

# Test the water

Dragons need water to put out the fire in their mouths. But you need water to keep your teeth and body healthy. Test how much you know about water with this fun quiz. Remember, there's only one true answer to each question. Bet you'll learn some interesting facts along the way! [Want to know your results? Check out the answers at the bottom of this page.](#)

Which of these will you find in water?

- (A) Acid that causes cavities
- (B) Fluoride that strengthens teeth
- (C) Bacteria that leaves plaque on your teeth

How much sugar is in a cup of water?

- (A) I sure don't taste any sugar in water.
- (B) I think there's a little — like a sprinkle.
- (C) There's quite a bit — maybe a whole tablespoon.

Which one of these drinks is best for your teeth?

- (A) Pickle juice
- (B) Sports drinks
- (C) Water

What's one way water keeps your mouth healthy?

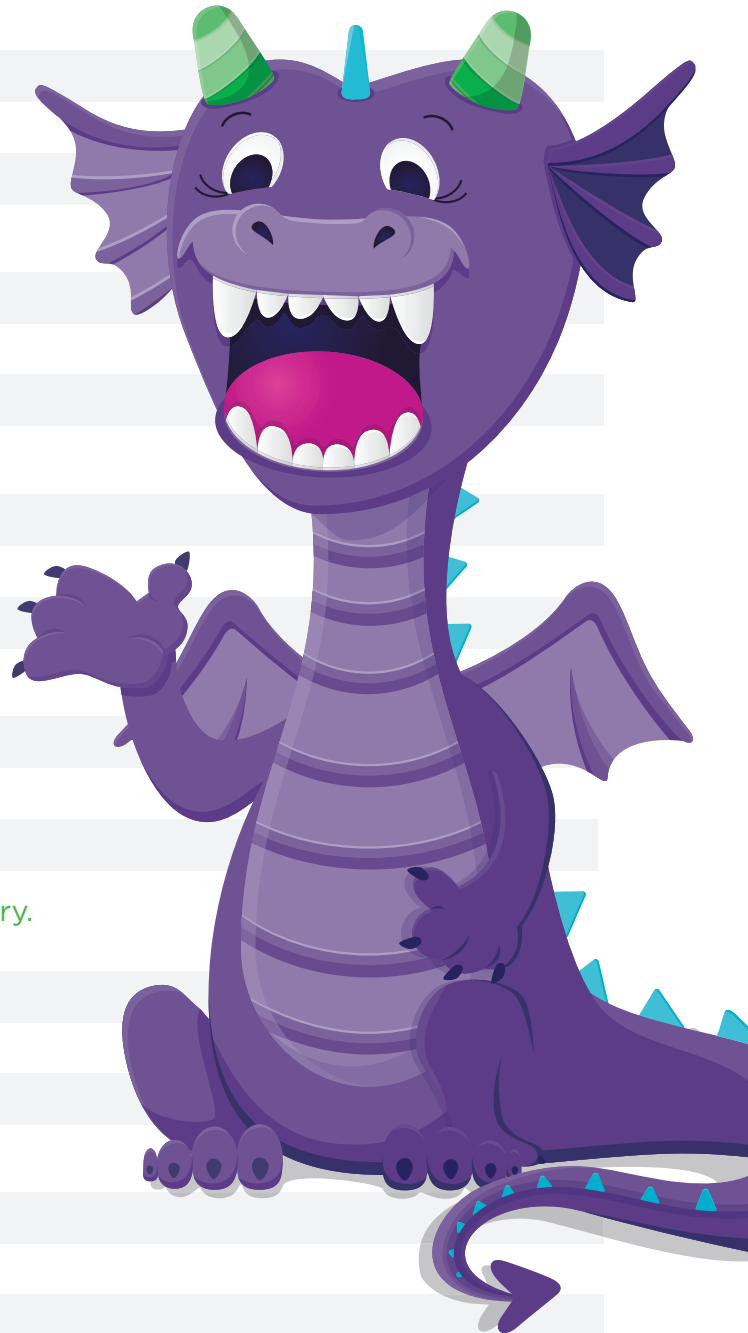
- (A) It washes away leftover food that's stuck to your teeth.
- (B) It sticks in your teeth.
- (C) It contains glitter.

Water can make your mouth feel better when it's dry.  
Why do you need to fight dry mouth?

- (A) Dry mouth makes your breath smell good.
- (B) Dry mouth leaves dust in your mouth.
- (C) Dry mouth can cause cavities.

What's another name for water?

- (A) H<sub>2</sub>O
- (B) H<sub>2</sub> Oh, my!
- (C) Splish splash



Answers: B, A, C, A, C, A