

Dental Unit Study Guide

TYPES OF TEETH:

Incisors - Flat teeth in front of mouth that cut food into small pieces.

Cuspids - Pointy teeth next to incisors that tear or rip food apart.

Bicuspids - Next to cuspids. They grind food.

Molars - Bumpy teeth in back of mouth that mash food for swallowing.

PARTS OF TEETH:

Crown - part of tooth above the gum line. Part of the tooth you can see.

Root - Part of the tooth below the gum that holds tooth in place.

Outside tooth: **Enamel** - Hard, white, shiny outside layer of the crown.

Cementum - Covering over root of tooth that helps hold tooth in place.

Inside the tooth: **Dentin** - The layer under the enamel. Most of the tooth is dentin.
Detects hot and cold.

Pulp - Center of tooth filled with blood vessels and nerves.

HOWTO PREVENT TOOTH DECAY (Cavities):

1. Brush your teeth after you eat (at least 2 times a day.)
2. Use fluoride toothpaste.
3. Use dental floss to get out all bits of food and to remove plaque.
4. Visit your dentist at least twice a year.
5. Do not eat a lot of sugary, sticky food.

HOW TO KEEP YOUR TEETH SAFE:

1. Wear protective mouth guards when needed during work or play.
2. Always wear your seatbelt!
3. Do not use your teeth to open packages, cut off tags, etc.

ADDITIONAL VOCABULARY:

Plaque - Invisible film that coats teeth and feeds off of food eaten.

Acid - Food mixes with bacteria in mouth to make acid. Acid eats through the enamel to cause cavities.

Fluoride - A mineral that makes the enamel on the teeth hard.

Calcium - Nutrient that keeps teeth (and bones) strong and healthy.

PROFESSIONAL PEOPLE THAT HELP TAKE CARE OF TEETH:

Dental Hygienist - Cleans teeth, takes x-rays, and teaches how to care for teeth.

Dentist - Checks, repairs, replaces teeth and treats dental diseases.

Orthodontist - Corrects positioning of teeth or jaw with braces, retainers and/or headgear.