

# DENTAL HYGIENE



[Watch the video lesson](#) and then show what you know



**1. How often should you brush and floss your teeth?**

- a) once a day
- b) twice a day
- c) three times a day

**2. How many permanent (adult) teeth will you have?**

- a) 22
- b) 32
- c) 40

**3. How often should you visit the dentist for a check up and cleaning?**

- a) once a month
- b) every 6 months
- c) once a year

**4. Cavities are small areas of decay on your teeth caused by not taking care of your teeth.**

- a) True
- b) False

**5. What foods should you NOT eat a lot of to keep your teeth healthy?**

- a) apples
- b) cake
- c) candy