Diet and Your Dental Health

1. Why are the nutrients found in fruits, vegetables, legumes and nuts good for you?
   a. You can find them easily.
   b. They improve your body’s ability to fight bacteria and inflammation.
   c. Most people can’t taste them.
   d. They make a great smoothie.

2. Cheese can protect your teeth from decay-causing acid.
   True or false?

3. Why are certain bacteria bad for your mouth?
   a. They convert sugar to acid, which attacks tooth enamel and causes decay.
   b. Your teeth may begin to shift.
   c. You will lose your sense of taste.

4. Research shows that this food can help prevent bacteria from forming damaging plaque.
   a. Oranges
   b. Honey
   c. Carrots
   d. Cranberries

5. How do calcium-fortified foods and beverages help your teeth?
   a. They promote healthy teeth and bone.
   b. They can whiten your teeth three shades.
   c. They reduce the risk of tooth loss.
   d. a and c

6. Foods that take a long time to chew or stay in your mouth for long periods of time can cause damage to your teeth.
   True or false?

7. Why are crisp fruits and raw vegetables good for your teeth?
   a. They clean teeth and freshen breath.
   b. They are can be chewed slowly.
   c. You can eat them before you see your dentist.
   d. You don’t need to floss after you eat them.

8. Regular brushing and flossing doesn’t help to keep your smile healthy.
   True or false?

9. Chewing sugarless gum that contains xylitol can help reduce plaque and fight cavities when you can’t use a toothbrush.
   True or false?

10. It’s a good idea to minimize the time that your teeth are exposed to acid because:
    a. It can crack your teeth.
    b. Your teeth can become discolored.
    c. You can experience sensitivity.
    d. It wears away enamel.
    e. All of the above.

Check your answers on the back
1. Why are the nutrients found in fruits, vegetables, legumes and nuts good for you?
   b. They improve your body’s ability to fight bacteria and inflammation.

2. Cheese can protect your teeth from decay-causing acid.
   True

3. Why are certain bacteria bad for your mouth?
   a. They convert sugar to acid, which attacks tooth enamel and causes decay.

4. Research shows that this food can help prevent bacteria from forming damaging plaque.
   d. Cranberries

5. How do calcium-fortified foods and beverages help your teeth?
   a. They promote healthy teeth and bone.
   c. They reduce the risk of tooth loss.
   d. a and c

6. Foods that take a long time to chew or stay in your mouth for long periods of time can cause damage to your teeth.
   True

7. Why are crisp fruits and raw vegetables good for your teeth?
   a. They clean teeth and freshen breath.

8. Regular brushing and flossing doesn’t help to keep your smile healthy.
   False

9. Chewing sugarless gum that contains xylitol can help reduce plaque and fight cavities when you can’t use a toothbrush.
   True

10. It’s a good idea to minimize the time that your teeth are exposed to acid because:
    e. All of the above