Exercises

Remember • Understand

A Tick (✓) the correct answer

• Remembering

1. How many milk teeth does a child have?
   ☐ (a) 32 ☐ (b) 20 ☐ (c) 28 ☐ (d) 12
2. Which teeth tear food?
   ☐ (a) incisors ☐ (b) molars ☐ (c) canines ☐ (d) premolars
3. The hardest substance in our body is
   ☐ (a) bone ☐ (b) dentine ☐ (c) enamel ☐ (d) pulp
4. The part of a tooth with nerves is the
   ☐ (a) crown ☐ (b) pulp ☐ (c) enamel ☐ (d) gum
5. A dentist should be visited every
   ☐ (a) six months ☐ (b) five years ☐ (c) week ☐ (d) only when teeth fall
6. Milk is turned into curd by
   ☐ (a) viruses ☐ (b) bacteria ☐ (c) protozoa ☐ (d) insects
7. Which of these is a fungus?
   ☐ (a) amoeba ☐ (b) yeast ☐ (c) cholera germ ☐ (d) flu virus

Unscramble

• Remembering

1. NLEAEM _____
2. OTOR _____
3. LMORA _____
4. NCIAEN _____

Remember: Brush twice • rinse after meals.

B Fill in the blanks

• Remembering

plaque | molars | root | gums | three

1. The _____ holds a tooth in the jawbone.
2. We grind food with our _____.
3. A sticky layer of germs on teeth is _____.
4. Change your toothbrush every _____ months.
5. Soft pink flesh around the teeth is called _____.

C True or False?

• Understanding

Correct the false ones.

1. Milk teeth start falling at about six years. ____
2. Children have premolars in their milk teeth. ____
3. A lost permanent tooth grows back. ____
4. Rats have front teeth that keep growing. ____
5. We should swallow toothpaste after brushing. ____

D Match the columns

• Understanding

Column A	Column B
1. Incisors	a. tear food
2. Canines	b. grind food
3. Molars	c. cut food
4. Enamel	d. nerves and blood vessels
5. Pulp	e. hard outer layer
6. Yeast	f. turns milk into curd
7. Bacteria	g. makes dough rise

Competency-Based Assessment

Case • Data • Real life

J Case study: the check-up camp

• Analysing

At a school check-up, the dentist found cavities in 12 out of 40 children. Most of them ate toffees daily and did not rinse after lunch. **Look at Fig. 2.8.**

1. How many children had healthy teeth?
2. What two habits caused most cavities?
3. Suggest a class rule to reduce cavities.



Fig. 2.8 A dental check-up camp at school.

Word search

• Remembering

Find: ENAMEL, PULP, GUM, ROOT, MOLAR, CROWN

E	N	A	M	E	L	Q
R	O	O	T	G	U	M
M	O	L	A	R	P	M
C	R	O	W	N	U	Z
K	T	P	U	L	P	S

Quick check

• Remembering

1. Which teeth have the flattest crowns?
2. Name the layer below the enamel.

K Read the data: sugar in drinks

• Analysing

Spoons of sugar in one glass:

Drink	Spoons of sugar
Plain water	0
Fresh lime water (no sugar)	0
Packaged juice	5
Cola drink	7
Milk (no added sugar)	0

1. Which two drinks have the most sugar?
2. Which drinks are best for teeth?
3. How many spoons are in two glasses of cola?

My Learning Check

SEL • Self-Awareness

I can...	Yes	Not yet
name the types of teeth	☐	☐
label the parts of a tooth	☐	☐
explain tooth decay	☐	☐
name groups of microbes	☐	☐
give examples of helpful and harmful microbes	☐	☐
follow habits that keep germs away	☐	☐

Draw and label

• Creativity

Draw a toothbrush and show a pea-sized blob of toothpaste on it.

Olympiad Practice

12 questions • choose the correct option

Skills: Q1–4 • Remembering Q5–8 • Understanding Q9–10 • Applying Q11 • Analysing Q12 • Critical Thinking

1. By about three years of age, a child usually has _____.
(A) 20 milk teeth (B) 32 milk teeth (C) 20 permanent teeth (D) no teeth at all

2. Which teeth are meant mainly for tearing food?
(A) Incisors (B) Canines (C) Premolars (D) Molars

3. The hardest substance in the human body is _____.
(A) dentine (B) pulp (C) enamel (D) plaque

4. Premolars are not present in _____.
(A) the permanent set (B) an adult jaw (C) a cow's mouth (D) a child's milk teeth

5. Germs on the teeth make acid mainly from _____.
(A) clean water (B) sugary food left on the teeth (C) fluoride toothpaste (D) saliva alone

6. Once the enamel of a tooth is broken, it _____.
(A) grows back in a week (B) turns into pulp (C) cannot repair itself (D) becomes a milk tooth

7. Which is the odd one out?
(A) Flu virus (B) Bacteria that turn milk into curd (C) Yeast that makes dough rise (D) Helpful bacteria in the intestine

8. Which is the odd one out?
(A) Cow (B) Goat (C) Horse (D) Tiger

9. Viruses can grow _____.
(A) in pond water alone (B) only inside living cells (C) on dry bread like mould (D) in curd like bacteria

10. A vaccine helps us mainly by _____.
(A) cleaning plaque from teeth (B) making enamel grow back (C) training the body to fight some germs (D) replacing milk teeth

11. A: Permanent teeth need special care. R: A lost permanent tooth is not replaced by a new one.
(A) Both true, and R explains A (B) Both true, but R does not explain A (C) A true, R false (D) A false, R true

12. A: Sharing a toothbrush is a healthy habit. R: Germs can pass from one mouth to another.
(A) Both true, and R explains A (B) Both true, but R does not explain A (C) A true, R false (D) A false, R true

OMR answer strip Fill one bubble for each question with a dark pencil.

1. (A) (B) (C) (D)	2. (A) (B) (C) (D)	3. (A) (B) (C) (D)	4. (A) (B) (C) (D)	5. (A) (B) (C) (D)	6. (A) (B) (C) (D)
7. (A) (B) (C) (D)	8. (A) (B) (C) (D)	9. (A) (B) (C) (D)	10. (A) (B) (C) (D)	11. (A) (B) (C) (D)	12. (A) (B) (C) (D)

Scan for answers