

DENTAL HEALTH QUIZ

The following questions are based on a study of the chart "Why Do Teeth Ache?" and may be used as a test for your pupils after a lesson on dental care. Select those most suitable for the children of your group.

1. Why is it important to care for the first temporary or foundation set of teeth?

ANSWER. *Because they play a vital part in the formation of the jaw and the appearance of the face.*

2. The incisors are the ^{front}_____ ^{back}_____ teeth and act like:

1. scissors 2. hammer 3. file

ANSWER. *Front teeth which act like scissors to cut the food in small pieces.*

3. What is the service of the cuspids?

ANSWER. *To tear food such as in biting off pieces of fruit, hard crusts, etc., and to prepare the food for the molars.*

4. How do the molars act on food?

ANSWER. *They grind the food so that it can be easily swallowed and digested.*

5. The most important fact about the sixth-year molars is that . . .

1. they are large
2. they do not show
3. they are the first permanent teeth

ANSWER. *No. 3. They are the first permanent teeth, and usually appear at six years of age. They should be well cared for since they last a life time.*

6. The three parts of a tooth are _____, _____, and _____.

ANSWER. *The crown, neck and root.*

7. The outer covering of a tooth is called —

1. the root 2. the nerve 3. the enamel

ANSWER. *The enamel.*

8. Why were the cave man's gums healthy?

ANSWER. *Because he ate hard, coarse foods which gave his gums plenty of exercise and speeded up circulation of blood in the gums.*

9. What happens if the gums do not have a constant supply of fresh blood?

ANSWER. *The gums grow weak and tender and do not hold the teeth firmly.*

10. Describe the warning signals given by unhealthy gums.

ANSWER. *They are soft, tender, and bleed easily.*

11. How can modern people help keep their gums healthy?

ANSWER. *By massaging the gums every time they brush their teeth.*

12. Why do teeth ache?

ANSWER. *Because food which is allowed to remain on the teeth will ferment, causing decay which penetrates the outer enamel, progressing down through the dentine to the nerve. When the decay reaches the nerve, pain results. Finally an abscess forms and the tooth must be pulled.*

13. What happens to the whole body when a tooth is infected?

ANSWER. *Dangerous germs are carried to all parts of the body by the blood stream.*

14. To take good care of your teeth you should visit the dentist _____.

ANSWER. *At least twice a year.*

15. The dentist is a good friend because he —

1. has many machines in his office
2. he can prevent toothaches from coming long before they would arrive
3. likes to pull teeth

ANSWER. *No. 2.*

16. Why should teeth be brushed after every meal?

ANSWER. *To remove food particles which may cling to the teeth and in the crevices between them—causing decay.*

17. Not only the teeth, but also _____ should be brushed.

ANSWER. *The gums.*

18. When brushing the outer surfaces of the upper teeth and gums the brush should go —

1. up 2. down 3. across

ANSWER. *No. 2.*

19. In which direction should the tooth brush move on the outer surfaces of the lower teeth and gums?

ANSWER. *Up from gums to teeth.*

20. Give at least three reasons why Ipana is beneficial.

ANSWER (may vary):

1. pleasant taste
2. makes teeth clean and sparkling
3. with massage Ipana helps keep gums firm and healthy
4. makes tooth brushing fun