**Oral Health Questionnaire**

**Name: Age: Gender:**

**School Name:**



**Hello my friends… Can you help me answering the following questions?**

**Select one answer to each of the following questions:**

1. How many are the baby teeth?

* 10 teeth
* 15 teeth
* 20 teeth
* 32 teeth

1. How many are the adult teeth?

* 10 teeth
* 15 teeth
* 20 teeth
* 32 teeth

1. What is tooth decay?

* Little hole caused by germs
* Staining of the teeth
* Inflammation of the gum
* I do not know

1. How often do you brush your teeth?

* I do not brush my teeth
* Once a day
* Twice a day
* After every meal

1. What do you use for cleaning your teeth?

* Brush
* Brush + Toothpaste + Dental floss
* Mouthwash
* Toothpicks

1. How long does it take to brush your teeth?

* Less than one minute
* One minute
* Two minutes
* More than two minutes

1. When should you get a new toothbrush?

* Every year
* Every 3-4 year
* I do not change my brush
* I do not know

1. How often do you eat sweets and soft drinks?

* I do not eat sweets and soft drinks
* Less than three times a day
* Three times a day
* More than three times a day

1. If you eat sweets, when do you usually have them?

* With the main meals ( Breakfast- Lunch- Dinner)
* Between the main meals
* Before going to bed
* There is no specific time

1. What does eating too many sweets lead to?

* Sweets never affect the teeth
* Sweets prevent tooth decay
* Eating too much sweets can lead to tooth decay
* I do not know

1. How often do you visit your dentist?

* Regularly twice a year
* Occasionally
* When I have dental pain
* I never visit a dentist

1. What does plaque mean?

* Hard debris on the teeth
* Staining of the teeth
* Soft debris on the teeth
* I do not know

1. What does dental plaque lead to?

* Your teeth become more shiny
* Tooth decay and inflammation of the gum
* Staining of the teeth
* I do not know

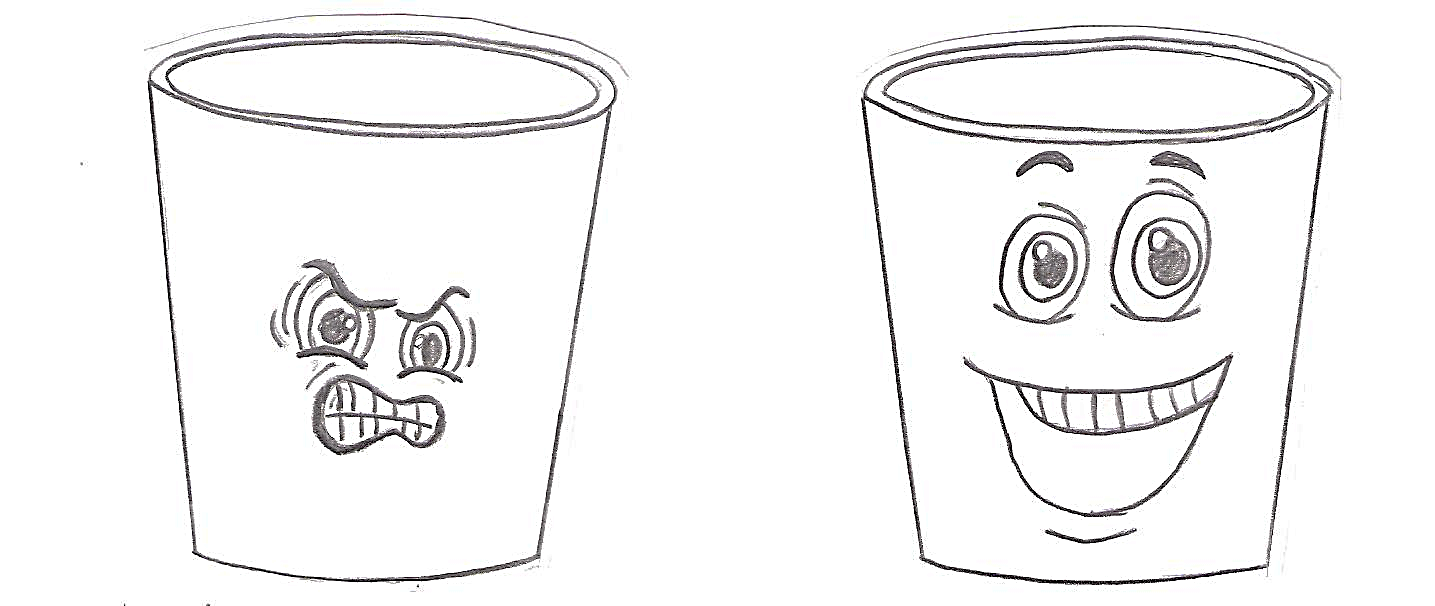
1. What is fluoride?

