



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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