

# Quiz: Brush Up on Your Dental Knowledge

It's time to test your dental knowledge. While it makes perfect sense that good oral hygiene can prevent tooth loss, some of these facts may surprise you.

- When is the most important time to brush teeth?
  - Just before bedtime
  - In the morning
- By what age should a child have their first dental visit?
  - 1 year old
  - 3 years old
- Should everyone floss their teeth at least once a day?
  - No
  - Yes
- Flossing teeth can take as little as 60 to 90 seconds.
  - True
  - False
- How many teeth does the average adult have?
  - 32
  - 38
- By age two, most children have how many teeth?
  - 24
  - 20
- Is dental disease (decay and gum disease) preventable?
  - No
  - Yes
- What is the recommended amount of time people should brush their teeth?
  - 2 minutes
  - 1 minute
- Fluoride makes teeth more resistant to decay.
  - True
  - False
- How long can healthy teeth last?
  - For awhile
  - For a lifetime

## Your score:

8–10 correct: Excellent! Keep up the good work.

5–7 correct: Consider brushing up on your dental knowledge.

0–4 correct: Time to learn more about oral health. Visit [carefirst.com](https://www.carefirst.com) for more information.

Turn for Correct Answers:

1-a, 2-a, 3-b, 4-a, 5-a, 6-b, 7-b, 8-a, 9-a, 10-b