

Local Agency/Site Number \_\_\_\_\_ Date \_\_\_\_\_

## Healthy Teeth, Healthy Smiles – Evaluation

### PB-000-08

Oral Health refers to the health of your mouth, teeth, and gums. Oral Health is important because people need strong healthy teeth for chewing and eating, speaking clearly, and smiling. This lesson will cover ways to prevent tooth decay and keep your family's smiles healthy.

To receive credit for this class:

- Read the Bulletin Board *Healthy Teeth, Healthy Smiles*.
- Answer the questions below.
- When you are finished, review your answers with a WIC staff member.

1. Tooth decay happens when a tooth breaks down, loses strength, and may become discolored. What factors can lead to tooth decay?

- a) Germs
- b) Sugary foods and drinks
- c) Poor tooth care
- d) All of the above

2. **True or False**

Tooth decay is preventable.

\_\_\_\_ True

\_\_\_\_ False

3. Children should visit the dentist for the first time by what age?

- a) 6 months
- b) 12 months
- c) 2 years old
- d) 3 years old

4. Describe a good daily oral health routine for your family.

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5. Label the foods below **A** or **B**:

**A)** Healthy snack that will help strengthen teeth.

**B)** Sugary or chewy snack that may stick to teeth and can lead to tooth decay.

\_\_\_\_\_ Fruits

\_\_\_\_\_ Yogurt

\_\_\_\_\_ Hard Candy

\_\_\_\_\_ Cheese

\_\_\_\_\_ Vegetables

\_\_\_\_\_ Gummy Bears

6. What is one healthy dental habit that you would like to begin this month with your family?

a) Offer only water at bedtime.

b) Wean my child from the bottle.

c) Eat a healthy, well-balanced diet.

d) Practice dental safety by eating meals at the dinner table.

e) Brush teeth twice a day.

f) Limit sugary foods and drinks.

g) Visit the dentist.

h) Other \_\_\_\_\_

7. Parents can be great role models for children by visiting the dentist twice a year.

In the past year, have you had a dental check-up?

\_\_\_\_\_ Yes

\_\_\_\_\_ No

**If no, talk to the WIC staff for a dental referral.**

8. Has your child been to the dentist?

\_\_\_\_\_ Yes

\_\_\_\_\_ No

**If no, check out Texas Health Steps** for more information about visiting the dentist.

**Texas Health Steps (THSteps)** provides regular medical and dental checkups and case management services to babies, children, teens, and young adults at no cost to you. To find out more about **Texas Health Steps** call:

**1-877-847-8377 (1-877THSTEPS)**, Monday to Friday from 8 a.m. to 8 p.m.