

Table of Contents for 17 Chapters in the eBook for Oral Health Literacy©

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Themes, Titles, Authors, Narrators, and Health Vocabulary Words Organized by Syllables

Oral Health Chapter Themes	Chapters Titles and Authors in the Oral Health Literacy eBook	Read by:	Health Vocabulary – 2 Syllables	Health Vocabulary - 3 Syllables
Oral Health Hygiene of Children	Chapter 1. Setting Dental Hygiene Goals for Healthy Teeth <i>by Jess Bolton and Valerie Ubbes</i>	Bridget Dillhoff	practice, oral, dental, hygiene, toothpaste, fluoride, morning, healthy, flossing, shopping, dentist	enamel, leftover, grocery, overall
	Chapter 2. Making Decisions to Have Fun with my Oral Health <i>by Alicia Graf and Valerie Ubbes</i>	Valerie Ubbes	prevent, practice, daily, dental, routine, decide, morning, bedtime, amount, toothpaste, minutes, cleaning, sugar, smiling, oral, model, water	infections, deciding, cavities, cereal, damages, decisions, decision
	Chapter 3. Taking Action and Making Decisions to Have Healthy Teeth <i>by Jess Bolton and Valerie Ubbes</i>	Caleb Dillhoff	action, improve, brushing, morning, eating, flossing, buildup, toothpaste, mouthwash, shopping, cooking, helping, healthy, baby	decisions, refreshing, vegetables, cavities, grocery, calcium, family, everyday

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	Chapter 4. Setting Daily Goals to Rinse My Mouth <i>by Abby Witter and Valerie A. Ubbes</i>		daily, believe, water, after, brushing, morning, away, eating, dentist, mouthwash	sugary, cavities
Oral Health & Nutrition of Children	Chapter 5. Setting Food Goals for Healthy Teeth <i>by Jess Bolton and Valerie Ubbes</i>	Kaylyn Macechko	yogurt, fibrous, fiber, remove, sugar, eating, visit, dentist, healthy, toothpaste, buying, evening, watching, brushes, improve, healthy	calcium, grocery,
	Chapter 6. Decisions to Keep My Teeth Healthy and Strong <i>by Lana Amer and Valerie Ubbes</i>	Cristin Grenier	healthy, eating, drinking, morning, apples, candy, water, soda, sugar	decisions, vegetables, broccoli, calcium, nutritious, beverages, family
Oral Health & Beverages of Children	Chapter 7. Deciding to Improve My Dental Health by Drinking More Water <i>by Jennifer White, Valerie Ubbes, and Carly Kraska</i>	Caleb Dillhoff	Improve, dental, decide, water, faucet, fluoride, prevent, washing, decay, washes, oral, freshens, throughout	decision, cavities, cavity, bacteria, saliva, family, leftover, particles, deciding
	Chapter 8. Deciding to Drink Milk for Healthy Teeth <i>by Jennifer White, Valerie Ubbes, and Carly Kraska</i>	Kaylyn Macechko	mealtime, decide, breakfast, building, stronger, against, decay, dinner, drinking, harmful, acid, levels,	healthier, deciding, calcium, minerals, sugary, several, chocolate, vitamins, beverage

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			eating, growing, instead, soda, today	
	Chapter 9. Setting Beverage Goals for Healthy Teeth (African American) <i>by Valerie Ubbes and Jingwei Zhang</i>	Elias Tzoc	improve, dental, setting, better, drinking, choices, soda, erodes, candies, bedtime, sugar, decay, breakfast, water replace, spinach, juices, after-school, healthy, neighbor's, weekend	sugary, after-school, improving, beverage
	Chapter 10. Setting Beverage Goals for Healthy Teeth (Latin American) <i>by Jingwei Zhang and Valerie Ubbes</i>	Elias Tzoc	improve, oral, choices, water, instead, soda, sugar, erode, juices, sodas, shopping, fluoride, healthy	beverage, enamel, cavities, sugary, refreshing, grocery, several, vitamins, minerals, every day improvements
Oral Health & Medicine Safety	Chapter 11. Coping with the Stress of Dental Pain <i>By Sage Kelner and Valerie Ubbes</i>		coping, believe, healthy, healing, reduce, making, morning, every, flossing, dental, talking, dentist, parents, toothache, schedule, taking	preventing, becoming, cavities, serious, infection, everyday, management, addicted, appointment *alternatives, medication, professional (4 syllables)
	Chapter 12. Communicating How to Take Medicine Safely with a Trusted Adult <i>By Valerie Ubbes and Payton Messner</i>		safely, trusted, adult, actions, dentist, doctor, parents, offers, sister, brother, believe	medicine *communicate (4 syllables), communicating (5 syllables)

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	Chapter 13. Deciding to Follow Rules for Taking Medicine <i>by Valerie Ubbes and Sage Kelner</i>	Bridget Dillhoff	decide, follow, taking, healthy, trusted, adult, dangers, dental, reason, parents, dentist, doctor	medicine, medical, pharmacist, unhealthy, decision, wellbeing
Dental Health Checkups for Young Boys and Girls	Chapter 14 Setting Goals for Going to the Dentist (Boys) <i>by Abby Witter and Valerie A. Ubbes</i>		dentist, believe, reading, check-up, toothbrush, every, visit, open, during, healthy	cavities
	Chapter 15. Setting Goals for Going to the Dentist (Girls) <i>by Abby Witter and Valerie A. Ubbes</i>		dentist, believe, reading, check-up, toothbrush, every, visit, open, during, healthy	cavities
	Chapter 16. Communicating Through My Smile and Teeth at A Very Young Age <i>by Valerie A. Ubbes</i>	Maggie Brooks	healthy, dentist, growing, finger, brushing, oral, mommy, toothbrush, daddy, watching	communicate, happiness, practicing, everyday
	Chapter 17. Communicating with Health Professionals About My Child's Oral Health Care <i>by Jennifer White, Carly Kraska, and Valerie Ubbes</i>	Amy Macechko	oral, dental, doctor, newborn's, baby's, dentist, erupt, exam, teething, diet, sealants, fluoride, check-up	regular, dental, appointments, communicate, medical, injury, professionals, referral, pediatric, pacifier, recognize, challenges, importance, professional