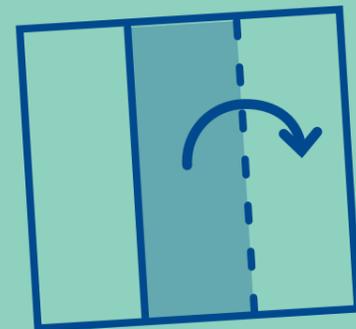


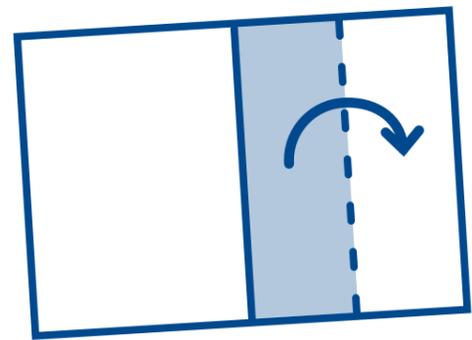
Step 1:

Look at the list opposite, and tick yes or no to record if you thought each element was connected to mouth health or not. If you don't remember what you said last time, you can pick again.



Step 2:

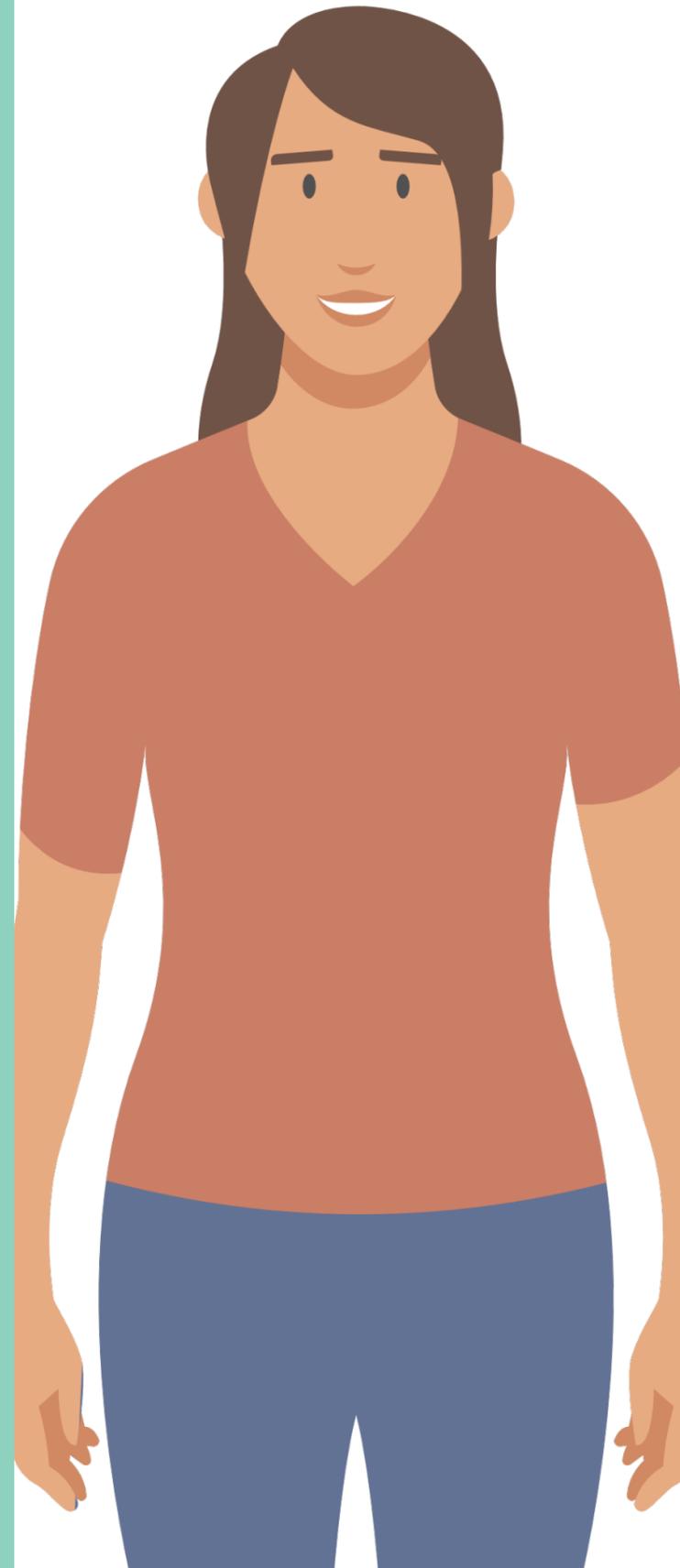
Once you've completed Step 1, open this flap to look at the answers from everyone who completed workbook 1. Compare your answers and think about whether anything surprises you.



Step 3:

Once you've looked at what others' said, open this flap to see what our dental experts said.

Think about which facts are interesting or surprise you, and use the tick boxes to let us know.



WHOLE MOUTH HEALTH

QUIZ PACK #1

External Body Features

Step 1: Look at the list below, and tick yes or no to record if you thought each element was connected to mouth health or not.
If you don't remember what you said last time, you can pick again.

Step 2: Look at what everyone who completed workbook 1 said and compare your answer.

Step 3: Look at what our dental experts have said. Tick the 'interesting' or 'surprised' box if you think this is something more people should know. We'll use what you tick to guide the development of this as an activity in the next stage of the project.

Example



Surprised!
Interesting

Skin Yes No YES NO

Skin — Yes. Your mouth health can affect the skin around your mouth, including causing abscesses and other painful conditions.

Vision Yes No YES NO

Vision — Yes. An infection in your mouth can affect the eye muscles, and in rare cases, spread to the optic nerve.

Taste Yes No YES NO

Taste — Yes. Poor mouth health can affect your sense of taste. Imagine a world where you can't taste your favourite food!

Hearing Yes No YES NO

Hearing — Maybe. Swelling from infections might impact the muscles and nerves associated with hearing, but our experts didn't all agree on this one.

Touch Yes No YES NO

Touch — No, no link between mouth health and your sense of touch has been established. But one of our experts agreed that people are less likely to touch you if you have bad breath!

Smell Yes No YES NO

Smell — Maybe. Some experts said yes because the bad taste in your mouth as a result of poor mouth health can reduce your ability to smell, but others highlighted that there isn't clear evidence for this.

Work / Career Yes No YES NO

Work / Career — Yes. Our experts highlighted that in many cultures, physical presentation and face-to-face interactions are an important part of building a career.

Relationships Yes No YES NO

Relationships — Yes. As with work and career prospects, good mouth health is an important part of establishing personal relationships.

Personality Yes No YES NO

Personality — Yes. Negative interactions resulting from poor mouth health can lead to psychological distress that over time can affect people's personalities.

Hair Yes No YES NO

Hair — Maybe. Some experts noted that good food intake is important for healthy hair. One un-verified study has also suggested there may be a link between oral bacteria and hair loss!