

Super Smiles: A Dental Health Adventure

Train the Trainer Pre-test

Full Name:

Email:

School Name:

Your Title:

School's County:

How long have you worked in this position?

1. Have you ever received oral health training to serve kindergarteners through second graders?
 - » Yes
 - » No
2. If yes, do you feel that the training adequately prepared you to teach oral health concepts to K-2 students?
 - » Yes
 - » No
 - » If no, please explain (we want to ensure we are not doing the same thing):

The following questions relate to your current oral health knowledge, you are not expected to know the answers to each of these questions until the completion of the training.

3. The health of a child's mouth can show signs of _____.
 - » Poor nutrition
 - » Infection
 - » Diseases that affect the mouth first
 - » All of the above
 - » Not sure



4. 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%
- » Not sure

5. More than half of elementary students ages 6-9 have had at least one cavity before their permanent teeth grow in.

- » True
- » False
- » Not sure

6. 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
- » Not sure

7. 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
- » Not sure

8. 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
 - » Not sure

9. 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
 - » Not sure

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