

# Take The Smart Mouth Quiz!

- 1. How often do you need a new tooth brush?**
  - a) every month
  - b) anytime your dog has been chewing on it
  - c) every two to three months
  - d) at least once before you graduate from high school
- 2. How often should you brush your teeth?**
  - a) once a week, or when you start to see a greenish tinge
  - b) after every meal or at least once a day
  - c) twice a day
  - d) whenever things feel fuzzy
- 3. How soon after eating should you brush?**
  - a) right away.
  - b) within a few minutes
  - c) about an hour later
  - d) it doesn't make any difference
- 4. Flossing is only for grown-ups.**  
True or False?
- 5. How long should you take to brush your teeth?**
  - a) 20 seconds
  - b) two to three minutes
  - c) one minute to brush your teeth and one minute to brush your tongue
  - d) long enough to sing 'O Canada' quickly in your head
- 6. How should healthy gums look?**
  - a) shiny and swollen
  - b) pale and waxy
  - c) bright red from bleeding
  - d) none of the above
- 7. Why is toffee an especially bad snack?**
  - a) because it's sticky
  - b) it has more sugar than other candy
  - c) it can leave dark stains on your teeth
  - d) all of the above

