

Test Your *Tooth Wisdom* with our fun quiz!

- 1. How often should you visit the dentist and dental hygienist?**
 - A) Once a year
 - B) Twice a year
 - C) Once every two years
 - D) Only when you have a dental issue
- 2. Dental coverage is included in Medicare.**
True or False
- 3. How much toothpaste should a 4-year-old child use?**
 - A) None
 - B) Enough to cover the bristles of the toothbrush
 - C) A pea-sized amount
- 4. When should children start brushing their teeth (with adult help)?**
 - A) At age 2
 - B) At age 1
 - C) When they first start getting teeth
 - D) Before starting school
- 5. Smokeless tobacco is safer than cigarettes.**
 - A) Both are bad for your oral health
 - B) Smokeless tobacco is safer
 - C) Cigarettes are safer
- 6. How long should you brush your teeth, twice a day?**
 - A) One minute
 - B) Two minutes
 - C) 90 seconds
 - D) 30 seconds
- 7. Eating a healthy diet is important for both oral health and overall health.**
True or False
- 8. How often should you replace your toothbrush?**
 - A) Every 3-4 months
 - B) Every month
 - C) Every 5-6 months
 - D) When worn or after being sick
 - E) A and D
- 9. Older adults have the same oral health concerns as younger adults.**
True or False
- 10. What are tooth brushing alternatives for an older adult with dexterity impairments?**
 - A) Rub your teeth with your finger
 - B) Use a child-size toothbrush
 - C) There are no alternatives

Answers: 1. B, 2. False, 3. C, 4. C, 5. A, 6. B, 7. True, 8. E, 9. False, 10. B