Questionnaire

|  |  |  |  |
| --- | --- | --- | --- |
| **Number** | **Statement** | **Answer** | |
| **True** | **False** |
| **Sweet Food** | |
|  | Sweet foods are not considered cariogenic foods |  |  |
|  | Examples of foods and drinks that damage teeth are candy, chocolate, candy, and soft drinks |  |  |
|  | Solid and sticky foods damage teeth faster than liquid ones |  |  |
|  | Reducing eating sweet foods can be healthy teeth |  |  |
| **Fibrous Food** | | | |
|  | The fiber content in apples is found in the flesh and skin |  |  |
|  | Broccoli, spinach, and raw carrots play a role in the formation of cavities |  |  |
|  | Sweet bananas are good for dental health |  |  |
|  | Eating fruits and vegetables before bed can make teeth healthy |  |  |
| **Foods Containing Calcium and Phosphate** | | | |
|  | Yogurt is a food that is high in calcium and is good for dental health |  |  |
|  | Tuna is an example of a food that plays a role in the formation of cavities |  |  |
|  | Milk is an example of a good food for dental health |  |  |
|  | Consuming milk high in calcium every day plays a role in the process of cavities |  |  |