

## Oral health messages

Message	Fact or opinion?
Message 1: Someone in your class says to you, "I heard that you only really need to brush your teeth once a day".	
Message 2: Your dentist tells you, "After brushing your teeth, you should spit out the toothpaste but don't rinse your mouth with water. The toothpaste that stays in your mouth will help to protect your teeth."	
Message 3: A website run by dentists called <a href="https://www.teeth.org.au/">https://www.teeth.org.au/</a> says that "drinking sugary drinks too often can damage teeth because the sugar can cause tooth decay."	
Message 4: Your friend's mum tells you, "I reckon you only need to go to the dentist when you have a problem."	
Message 5: Another friend's dad, a dental nurse, told you and your friend, "You should try not to snack too much between meals because then your saliva can work to neutralise the acids that cause plaque and cavities in your teeth. You're best sticking to the main meals and snacks - breakfast, morning tea, lunch, afternoon tea and dinner."	

