



# Oral Health Discussion Questions

After viewing the Toothie in Toothland video with your class, use the questions below to help generate a discussion with students. Discussions may be about how we care for our teeth, and why it is important to keep our teeth healthy. For more information about oral health, please go to [kflaph.ca/Dental](http://kflaph.ca/Dental). For questions, call the dental team at 613-549-1232, ext. 1218.

**Please note: Discussion questions are for educator use; this is not a student handout.**

**1 What types of foods can cause cavities if we eat them too often?**

Candy, sugar gum, dried fruit, and sweet snacks, especially foods that get stuck in our teeth.

**2 What types of snacks are healthy for our teeth?**

Fresh fruit (e.g. apples), cheese, yogurt, hard-boiled eggs, whole-grain crackers or bread, unsweetened cereal with milk, vegetables (e.g. carrots, broccoli, cucumbers).

**3 How many times a day should we brush our teeth?**

Two times a day to remove plaque and food.

**4 How long should we brush our teeth?**

Two minutes each time we brush.

**5 What time of day should we brush our teeth?**

In the morning, and at night before bed.

**6 How often should we replace our toothbrush with a new one?**

Summer, Spring, Fall and Winter, and after you have been sick. This is to get rid of germs.

**7 What is something we can drink to keep our teeth healthy?**

Water is the best drink to keep our teeth healthy. Juice, pop, sports drinks, and other drinks have sugars that can make cavities (should be consumed in moderation).

**8 How much toothpaste should we put on our toothbrush?**

A pea sized amount.

**9 How do we clean food that is stuck in between our teeth?**

Dental floss.

**10 How often do we need to floss?**

Once a day, with the help from an adult.

**11 What is the special ingredient found in toothpaste that helps to keep our teeth healthy?**

Fluoride.

**12 Why is it important to visit a dental office?**

To make sure our teeth are healthy, have our teeth checked for cavities, and learn how to take care of our teeth.

**13 Why is it important to take care of our teeth?**

To keep them clean and healthy.

If our teeth are not healthy, they can get cavities and become sore.

This can make it difficult to sleep, eat and listen at school.