

# Test yourself and your family!

Circle the  
BEST  
answers.

1. You brush your teeth to remove \_\_\_\_\_.  
a. bacteria   b. plaque   c. food   d. bacteria, plaque & food
  2. Replace your toothbrush \_\_\_\_\_.  
a. once a year   b. once a month   c. whenever the bristles start to wear and bend
  3. Toothpaste is important because \_\_\_\_\_.  
a. it removes plaque   b. it tastes & smells good   c. it has fluoride   d. all 3 reasons
  4. You should spend \_\_\_\_ each time you brush.  
a. 10 minutes   b. 2 minutes   c. 5 minutes   d. 30 seconds
  5. The best way to clean between your teeth is to use \_\_\_\_\_.  
a. toothpicks   b. floss or flossers   c. special toothbrushes with points
  6. The most important time of day to clean your teeth is \_\_\_\_\_.  
a. after breakfast   b. after lunch   c. before bed
  7. If you don't have any toothpaste at bedtime, you should \_\_\_\_\_.  
a. wait until you get some more toothpaste   b. brush with water
  8. Plaque on teeth is usually the thickest \_\_\_\_\_.  
a. on the chewing surfaces   b. near the gums   c. on the inside surfaces by the tongue
  9. How much toothpaste should you use?  
a. squeeze out a strip along the top of the brush   b. a pea-size dab
  10. Choose a new toothbrush with \_\_\_\_\_ bristles.  
a. soft   b. medium   c. hard
- BONUS QUESTION:     After you brush, remember to \_\_\_\_\_.
- a. spit out all the toothpaste, but don't rinse with water   b. spit, then rinse well



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