Test Your Tooth Wisdom with our fun quiz!

1. How often should you visit the dentist and dental hygienist?
   A) Once a year
   B) Twice a year
   C) Once every two years
   D) Only when you have a dental issue

2. Dental coverage is included in Medicare.
   True or False

3. How much toothpaste should a 4-year-old child use?
   A) None
   B) Enough to cover the bristles of the toothbrush
   C) A pea-sized amount

4. When should children start brushing their teeth (with adult help)?
   A) At age 2
   B) At age 1
   C) When they first start getting teeth
   D) Before starting school

5. Smokeless tobacco is safer than cigarettes.
   A) Both are bad for your oral health
   B) Smokeless tobacco is safer
   C) Cigarettes are safer

6. How long should you brush your teeth, twice a day?
   A) One minute
   B) Two minutes
   C) 90 seconds
   D) 30 seconds

7. Eating a healthy diet is important for both oral health and overall health.
   True or False

8. How often should you replace your toothbrush?
   A) Every 3-4 months
   B) Every month
   C) Every 5-6 months
   D) When worn or after being sick
   E) A and D

9. Older adults have the same oral health concerns as younger adults.
   True or False

10. What are tooth brushing alternatives for an older adult with dexterity impairments?
    A) Rub your teeth with your finger
    B) Use a child-size toothbrush
    C) There are no alternatives