

# Do you know what causes bad breath?

#SelfCare

Take the quiz and find out!

1. Eating more apples and oranges may improve your breath?

True or False

2. Halitosis is...

- a. a blood disease
- b. the medical name for bad breath
- c. a skin rash
- d. an eye disorder

3. Garlic can make your breath smell bad even after you've brushed your teeth and rinsed with mouth wash?

True or False

4. What ingredient in green tea shows promise as a treatment for bad breath?

- a. caffeine
- b. polyphenol antioxidants
- c. vitamin C
- d. purified water

5. How long a piece of dental floss should you use?

- a. 6 inches
- b. 8 inches
- c. 10 inches
- d. 18inches

6. If I have bad breath, my child is more likely to have bad breath?

True or False

7. If you brush and floss every day you will never have bad breath?

True or False

8. Eating beefburgers and steak can worsen your bad breath?

True or False

9. You don't need to clean a baby's teeth?

True or False

10. The amount of saliva your mouth makes...

- a. is based on the number of teeth you have
- b. can affect your breath
- c. can decrease when you're at a great pizzeria

11. Certain medications can contribute to bad breath?

True or False

12. Your tonsils can be a reason you have bad breath?

True or False



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for the answers...



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