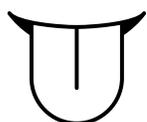
Freshe_s



Saliv_

Sa_iva

S_liva



D_inking

Dri_king

Drinki_g



W_shing

Washi_g

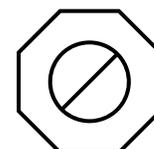
Was_ing



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

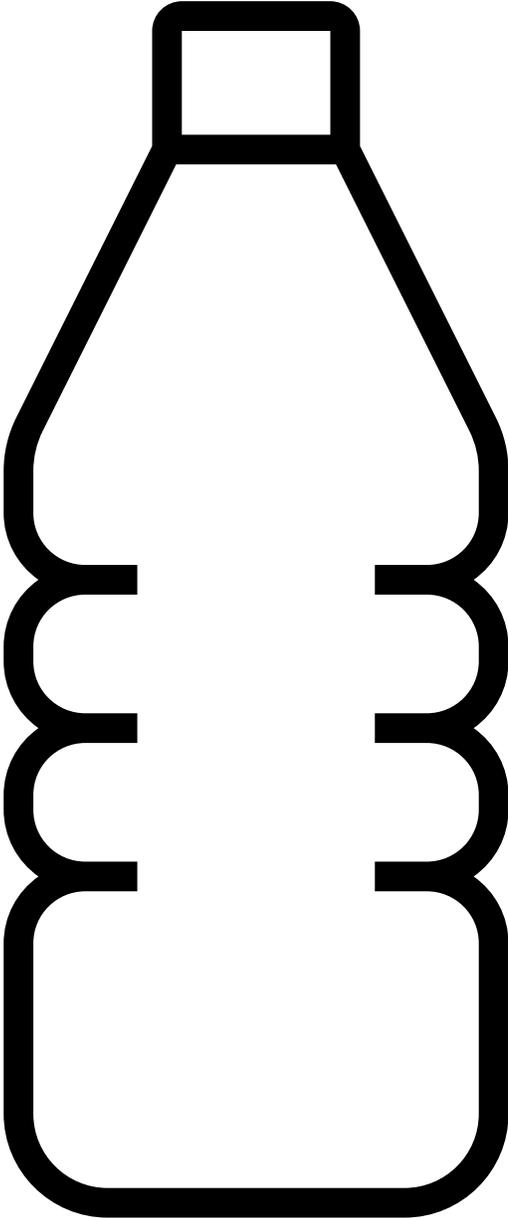
Freshens

Drinking

Prevent



Water



Chapter 8: Deciding to Drink Milk for Healthy Teeth

Written by Valerie A. Ubbes, Jennifer White, and Carly Kraska
Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

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

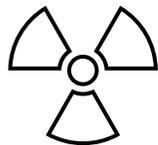
Directions: Read the word, pronunciation, and definition for each word at the top of this page. In the boxes below, fill in the missing letter of each word.

