

# Healthy Dental Habits Questionnaire- Answers



Name: \_\_\_\_\_

Please circle your answers to the following questions.

1. There is a connection between your oral health and your overall health.
  - a. **True**
  - b. False
  
2. There is no relationship between poor dental hygiene and heart disease.
  - a. True
  - b. **False**
  
3. Symptoms of gum disease include which of the following?
  - a. Bad breath that won't go away
  - b. Tender and swollen gums
  - c. Painful chewing
  - d. Receding gums
  - e. **All of the above**
  
4. Which of the foods below are not harmful to the teeth?
  - a. Carbohydrates such as crackers and chips
  - b. Sugary foods such as cakes and cookies
  - c. **Vegetables such as broccoli and kale**
  - d. Sticky foods such as gummy bears and raisins
  
5. Do not rely on mouthwash or breath fresheners to fix bad breath.
  - a. **True**
  - b. False
  
6. Brush your teeth at least twice a day and floss at least once per day.
  - a. **True**
  - b. False
  
7. Following a nutritious diet including all of the basic food groups does not help you to keep good oral health.
  - a. True
  - b. **False**