



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





Name \_\_\_\_\_

## Grade 6-8 Pre/Post Test Answer Key

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
- Lead to faster tooth decay
- Feed bacteria in mouth
- Hydrate your body
- Increase acid on teeth