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

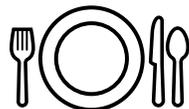
Buildin_



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



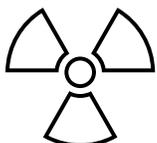
Mealtime



Stronger



Building



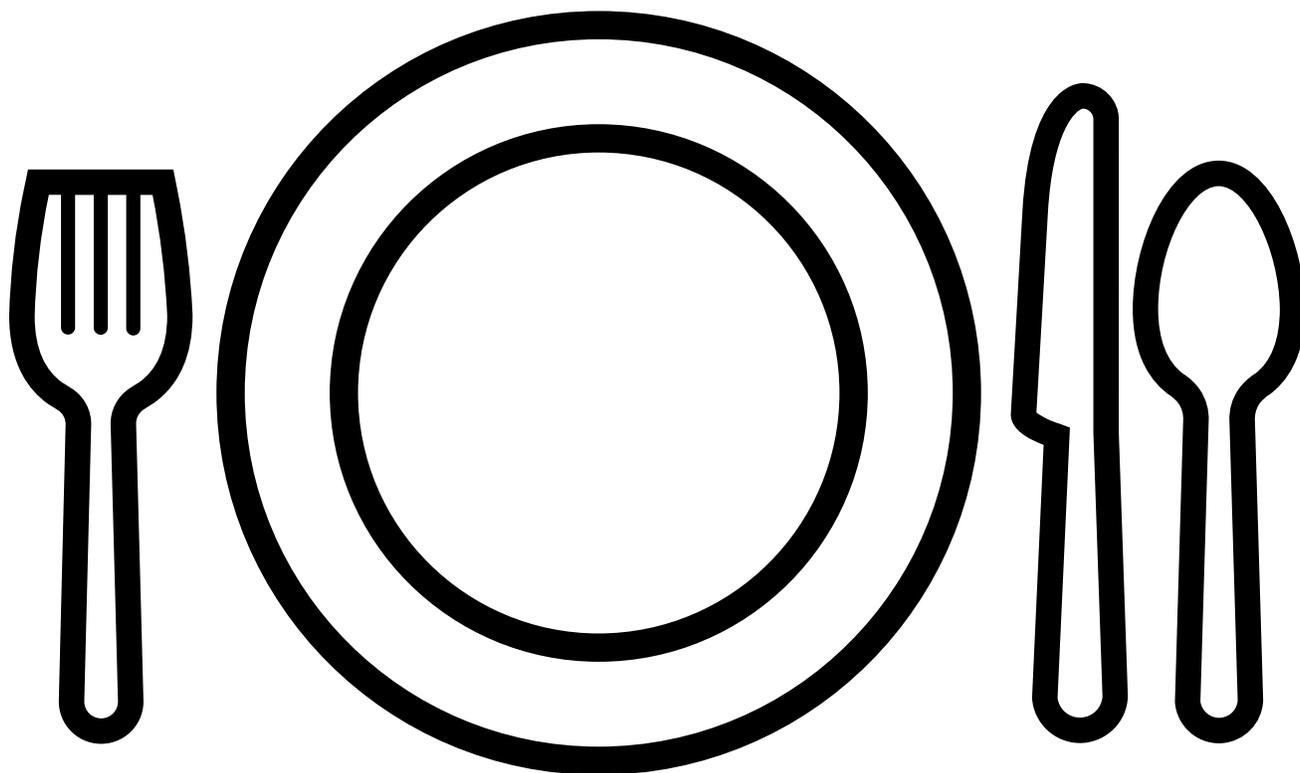
Harmful

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.



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

Written by Valerie A. Ubbes and Jingwei Zhang

Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

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.

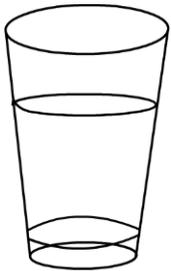
1. I set a goal to drink orange juice and _____ at breakfast with my grandma so my teeth will grow stronger.
2. I set a goal to drink _____ with my friend during our after-school snack.
3. I set a goal to choose _____ instead of soda when I go to my neighbor's house to play on the weekend.
4. I believe 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 _ n t a l

o

a

e



Beve _ a g e

r

s

n



Break _ a s t

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).



Chapter 10: Setting Beverage Goals for Healthy Teeth (Latin America)

Written by Valerie A. Ubbes and Jingwei Zhang
Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

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 10: Oral Health Literacy Post Test

Directions: Write the word on the blank line that you remember from reading the Chapter 10 story about oral health.

1. I believe that I can set goals to improve my _____ health by making better beverage choices for teeth and gums.

2. I set a goal to drink milk with my best friend during our school lunch because milk has several vitamins and _____ to strengthen our teeth and gums.

3. I set a goal to choose _____ instead of soda for my teeth when I need a refreshment.

4. I set a goal to drink water instead of juice when playing with my cousins, because water has minerals called _____ to strengthen our teeth and gums.



Chapter 10: 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
Oral	awr-uhl	Anything involving the mouth.
Water	waw-ter	Water is a liquid that you drink, because it is necessary for life. Water is found throughout the human body.
Fluoride	floor-ahyd	A chemical added to our water and our toothpaste. The dentist also puts this chemical on our teeth to keep our teeth healthy.
Minerals	min-er-uhl	A naturally occurring substance that is a chemical element or solid compound.

