

# Super Smiles: A Dental Health Adventure

## Train the Trainer Post-test

Full Name:

Email:

School Name:

The following questions relate to your knowledge on basic oral health.

1. The health of a child's mouth can show signs of \_\_\_\_\_.
  - » Poor nutrition
  - » Infection
  - » Diseases that affect the mouth first
  - » All of the above.
2. Students with poor dental health are three times more likely to miss school than their classmates and are \_\_\_\_\_ more likely to struggle with missing schoolwork and low test scores or grades.
  - » 65%
  - » 80%
  - » 72%
  - » 91%
3. More than half of elementary students ages 6-9 have had at least one cavity before their permanent teeth grow in.
  - » True
  - » False
4. Every time a person eats or drinks something with sugar in it, an acid attack takes place. Each acid attack may last about \_\_\_\_\_ after the sugar-containing food or drink has been consumed.
  - » 30 minutes
  - » 20 minutes
  - » 10 minutes
  - » 1 hour



5. Children in K-2 grades should brush their teeth using toothpaste that contains fluoride. Fluoridated toothpaste has been shown to make teeth stronger and help prevent cavities.
- » True
  - » False
6. Untreated dental decay can have negative effects on a student's self-esteem, confidence, self-image, and ability to socialize. This can lead to \_\_\_\_\_, mental health conditions like anxiety, and more.
- » Disinterest in school
  - » Impacts on speech
  - » Delayed cognitive development
  - » None of the above
7. The U.S. Dietary Guidelines state that children ages 5-9 years old should have less than \_\_\_\_\_ of added sugar each day.
- » 25 grams, or 6 teaspoons
  - » 50 grams, or 12 teaspoons
  - » 75 grams, or 18 teaspoons
  - » 100 grams, or 24 teaspoons

What is something you learned today that surprised you?

Please rate this training on a scale of 1 to 5 with 1 being the lowest and 5 being the highest:

- » 1
- » 2
- » 3
- » 4
- » 5



What did you like most about today's training?

What did you like the least?

How can we improve this training?

Please provide us with any additional comments related to the training here:

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