Teacher Answer Key

Case Study

1. Jamal consumed sugary energy drinks frequently and neglected flossing, leading to enamel weakening and plaque buildup.

2. He reduced his intake of sugary drinks, used fluoride toothpaste, and set daily reminders to floss, improving his gum health and stopping cavity progression.

Multiple Choice

1. A

2. B

3. D

Matching

1-B, 2-D, 3-A, 4-E, 5-C

Fill-in-the-Blank

1) Flossing, 2) Dental checkups, 3) sugar

Short Answer (Sample Responses)

Q1: Teens may not connect gum or tooth issues to potential heart or health complications in the future.

Q2: They can carry travel-sized floss and toothpaste, brush after lunch, or replace sugary drinks with water.

Q3: Offering water stations and less sugary drink options can help students make healthier choices.