O_al

Or_al

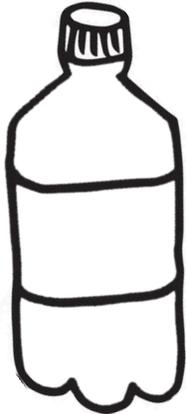
_ral



Wa_er

_ater

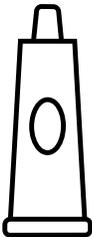
Wat_r



Fluor_de

Fl_oride

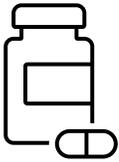
Fluori_e



Min_rals

M_nerals

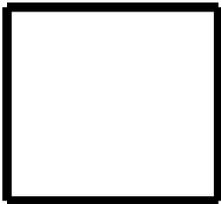
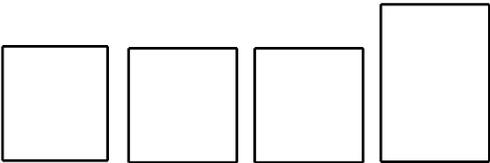
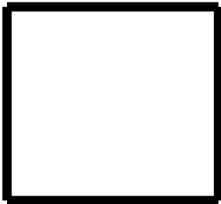
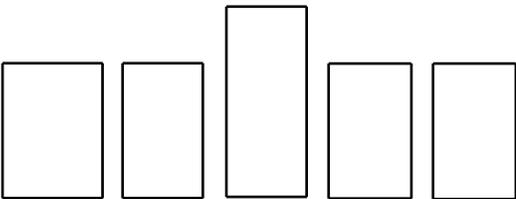
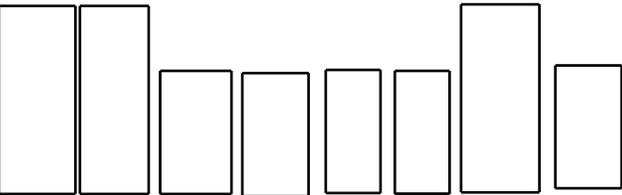
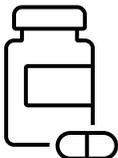
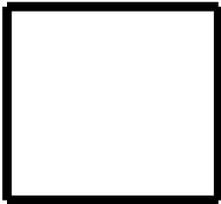
Minera_s

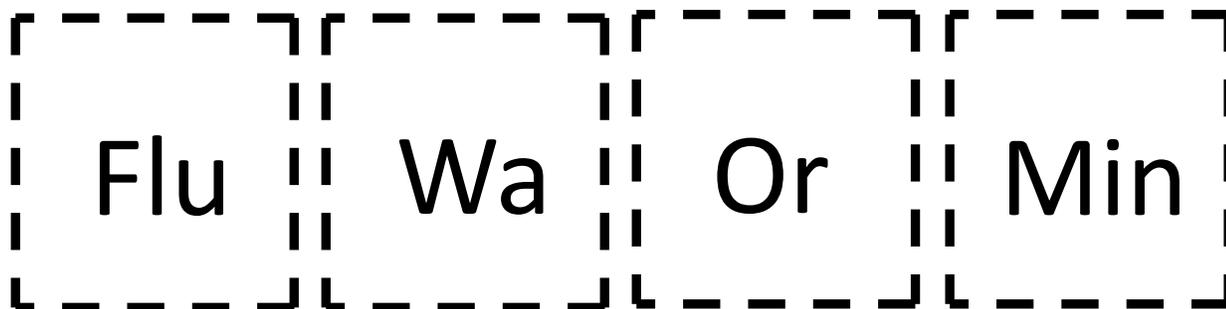




Chapter 10: Oral Health Vocabulary

Directions: Cut the letters at the bottom and paste them in the big open box, then write the word in the smaller boxes.

