

Guide to Good Oral Health

Health · Practice Test · 30 Questions

1. What are the key components of good oral health?

- A) Clean teeth, fresh breath, and healthy gums
- B) Absence of dental disease, a fresh feeling, and a clean appearance
- C) White teeth, pink gums, and a smooth tongue
- D) No cavities, healthy gums, and a good breath

2. How long should you brush your teeth each time?

- A) 1 minute
- B) 2 minutes
- C) 3 minutes
- D) As long as needed

3. What type of toothpaste is recommended for brushing?

- A) Whitening toothpaste
- B) Sensitivity toothpaste
- C) Fluoride toothpaste
- D) Natural toothpaste

4. Why is fluoride important for teeth?

- A) It whitens teeth
- B) It fights germs and strengthens teeth
- C) It freshens breath
- D) It prevents cavities

5. What should you do after brushing your teeth?

- A) Rinse your mouth thoroughly with water
- B) Rinse your mouth with mouthwash
- C) Spit but do not rinse
- D) Drink a glass of water

6. What is the purpose of flossing or using interdental brushes?

- A) To whiten teeth
- B) To remove plaque and prevent gum disease
- C) To freshen breath
- D) To strengthen enamel

7. Which of these is a teeth-friendly snack option?

- A) Candy
- B) Soda
- C) Cheese
- D) Chips

8. What effect can sugary and acidic foods have on teeth?

- A) They strengthen enamel
- B) They neutralize acids
- C) They can erode enamel and lead to cavities
- D) They improve gum health

9. What is considered your best friend for oral health when it comes to drinks?

- A) Juice
- B) Soda
- C) Fluoridated water
- D) Coffee

10. What do sugary drinks like sodas and energy drinks contribute to?

- A) Stronger teeth
- B) Tooth decay
- C) Healthier gums
- D) Fresher breath

11. What risks are increased by smoking and vaping?

- A) Improved oral health
- B) Gum disease, oral cancer, and stained teeth
- C) Whiter teeth and fresher breath
- D) Stronger enamel

12. How often should you schedule dental check-ups?

- A) Once a year
- B) Twice a year or as directed by your dentist
- C) Every five years
- D) Only when you have a problem

13. What is the first 'B' in Bupa's four Bs of oral health care?

- A) Build
- B) Book
- C) Brush
- D) Be

14. What is the second 'B' in Bupa's four Bs of oral health care?

- A) Book
- B) Be
- C) Brush
- D) Build

15. What is the third 'B' in Bupa's four Bs of oral health care?

- A) Build
- B) Be
- C) Brush
- D) Book

16. What does the fourth 'B' in Bupa's four Bs of oral health care emphasize?

- A) Brushing techniques
- B) Building a routine
- C) Consistency
- D) Booking appointments

17. How often should you replace your toothbrush?

- A) Every six months
- B) Every year
- C) Every three months, or sooner if bristles are worn
- D) When it looks dirty

18. What can build up on your tongue and lead to bad breath?

- A) Food particles
- B) Plaque
- C) Acid
- D) Sugar

19. What can happen if small dental problems are not addressed early?

- A) They can improve on their own
- B) They can become big problems
- C) They will disappear naturally
- D) They will not affect oral health

20. What is the primary benefit of regular dental visits?

- A) To get your teeth cleaned
- B) To catch potential issues early and prevent them from becoming bigger
- C) To receive cosmetic treatments
- D) To get free samples of toothpaste

21. What helps remove plaque from between your teeth?

- A) Mouthwash
- B) Water
- C) Floss or interdental brushes
- D) Tongue scraper

22. What can sugary and acidic foods erode?

- A) Gums
- B) Palate
- C) Enamel
- D) Tongue

23. What does fluoridated water help neutralize in your mouth?

- A) Germs
- B) Plaque
- C) Acids
- D) Food particles

24. What does Bupa's Oral Health Hub offer?

- A) Dental insurance plans
- B) A platform to learn more about oral health
- C) Free dental check-ups
- D) Toothbrushes and toothpaste

25. What is the recommended way to clean your tongue when brushing?

- A) Don't clean it
- B) Scrape it vigorously
- C) Use a soft-bristled toothbrush
- D) Use a tongue scraper after brushing

26. What does consistency in dental care contribute to?

- A) A short-term benefit
- B) A lasting and impactful dental care routine
- C) A need for more frequent visits
- D) A reduction in the need for brushing

27. What is the purpose of Bupa's Oral Health Pilot?

- A) To offer free dental treatment
- B) To gather aggregated data on customer participation in a pilot program
- C) To provide a discount on dental services
- D) To test new types of toothbrushes

28. What is a potential consequence of not maintaining good oral health?

- A) Improved overall health
- B) Increased risk of systemic diseases
- C) Fresher breath
- D) Whiter teeth

29. What is a sign of unhealthy gums?

- A) Pink and firm gums
- B) Gums that don't bleed
- C) Gums that bleed easily
- D) A clean tongue

30. What can prevent small problems from becoming big ones in your mouth?

- A) Ignoring them
- B) Visiting the dentist regularly
- C) Brushing less often
- D) Eating more sugar