

## Teeth - quiz

Think you know about your teeth? Try our health quiz to test your dental health knowledge. Is fruit juice bad for teeth and is fluoride good? The answers are here.

**1. How often do you brush your teeth with fluoride toothpaste?**

- A. Twice or more a day.
- B. At least once daily.
- C. Not very often.

**2. Do you drink sweetened fizzy drinks, cordial or fruit juices**

- A. I drink sweetened fizzy drinks, cordial or fruit juice between meals every day.
- B. I drink sweetened fizzy drinks, cordial or fruit juice between meals several times a week
- C. I usually drink tap water.

**3. As an adult, do you floss your teeth?**

- A. Yes, every day.
- B. Only if I've got something stuck in my teeth.
- C. No.

**4. How often do you eat sugary foods between meals?**

- A. Everyday.
- B. A few days every week.
- C. Once a week, if that.

**5. Are your gums ever reddened, sore or prone to bleeding?**

- A. Yes, but I changed the way I cleaned my teeth and it cleared up.
- B. No, my gums have always been healthy, firm and pink.
- C. Yes, but I haven't done anything about it.

**6. Do you visit your dental professional regularly?**

- A. Yes, I go as often as my dental professional advises me to.
- B. Very rarely, or never.
- C. Only if I've got a dental complaint, like a sore tooth.

**7. Do you smoke cigarettes and drink alcohol?**

- A. I smoke cigarettes and drink alcohol every day.
- B. I smoke cigarettes and drink alcohol sometimes.

C. I don't smoke and I limit how much alcohol I drink.

**8. Do you (or would you) wear a mouthguard when playing or training for sports?**

A. No, because I can rely on my skills and fitness to keep me injury free.

B. Yes, I wear a mouth guard each and every time I compete or practise.

C. Yes, I wear a mouth guard most of the time, but not every time I compete or practise.

Calculate score

Your score is:

**Score 8 to 12:** Your dental habits are putting your teeth and gums at serious risk. Seek help from your dentist to assist you to keep your teeth healthy and pain free.

**Score 13 to 18:** Some of your dental habits are putting you at increased risk of problems such as tooth decay and gum disease. Making a few, simple changes, like brushing your teeth twice daily with a fluoride toothpaste and reducing your intake of sugary snacks and drinks can make all the difference to your oral health. See your dentist for further information and advice.

**Score 19 to 24:** Congratulations, it seems that you are taking excellent care of your oral health. There's always room for improvement, so ask your dentist for practical suggestions on oral care.

> Check the best answers.

**This page has been produced in consultation with, and approved by:**

Dental Health Services Victoria

This Better Health Channel fact sheet has passed through a rigorous approval process. The information provided was accurate at the time of publication and is not intended to take the place of medical advice. Please seek advice from a qualified health care professional.

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