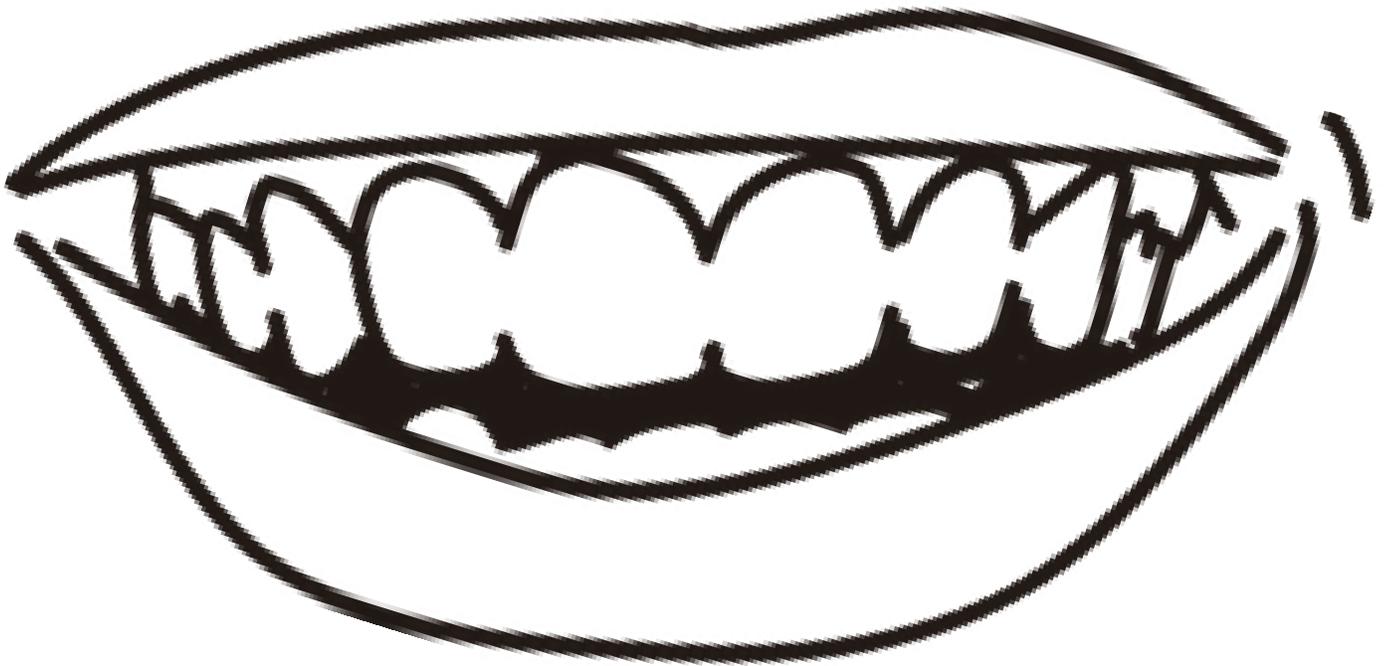
Words	Paste	Write
Oral 	 al	
Water 	 ter	
Fluoride 	 oride	
Minerals 	 erals	





Oral

Directions: Color the lips of the mouth using your favorite shade of pink or red to show off those pearly white teeth.



Chapter 11: Coping with the Stress of Dental Pain

Written by Valerie A. Ubbes and Sage Kelner

Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

Do you know how to set a goal to cope with the stress of dental pain by always brushing and flossing your teeth?



Read the Story:



Chapter QR Code

Chapter Objectives:

Learn how to set a goal to cope with the stress of dental pain by always brushing, flossing, and scheduling a dental appointment for pain management.



Chapter 11: Oral Health Literacy Post Test

Directions: Write the word on the blank line that you remember from reading the Chapter 11 story about oral health.

1. I set a goal to tell my parents if I have a toothache, so they can schedule a _____ appointment for me.
2. I believe that I can set a goal to reduce the stress of dental pain by taking good care of my teeth, so I do not get any _____.
3. I set a goal to reduce the stress of tooth pain by _____ my teeth everyday.
4. I set a goal to check with my doctor before I take any _____, so a professional can tell me what is best.



