

# how are your smile smarts?

A healthy smile starts with good regular habits, including brushing, flossing and visiting the dentist. How healthy are your oral health habits? Take this quiz to find out! Answer each question by filling in the circle that fits you best. After all questions have been answered, count the number of A's, B's and C's you have to see how smile smart you are!

## 1 Have you had any cavities?

- (A) Not a single one!
- (B) Just one.
- (C) A few.



## 2 What do you usually drink with meals?

- (A) Milk or water
- (B) Juice
- (C) Soda



## 3 How often do you eat sugary sweets like cookies and candy?

- (A) Only on special occasions.
- (B) A few times a week.
- (C) All the time!



## 4 Do you go to dentist appointments?

- (A) Yes, I've seen my dentist in the past year.
- (B) Yes but not very often.
- (C) I've never been to the dentist.



## 5 If you play sports, do you wear a mouthguard during practices and games?

- (A) Yes, I do - or I would if I played sports!
- (B) Sometimes - usually for games but not practices.
- (C) I never wear a mouthguard.



## 6 Do you brush your teeth every day?

- (A) Yes, twice a day! In the morning and at night.
- (B) At least once a day - either at night or in the morning.
- (C) Not every day.



## 7 How often do you floss?



- (A) Every day - or *almost* every day.
- (B) A few times a week.
- (C) Floss? Is that a dance move?

## 8 What kind of snacks do you usually eat?



- (A) String cheese, yogurt, nuts, fruit or veggies.
- (B) Usually fruits and veggies, but sometimes cookies.
- (C) Cookies, crackers, chips and candy.

## 9 How long does it take to brush your teeth?



- (A) About two minutes. I even set a timer!
- (B) Probably a minute or so.
- (C) Maybe 30 seconds.

## 10 What do you do after you enjoy a sweet treat?



- (A) Brush my teeth.
- (B) Rinse with water or chew sugar-free gum.
- (C) Nothing - or eat more sweet treats!

### If you had mostly **A** answers: You're a Smile Superstar!

The Tooth Fairy probably *loves* you. You're doing a great job brushing in the morning and at night, flossing every day and eating healthy foods. Keep up the great work - and be sure to tell your dentist about your healthy habits!

### If you had mostly **B** answers: You're a Good Grinner.

You're on the right track! You probably have the basics down, like brushing, flossing and visiting your dentist. To become a Smile Superstar, cut down on sweet treats and drinks, and make sure you always wear a mouthguard during sports practices and games.

### If you had mostly **C** answers: You're a Tooth Trainee.

To make sure you have a sparkling smile, add more healthy habits to your routine. Trade sweet snacks for tooth-friendly treats, brush your teeth twice a day for two minutes each time, floss once a day and make sure your parents schedule regular dental visits for you. You'll be on track in no time!