

Name _____

Grade 6-8 Pre/Post Test

Answer each question to the best of your ability.

Which of these are communicable diseases (mark all that apply):

- Flu Diabetes Cancer Tooth decay
 Measles Covid-19 Heart disease

Please circle the number that best describes how you feel on a scale of 1 to 5, with 1 being you strongly disagree with the statement and 5 being you strongly agree with the statement.

You should wear a mouthguard during all sports activities.

1 2 3 4 5

Your food choices affect the future health of your teeth.

1 2 3 4 5

Smoking cigarettes harms teeth by causing dry mouth.

1 2 3 4 5

Smoke-free policies reduce the popularity of smoking.

1 2 3 4 5

Social media influences our health choices.

1 2 3 4 5

E-cigarettes do not harm teeth.

1 2 3 4 5

Please check 3 positive alternatives to using alcohol or drugs:

- Going for a walk Journaling Staying up late Trying a new hobby
 Vaping Calling a friend Listening to music Drinking soda

How do sugary beverages harm your body and teeth (check all that apply)?

- Contribute to chronic disease Provide nutrients Restore tooth enamel
 Hydrate your body Lead to faster tooth decay Feed bacteria in mouth
 Increase acid on teeth

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Grade 6-8 Pre/Post Test Answer Key

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