

Name \_\_\_\_\_

## Grade 3-5 Pre/Post Test

Answer each question and do your best. It's okay if you don't know the answer.

**Match each definition with the correct word from the word bank. Write the letters in the blanks. Use each word only one time.**

**Word Bank:**

- A. Plaque
- B. Healthy drinks
- C. Tobacco
- D. Sometimes foods

1. Drinks that are good for your body and teeth, like water and milk. \_\_\_\_\_
2. A plant that has nicotine and is dangerous for your body and teeth. \_\_\_\_\_
3. Foods that have some nutrients but are not healthy to eat all the time. \_\_\_\_\_
4. A sticky goo that coats your teeth. It is bacteria, spit, food, and drink mixed together. \_\_\_\_\_

**Use the word bank to complete each sentence. Use each choice only one time.**

**Word Bank:**

- A. six
- B. two times
- C. half
- D. one time

1. Brush teeth \_\_\_\_\_ a day to remove plaque and keep them healthy.
2. Floss teeth \_\_\_\_\_ a day to remove food and plaque from between your teeth.
3. Go to the dentist every \_\_\_\_\_ months so they can remove plaque and check for cavities.
4. A healthy meal should have \_\_\_\_\_ of the plate filled with fruits and vegetables.

**Mark all the ways you can refuse tobacco if someone tries to get you to use it:**

- Say "No"
- Say "Okay"
- Make an excuse
- Offer to buy it from them
- Offer to do something else
- Stay and watch them smoke it
- Leave



Name \_\_\_\_\_

## Grade 3-5 Pre/Post Test Answer Key

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**Word Bank:**

- A. Plaque
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1. Drinks that are good for your body and teeth, like water and milk.   B
2. A plant that has nicotine and is dangerous for your body and teeth.   C
3. Foods that have some nutrients but are not healthy to eat all the time.   D
4. A sticky goo that coats your teeth. It is bacteria, spit, food, and drink mixed together.   A

Use the word bank to complete each sentence. Use each choice only one time.

**Word Bank:**

- A. six
- B. two times
- C. half
- D. one time

1. Brush teeth   B   a day to remove plaque and keep them healthy.
2. Floss teeth   D   a day to remove food and plaque from between your teeth.
3. Go to the dentist every   A   months so they can remove plaque and check for cavities.
4. A healthy meal should have   C   of the plate filled with fruits and vegetables.

Mark all the ways you can refuse tobacco if someone tries to get you to use it:

- Say "No"
- Say "Okay"
- Make an excuse
- Offer to buy it from them
- Offer to do something else
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