

Dentistry

Merit Badge Workbook



Merit badges are earned by doing: reading the pamphlet, practicing the skills, and showing your counselor what you have learned.
This workbook gives you a place to organize your notes and track your progress along the way.
Merit badge counselors may not require the use of this or any similar workbook.
You still must satisfy your counselor that you can demonstrate each skill and have learned the information.
Use the space under each requirement to note what you have done and what you want to talk about, not to write out full answers.
When a requirement says discuss, show, tell, explain, or demonstrate, that is what you must do.
No one may add to or subtract from the official requirements found on scouting.org (Guide to Advancement 7.0.4.8).
Scouting America last updated this badge's requirements page on September 26, 2025.
Requirements change from time to time. Double-check scouting.org before you start.

Scout's name: _____ Unit: _____ Date started: _____

Counselor's name: _____ Phone no.: _____ Email: _____

Links marked "Scouting America resources" are the ones Scouting America shares on its official badge page.
This workbook is unofficial and not endorsed by Scouting America.

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1. Using X-ray (radiographic) films or images and with your counselor's guidance, do the following:

(a) Study the tooth structure and look for decay.

Scouting America resources: X-Rays for Cavities (video)

Date _____ Counselor _____

What I noticed about the tooth structure and any signs of decay

(b) Draw a lower molar, using the radiographs as a guide. Label its parts and surfaces. Show surrounding structures such as bone and gum tissues.

My lower molar with its parts, surfaces, bone and gum tissues labeled (draw here or attach a page)

(c) Show on your drawing where the nerves and blood vessels enter and leave the tooth.

☐ Marked where the nerves and blood vessels enter and leave the tooth

(d) Show on your drawing where bacterial plaque is most likely to be found.

☐ Marked where bacterial plaque is most likely to be found

Requirement 1 completed on _____ counselor initials _____

2. Do the following:

(a) Tell or write about what causes dental decay and gum disease. Tell how each of the following contributes to dental decay and gum disease: bacterial plaque, sugars, and acid.

Scouting America resources: What Causes Cavities? (video) · What Causes Tooth Decay? (video)

What causes dental decay and gum disease

How each one contributes

Cause	How it contributes to dental decay and gum disease
Bacterial plaque	
Sugars	
Acid	

(b) Tell the possible causes for traumatic tooth loss, describe the types of mouth guards used to help prevent tooth trauma, and list the athletic activities during which a person should wear a mouth guard.

Scouting America resources: The Three Most Common Dental Injuries in Sports and How To Prevent Them (website)
Why Is Having a Mouthguard Important? (video) · Which Sports Require Mouth Guards? (website)

Possible causes of traumatic tooth loss

Types of mouth guards and how they help prevent tooth trauma

Athletic activities when a person should wear a mouth guard

(c) Explain the first-aid procedure for saving a tooth that has been knocked out.

Scouting America resources: Knocked Out Teeth | First Aid (video)

First-aid steps for saving a knocked-out tooth

(d) Discuss how the use of tobacco products can negatively affect your oral health.

Scouting America resources: What Does Smoking Do To Your Teeth? (video)
Vaping & Your Teeth—The Hidden Damage You Need to Know! (video)

How tobacco products can harm oral health

Requirement 2 completed on _____ counselor initials _____

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3. Arrange for a visit with a dentist. Before you go, ask whether your visit can include a dental examination and a plaque-control demonstration. Afterward, ask questions about things you want to know. Then tell your counselor what the dentist does during a checkup examination.

Dentist I visited _____ Date _____ Where _____

- ☐ Asked whether the visit could include a dental examination
- ☐ Asked whether the visit could include a plaque-control demonstration

Questions I want to ask, and what I found out

What the dentist does during a checkup examination

Requirement 3 completed on _____ counselor initials _____

4. Do TWO of the following:

☐ **(a)** Name at least five instruments and five pieces of equipment a dentist uses.

Scouting America resources: 12 Essential Dental Instruments Every Dentist Needs (video)
Dental Tools Used During a Teeth Cleaning—EXPLAINED! (video)

What a dentist uses

Instruments	Equipment

☐ **(b)** With the help of a dentist, prepare a dental stone cast using a dental vibrator, a mixing bowl, a water measure, a plastic measure, model stone, and a spatula.

Scouting America resources: Mixing and Pouring Dental Stone (video)

Dentist who helped me _____ Date _____

- ☐ Dental vibrator
- ☐ Mixing bowl
- ☐ Water measure
- ☐ Plastic measure
- ☐ Model stone
- ☐ Spatula

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☐ **(c)** Keep a record of everything you eat for three days. Circle those items that may provide the sugars that bacterial plaque needs to make acid. List snacks that you should avoid to help maintain the best oral health.