Chapter 11: 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
Dentist	den-tist	A person whose profession is cleaning and caring for teeth.
Cavities	kav-i-ties	Having many teeth that are or have decayed parts.
Flossing	flaws-ing	The act of putting a thin fiber between each tooth to clean them and protect your teeth.
Medication	med-i-key-shuhn	A medicine that is prescribed to you by a doctor usually this is a pill or syrup.



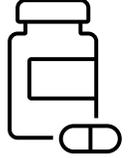
D_ntist
Den_ist
Dentis_



Caviti_s
Ca_ities
Cavit_es



_lossing
Flos_ing
Fl_ssing



M_dication
Medicati_n
Medi_ation



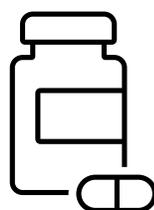
Chapter 11 Oral Health Vocabulary

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

De_tist		t
		n
		p

Cav_ties		i
		e
		l

Flos_ing		l
		k
		s

Medicat_on		i
		o
		n



floss

Directions: Color the dental floss to match yours at home. Remember to floss your teeth at least once a day. Ask for help if you need it!



Chapter 12: Communicating How to Take Medicine Safely with a Trusted Adult

Written by Payton Messner and Valerie A. Ubbes

Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

Do you know how to communicate with your words and actions when taking medicine from a trusted adult?



Read the Story:



Chapter QR Code

Chapter Objectives:

Learn how to communicate with your words and actions how to take medicine given to you from trusted adults such as your dentist, doctor, and parents.



Chapter 12: Oral Health Literacy Post Test

Directions: Write the word on the blank line that you remember from reading the Chapter 12 story about oral health.

1. I believe I can _____ with my words and actions how I safely take medicine given to me from a trusted adult.

2. I communicate with my words and actions how I safely take _____ given to me from my dentist.

3. I communicate with my words and _____ how I safely take medicine given to me from my doctor.

4. I communicate with my words and actions how I _____ take medicine given to me by my parents.



Chapter 12: 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
Safely	sae-f-lee	Being free from harm or feeling secure from danger.
Actions	ak-shuhns	Something that is enacted or requires physical movement.
Medicine	med-uh-sin	A substance used in treating a disease.
Communicate	kuh-myoo-ni-keyt	When two or more people exchange information or ideas.

S_fely

Safe_y



Sa_ely

Medi_ine

M_dicine



Medici_e

Ac_ions

Action_



A_tions

C_mmunicate

Com_unicate



Communic_te



Chapter 12: Oral Health Vocabulary

Directions: Read all definitions and words. Then draw a line connecting the correct word to its matching definition.

Being free from harm or feeling secure from danger.

Communicate

A substance used in treating a disease.

Actions

Something that is enacted or requires physical movement.

Safely

When two or more people exchange information or ideas.

Medicine



JUMP ROPE

Directions: Color in the person taking action for their health with exercise.



Chapter 13: Deciding to Follow Rules for Taking Medicine

Written by Sage Kelner and Valerie A. Ubbes

Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

Do you know how to make decisions to follow safety rules when taking medicine for your oral health?



Read the Story:



Chapter QR Code

Chapter Objectives:

Learn how to make decisions to follow safety rules when taking medicine by first talking with your doctor, dentist, trusted adults, and other health professionals.



Chapter 13: Oral Health Literacy Post Test

Directions: Write the word on the blank line that you remember from reading the Chapter 13 story about oral health.

1. I believe that I can decide to _____ rules for taking my medicine, because it is a safe and healthy thing to do.

2. I decide to ask a trusted adult about the _____ of taking drugs without a medical or dental reason.

3. I decide to ask my _____ about rules for taking medicine.

4. I believe that taking medicine without asking an adult is a bad choice for me and an un_____ decision for my wellbeing.



Chapter 13: Oral Health Spelling

Directions: Read the word, pronunciation, and definition for each word at the top of this page. In the activity below, match the word to the definition by coloring them the same color.

