



Are you a Rotter?

Take the quiz to find out!



1 How much do you like sweets and sugary food?

- A) I love them! They're my favourite type of food. I say yes to any and all of it!
- B) I'll always eat sweets if they're around, but I won't nag to have more.
- C) I enjoy some sweet food, but if it's something I don't like, I won't eat it just to taste the sugar.
- D) I hardly ever eat sweets, cakes or biscuits. I prefer other types of food.

2 How often do you eat sweets, cakes, biscuits, and snacks?

- A) On special occasions, like birthdays or when we visit places.
- B) Every day.
- C) Once a week.
- D) Once a month or less.

3 Do you like snacking when you watch TV or when you're at the cinema?

- A) I'm not allowed to, but I would if I could!
- B) Never.
- C) Sometimes, but it's not a habit.
- D) I love doing that! Crumbs go everywhere, and I never know how much I've eaten.

4 Do you clean your teeth in the morning?

- A) Yes, every day. I don't like the grimy feeling on my teeth if I forget.
- B) Never. I'm usually too busy or I forget.
- C) Most days, but I need reminding!
- D) Sometimes, but if I can get out of brushing them, I will!

5 Do you clean your teeth before bedtime?

- A) Never. I hate brushing, and I hate the taste of the toothpaste.
- B) Yes, every night. I like to get all the dirt off before I sleep.
- C) Sometimes, but if I can avoid brushing, I will!
- D) Most nights, but I need reminding!

THE ROTTERS

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6 Do you like brushing your teeth?

- A) I love it! My teeth feel squeaky clean and minty fresh!
- B) Yes, most of the time.
- C) Sometimes, but it's a bit messy and gets in the way of other thing I want to do.
- D) Never! That splatty paste gets all over my clothes and face, and tastes disgusting!

7 Which type of toothbrush do you use?

- A) My finger!
- B) I don't use one.
- C) Electric toothbrush.
- D) A manual toothbrush.

8 How often do you drink water?

- A) I'm always drinking water! During meals, and when I play.
- B) Sometimes, if I remember.
- C) Rarely. I prefer something fizzy, or water with cordial or squash in it.
- D) I like drinking water, but I need to be reminded.

9 How often do you eat green veggies?

- A) I never eat them!
- B) I love them and eat them every day!
- C) Sometimes, but only if I have to!
- D) I like some types of green veg and eat them most days.

10 What's your favourite drink from the list below?

- A) Milk
- B) It's got to be sweet and fizzy, like cola, lemonade or orangeade
- C) Still or sparkling water
- D) Fruit juice and smoothies



11 Do you use any type of dental floss or interdental brush?

- A) I've no idea what they are.
- B) I floss or use an interdental brush at least once a day.
- C) I've heard of them but I don't like the idea of using them.
- D) Sometimes, if I get something stuck between my teeth.

12 How often do you visit the dentist?

- A) Once a year.
- B) If I have toothache.
- C) I've never been to the dentist.
- D) Every 6 months.

Brushing Fact

Did you know brushing for 1 minute removes 27% of the plaque, but brushing for 2 minutes removes 41%? So, brushing for longer gets rid of almost double those dastardly Rotters!

Result!

Scoring

Circle the option you chose for each question

Write down your score for each question here

1	A) 0	B) 5	C) 10	D) 15	Score:	<input type="text"/>
2	A) 5	B) 0	C) 10	D) 15	Score:	<input type="text"/>
3	A) 5	B) 15	C) 10	D) 0	Score:	<input type="text"/>
4	A) 15	B) 0	C) 10	D) 5	Score:	<input type="text"/>
5	A) 0	B) 15	C) 5	D) 10	Score:	<input type="text"/>
6	A) 15	B) 10	C) 5	D) 0	Score:	<input type="text"/>
7	A) 5	B) 0	C) 15	D) 10	Score:	<input type="text"/>
8	A) 15	B) 5	C) 0	D) 10	Score:	<input type="text"/>
9	A) 0	B) 15	C) 5	D) 10	Score:	<input type="text"/>
10	A) 10	B) 0	C) 15	D) 5	Score:	<input type="text"/>
11	A) 0	B) 15	C) 5	D) 10	Score:	<input type="text"/>
12	A) 10	B) 5	C) 0	D) 15	Score:	<input type="text"/>

Total Score:

Add up all of the scores and write your total here



0-40

You're a real Rotter!

Don't let those Rotters trick you into eating too many sugary treats and snacks! Now is the time to get into good habits and start cleaning your teeth twice a day. Most importantly before bedtime. If you forget to do them in the morning, try and find a way to brush them in the afternoon instead. Drink lots of water to wash away any bits of food left, and try eating more green veg and food that contains calcium, like dairy products. Teeth are built to last a lifetime, so it's up to you to look after them. Don't forget to join The Rotters Club for lots of toothy tips and fun!



91-135

You're more like Finn than a Rotter.

You're pretty good at looking after your teeth. Well done! You've got some great teeth cleaning habits forming. Keep it up! Try adding flossing to your routine if you don't already, drink more water to wash away any food that's left in your mouth, and eat more green veggies and food containing calcium to keep your teeth strong. Use a fluoride toothpaste too. The fluoride gives your teeth extra fighting power against the Rotters! And don't forget to join The Rotters Club for lots of toothy tips and fun!



41-90

You would probably join the Rotters if you could!

You've got a sweet tooth! So you must find a way to clean your teeth twice a day. Try reducing the number of sugary snacks you're eating, and drink lots of water through the day to help wash away bits of food left in your mouth. Eat more green veg and dairy products if you can, or find a way to get a supplement of calcium to keep your teeth strong and healthy. Your teeth will thank you for it, and so will your dentist! Don't forget to join The Rotters Club for lots of toothy tips and fun!



136-180

The SCG want you on their next grime-busting mission!

You're the perfect member of the Sugar Crush Gang (SCG)! Well done. You have fantastic teeth cleaning habits, and mostly eat the right foods to make sure your teeth stay strong. Keep pasting those Rotters! And don't forget to join The Rotters Club for extra toothy tips and facts. Perhaps you could even meet the SCG in the future?

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