

# Sir Flossmore's Dental Hygiene Quiz

1) How often and when should you brush your teeth?

**Twice a day and before bedtime.**

2) How long should you brush your teeth for?

**Two to three minutes.**

3) How often should you floss your teeth?

**Once a day.**

4) Why should you floss?

**To remove plaque and food particles from in between your teeth.**

5) What is a cavity?

**A hole in your tooth that can grow bigger and deeper over time.**

6) What is Plaque?

**The sticky, slimy surface on your teeth.**

7) When sugar and bacteria get stuck in the plaque what does it cause?

**They combine to make an acid that eats away at the tooth causing a Cavity.**