



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



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Grade 3-5 Pre/Post Test Answer Key

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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"
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