



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):

- | | | | |
|-------------------------------|--------------------------------|-------------------------------------|-----------------------------------|
| <input type="radio"/> Flu | <input type="radio"/> Diabetes | <input type="radio"/> Cancer | <input type="radio"/> Tooth decay |
| <input type="radio"/> Measles | <input type="radio"/> Covid-19 | <input type="radio"/> 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:

- | | | | |
|--|--|--|--|
| <input type="radio"/> Going for a walk | <input type="radio"/> Journaling | <input type="radio"/> Staying up late | <input type="radio"/> Trying a new hobby |
| <input type="radio"/> Vaping | <input type="radio"/> Calling a friend | <input type="radio"/> Listening to music | <input type="radio"/> Drinking soda |

How do sugary beverages harm your body and teeth (check all that apply)?

- | | | |
|---|--|--|
| <input type="radio"/> Contribute to chronic disease | <input type="radio"/> Provide nutrients | <input type="radio"/> Restore tooth enamel |
| <input type="radio"/> Hydrate your body | <input type="radio"/> Lead to faster tooth decay | <input type="radio"/> Feed bacteria in mouth |
| | <input type="radio"/> Increase acid on teeth | |



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