

Name _____

The Secrets to a Bright Smile: Maintaining Clean and Healthy Teeth and Gums

Short Answer

1. Explain the importance of limiting sugary and acidic foods in maintaining oral health.
2. Why is it crucial to stay hydrated for good oral health, and how does water benefit your mouth?
3. Discuss the significance of regular dental check-ups and cleanings in preventing oral health issues.
4. How does smoking or using tobacco products affect oral health, and why should these habits be avoided?

