

Preventive Dental Care: Beyond the Basics

- 1. What did the U.S. Surgeon General's report say about fluoridated water?**
 - a. It is the safest and most effective way to protect against tooth decay.
 - b. Only drink well water.
 - c. Bottled and filtered water always provide enough fluoride to keep teeth healthy.
 - d. It isn't safe.
- 2. You can add fluoride to your diet by:**
 - a. Using fluoridated toothpaste.
 - b. Eating foods fortified with fluoride.
 - c. Getting a professionally-applied gel or varnish.
 - d. Taking prescription supplements.
 - e. All of the above.
- 3. Chewing sugar-free gum when you can't brush and floss is a healthy habit.**

True or False?
- 4. Which of these foods will not cause cavities or wear away enamel?**
 - a. Fruit juices.
 - b. Highly acidic foods like pickles, lemons and oranges.
 - c. Carbonated beverages.
 - d. Chewing gum sweetened with xylitol.
- 5. Why does gum containing xylitol keep cavities from forming?**
 - a. It stimulates saliva production at ten times its normal rate.
 - b. The growth of cavity-causing bacteria is inhibited.
 - c. Bacteria cannot stick to teeth.
 - d. Food particles are washed away.
 - e. a, b and c
- 6. Using a _____ can help you get acidic drinks down quickly to protect your teeth's enamel.**
 - a. Coffee mug
 - b. Spoon
 - c. Straw
 - d. Glass
- 7. Snacking on acidic foods all day long is good for your teeth.**

True or false?
- 8. Acid from food and beverages can cause your teeth to:**
 - a. Build enamel
 - b. Lose enamel
 - c. Become sensitive
 - d. Look discolored
 - e. b, c and d

Check your answers on the back



Answers

1. **What did the U.S. Surgeon General's report say about fluoridated water?**
 - a. It is the most safe and effective way to protect against tooth decay.
2. **You can add fluoride to your diet by:**
 - e. All of the above
3. **Chewing sugar-free gum when you can't brush and floss is a healthy habit.**

True
4. **Which of these foods will not cause cavities or wear away enamel?**
 - d. Chewing gum sweetened with xylitol
5. **Why does gum containing xylitol keep cavities from forming?**
 - e.a, b and c
6. **Using a _____ can help you get acidic drinks down quickly to protect your teeth's enamel.**
 - c. Straw
7. **Snacking on acidic foods all day long is good for your teeth.**

False
8. **Acid from food and beverages can cause your teeth to:**
 - e. b, c and d