

Tooth Busting Quiz



1. How many adult teeth do we get? 24 / 28 / 32
2. Enamel is the hardest substance in the body. True / False
3. Tooth decay and gum disease are the same? True / False
4. The sticky film on teeth is called; Food / Toothpaste / Plaque
5. Brushing your teeth will cause gum disease. True / False
6. What are two signs of gum disease? Red gums / Pink gums / Bleeding gums
7. You should rinse your mouth after brushing. True / False
8. What are the two main causes of tooth decay? Plaque / Not brushing / Sugar
9. It is better to keep sugary food and drinks to mealtimes. True / False
10. Which drinks are safe for teeth? Fruit Squash / Water / Cola / Milk / Milkshake
11. What does an orthodontist do? Checks teeth / Straightens teeth / Cleans teeth
12. You only need to see the dentist when you have toothache True / False

Answers:

1. We get 32 adult teeth, but that included your wisdom teeth that come through when you are an adult.
2. True. Enamel is the hardest substance in the body.
3. False. Tooth decay is caused by sugar attacking the teeth. Gum disease is caused by the build up of plaque bacteria on teeth and gums.
4. The sticky film on teeth is called Plaque.
5. False. Brushing teeth and gums will help prevent tooth decay and gum disease.
6. Red gums and Bleeding gums are the two signs of gum disease.
7. False. You should not rinse your mouth after brushing. This allows the fluoride in toothpaste to stay on the teeth and protect them for longer.
8. The two main causes of tooth decay are Plaque and Sugar
9. True. It is better to keep sugary food and drinks to mealtimes.
10. Milk and Plain Water are the safest drinks for teeth.
11. An orthodontist Straightens teeth
12. False. You should see your dentist as often as they recommend.