* Fluoride strengthens the teeth
* Fluoride harms the teeth
* Fluoride prevents tooth decay
* I do not know



**Now, my friends, let’s put the following drinks in the proper container ☺**

Milk – Sweetened drinks – Lemon juice – Water – Orange juice – Soft drinks

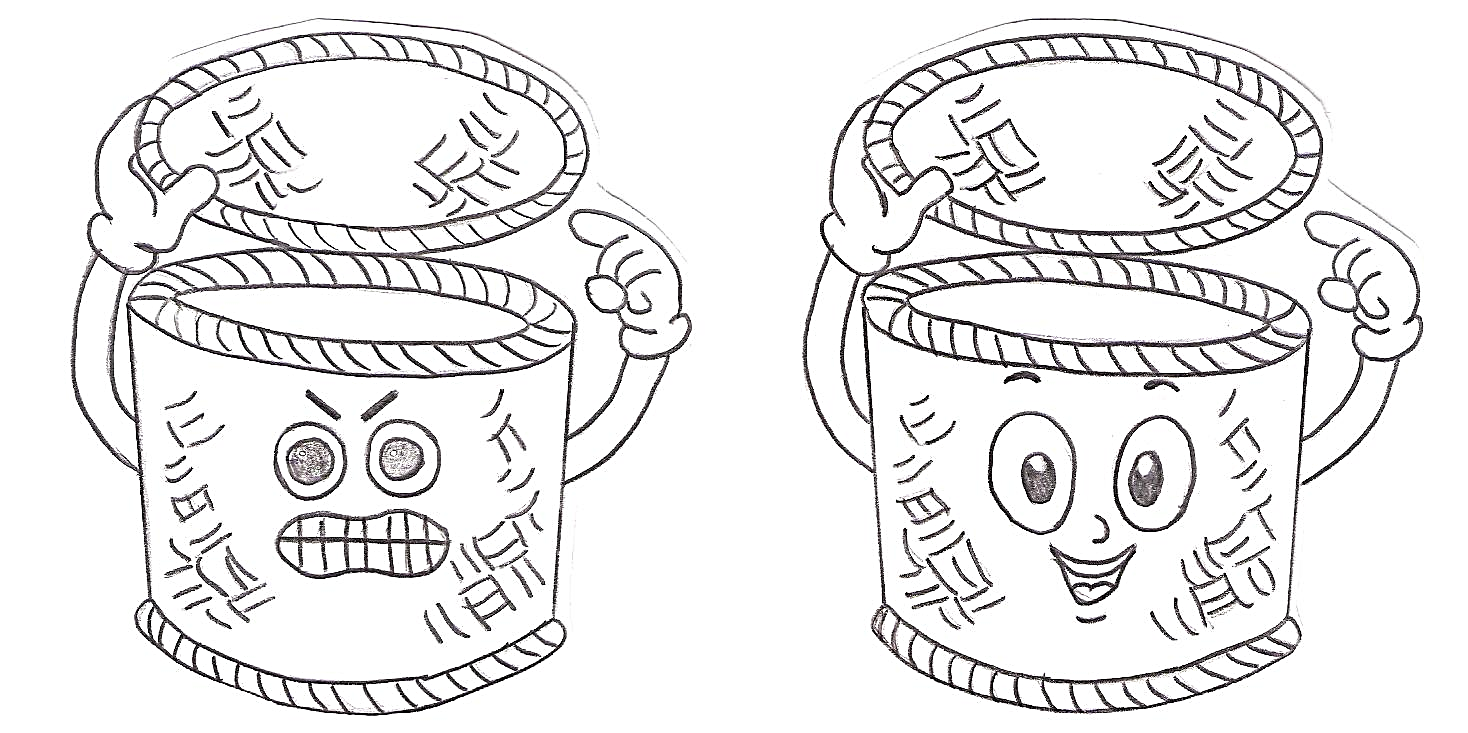


Harmful drinks for my teeth Good drinks for my teeth



**My friends, let’s put the following foods in the proper container ☺**

Carrot – Banana – Biscuit – Chips – Cheese – Cookies – Chocolate – Apple – Ice cream – Candy – Cucumber

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Harmful foods for my teeth Good foods for my teeth