Word	Pronunciation	Definition
Follow	fol-oh	Agreeing to do instructions that your dentist or doctor gave you.
Healthy	hel-thee	The way to describe good health.
Dangers	deyn-jer	Something that can cause you harm, injury, pain or loss.
Doctor	dok-ter	A person who helps you to care for your body and mind by giving you a medical check-up.

Fol_ow
 Follo_ →
 F_llow

Heal_hy
 He_lthy 
 Hea_thy

D_ngers
 Dan_ers 
 Dange_s

D_ctor
 Doc_or 
 Docto_



Chapter 13: Oral Health Vocabulary

Directions: Read all definitions and words. Then draw a line connecting the correct word to its matching definition.

Agreeing to do instructions that your dentist or doctor gave you.

Dangers

The way to describe good health.

Follow

Something that can cause you harm, injury, pain, or loss.

Doctor

A person who helps you to care for your body and mind by giving you a medical check-up.

Healthy



Doctor

Directions: Color the shirt of the Doctor who will keep us healthy.



Chapter 14 for Boys & Chapter 15 for Girls: Setting Goals for Going to the Dentist

Written by Abby Witter and Valerie A. Ubbes

Worksheets by Lindsay M. Wallace and Valerie A. Ubbes

Will you set a goal to go to the dentist for a 6-month check-up on your mouth, teeth, and gums?



Read the Stories:



Chapter 14 QR Code



Chapter 15 QR Code

Chapter Objectives:

Learn how to set a goal to go to the dentist for a 6-month check up on your mouth, teeth, and gums.

Other healthy goals include brushing daily for fresh breath and clean teeth.



Chapters 14 & 15: Oral Health Literacy Post Test

Directions: Write the word on the blank line that you remember from the Chapter 14 (boys) or Chapter 15 (girls) story about going to the dentist.

1. I believe that I can be ready to go to the dentist for a _____ on my mouth, teeth, and gums.
2. I set a goal to brush my teeth _____ night with my Mom, so I have fresh breath and clean teeth.
3. I set a goal to visit my dentist 2 times a year, so I know I do not have any holes (_____) in my teeth.
4. I set a goal to _____ my mouth wide, so my dentist can see and count my 20 teeth.
5. I set a goal to show my dentist my bright smile _____ my 6-month check-up.
6. I set a goal to _____ my dentist 2 times a year, so I know I do not have any holes (cavities) in my teeth.



Chapter 14 & 15: Oral Health Spelling

Directions: First read the word, pronunciation, and definition for each word at the top of this page. At the bottom, write the missing letter for each word.

Word	Pronunciation	Definition of the Word
During	door-ing	Something that happens at the same time as another event.
Check-up	chek-uhp	An exam completed by a dentist to check on the health of your teeth, mouth, and gums.
Every	ev-ree	Something that happens each time.
Visit	Viz-it	A human interaction where you talk and spend time together in a place for a specific purpose.
Open	oh-puhn	Opposite of closed.
Cavities	kav-i-tees	Having two or more of your teeth show decay or infection.

Du_ing

Duri_g

D ring



_heck-up

Chec_-up

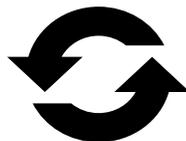
Check-u



_very

Ev_ry

Ever



V_sit

Visi_

Vi_it



O_en

Ope_

_pen



C_vities

Cavi_ies

Cavitie_





Chapters 14 & 15: Oral Health Vocabulary

Directions: Draw a line to match the vocabulary word on the left with the definition on the right.

During

Opposite of closed.

Check-up

Something that happens each time.

Every

Something that happens at the same time as another event.

Visit

Having two or more of your teeth show decay or infection.

Open

A human interaction where you talk and spend time together in a place for a specific purpose.

Cavities

An exam completed by a dentist to check on the health of your teeth, mouth, and gums.



Calendar

Directions: Color the calendar and put checkmarks for each day when you have brushed your teeth every morning and night.

Dental Check-Up Calendar				