**HOW TO TEACH ORAL HEALTH**

**LET’S PRACTICE!**

1. **Why is it important to have healthy teeth? (Be specific)**
2. **What is the 2-2-2 Rule?**
3. **How do you brush? (Include all techniques)**
4. **How do you floss?**
5. **Number of teeth for Adults?**

**Number of teeth for kids?**

1. **What does a Dentist do?**
2. **How to protect your teeth physically? (During sports, etc.)**
3. **What are braces? Why are they used? Who needs them?**
4. **What does smoking do to teeth? Does it only affect the mouth?**
5. **How do cavities form? (General description)**
6. **Does this mean I can’t have sugar!!?**
7. **What are some bad habits people do using their teeth?**
8. **What is Gingivitis?**
9. **What are the Food Groups? How do they affect your body and teeth?**
10. **How can you prevent tooth decay?**
11. **Why is Fluoride good for the teeth?**
12. **What are dentures? Why are they used?**
13. **Why do teeth get pulled out for kids?**
14. **Why do teeth get pulled out for adults?**
15. **What are implants?**

**Answers**

1. **Why is it important to have healthy teeth? (Be specific)** smile, chew, talk, swallow
2. **What is the 2-2-2 Rule?** Brush for 2 minute, twice a day, and visit dentist twice a year
3. **How to you brush? (Include all techniques)** Sideways not up and down, all angles and tongue
4. **How do you floss?** C-shaped
5. **Number of teeth for Adults? 32** 
   1. **Number of teeth for kids? 32**
6. **What does a Dentist do?** Clean teeth, fix teeth, straighten, you should visit at least twice a year
7. **How to protect physically your teeth? (During sports, etc.)** mouth guard, avoid bad habits, rinse with water after eating
8. **What are braces? Why are they used? Who needs them?**Braces to straighten out teeth, and make a functional mouth to chew, speak...
9. **What does smoking do to teeth? Does it only affect the mouth?** Stains, Healthy teeth need healthy gums. Smoking reduces blood flow to the gums, which both causes and hides the signs of gum disease.
10. **How do cavities form? (General description) Sugar+Bacteria= Acid → cavity**
11. **Does this mean I can’t have sugar!!?** Of you can but take care of teeth afterward
12. **What are some bad habits people do using their teeth?** Bite nails, open things, crunch ice
13. **What is Gingivitis?** Inflammation in gums, bleeding, swollen
14. **How to fix gingivitis?** Brush and floss well and regularly, mouthwash
15. **What are the Food Groups? How do they affect your body and teeth?**
    1. Vegetables, Fruit, Grain (cereal) foods, meats (protein), Dairy
    2. Healthy eating, healthy teeth, healthy body
16. **How can you prevent tooth decay?** Brush, floss, mouthwash, eat healthier, visit dentist
17. **Why is Fluoride good for the teeth?**
    1. prevent tooth decay by making the tooth more resistant to acid attacks from plaque bacteria and sugars in the [mouth](https://www.webmd.com/oral-health/ss/slideshow-mouth-problems). It also reverses early decay.
18. **What are dentures? Why are they used?** constructed to replace missing teeth, and are supported by the surrounding soft and hard tissues of the oral cavity. Conventional dentures are removable.
19. **Why do teeth get pulled out?** a tooth that is too badly damaged, from trauma or decay, to be repaired.
20. **What are implants?**

artificial tooth roots, similar in shape to screws. When dental implants are placed in your jawbone, they bond with your natural bone. They become a sturdy base for supporting one or more artificial teeth, called crowns.