Scouting America resources: Diet Diary (PDF)

My three-day food record (circle items that may provide sugars)

Day and meal	What I ate and drank
Day 1 breakfast	
Day 1 lunch	
Day 1 dinner	
Day 1 snacks and drinks	
Day 2 breakfast	
Day 2 lunch	
Day 2 dinner	
Day 2 snacks and drinks	
Day 3 breakfast	
Day 3 lunch	
Day 3 dinner	
Day 3 snacks and drinks	

Snacks I should avoid to help keep my mouth healthy

Requirement 4 completed on _____ counselor initials _____

5. Discuss with your counselor the following:

(a) How fluorides help prevent tooth decay and the ways fluorides can be provided to the teeth.

Scouting America resources: Fluoride: The Superhero of Cavity Fighting (video)

How fluorides help prevent tooth decay

Ways fluorides can be provided to the teeth

(b) How the mouth is related to the rest of the body. Topics might include chewing, saliva, enzymes, nutrition, and speech.

Scouting America resources: Digestion in the Mouth (video) · Oral Health Is Not Just About the Mouth (video)
Your Mouth and Your Heart Are More Connected Than You Think (video)

How the mouth is related to the rest of the body

Topic	My notes
Chewing	
Saliva	
Enzymes	
Nutrition	
Speech	

Requirement 5 completed on _____ counselor initials _____

6. Do TWO of the following:

☐ **(a)** Make a model tooth out of soap, clay, paper-mâché, or wax. Using a string and a large hand brush, show your troop or a school class proper tooth-brushing and flossing procedures.

Scouting America resources: Very Easy Teeth Model Making Using Clay(Play-Doh™) (video) · How To Brush Your Teeth (video)
How To Floss Your Teeth (video)

My model tooth is made of _____ Date _____ Troop or class _____

☐ Showed proper tooth-brushing
☐ Showed proper flossing

☐ **(b)** Make a poster on the prevention of dental disease. Show the importance of good oral health.

Scouting America resources: The Perfect Oral Health Care Routine (3 Easy Steps in Order) (video)

Poster title _____ Date _____

My poster plan: main points and sketch

☐ **(c)** Collect at least five advertisements for different toothpastes. List the claims that each one makes. Tell about the accuracy of the advertisements.

Toothpaste advertisements

Toothpaste	Claims it makes	How accurate the claims are

☐ **(d)** Write a feature story for your school newspaper on the proper care of teeth and gums. Include in your story how the use of tobacco products can negatively affect a person's oral health.

Headline _____ Date _____

☐ Proper care of teeth and gums
☐ How tobacco products can harm oral health

My story outline

☐ **(e)** Make drawings and write about the progress of dental decay. Describe the types of dental filling and treatments a dentist can use to repair dental decay problems.

Scouting America resources: Tooth Decay Progression | 3D Animation (video)

The progress of dental decay (draw here or attach a page)

What I wrote about each stage

Types of dental fillings and treatments a dentist can use

Requirement 6 completed on _____ counselor initials _____

7. Identify three career opportunities that would use skills and knowledge in dentistry. Pick one and research the training, education, certification requirements, experience, and expenses associated with entering the field. Research the prospects for employment, starting salary, advancement opportunities and career goals associated with this career. Discuss what you learned with your counselor and whether you might be interested in this career.

Scouting America resources: Dental Hygienist Spotlight | Exploring Dental Careers (video)
Dental Assistant Spotlight | Exploring Dental Careers (video) · Join the Dental Workforce: Becoming a Dental Technician (video)
Career as a Dentist (video) · Careers in Dentistry—Dental Receptionist (video) · Master of Science in Dental Materials (video)

Three careers in dentistry

Career	Skills and knowledge it uses

Career I picked

What I found about it

Topic	What I found
Training	
Education	
Certification requirements	
Experience	
Expenses	
Prospects for employment	
Starting salary	
Advancement opportunities	
Career goals	

Might I be interested in this career? Why or why not

Requirement 7 completed on counselor initials

Counselor sign-off

Your counselor signs your blue card or approves the badge in Scoutbook, and your unit records it. This line is for your own records.

Counselor's signature Date completed

Official Scouting America resources

Scouting America resources: Dentistry merit badge page (requirements and resources) · Dentistry merit badge pamphlet (free PDF)
All merit badges

Made by Cole at ScoutSmarts.com, an Eagle Scout who loves helping Scouts.
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