

# What's Your Score?

◆ More than 6000 -- 😊😊

*Your Smile Rocks!*

◆ 4000 to 6000 -- 😊

*Your Smile Has Style!*

◆ 2000 to 4000 -- 😐

*Keep Brushing!*

◆ Under 2000 -- 💣💣

*Watch Out For Cavity Creeps!*

## Dental Jeopardy Game Cards 1 set attached

- ◆ In small group settings, a player chooses a card, reads the question out loud and attempts to answer.
- ◆ If the player cannot answer the question, others may join in.
- ◆ Jeopardy cards may also be displayed as a bulletin board.

## Test Your Dental IQ!

# DENTAL JEOPARDY!

Grades 6-12

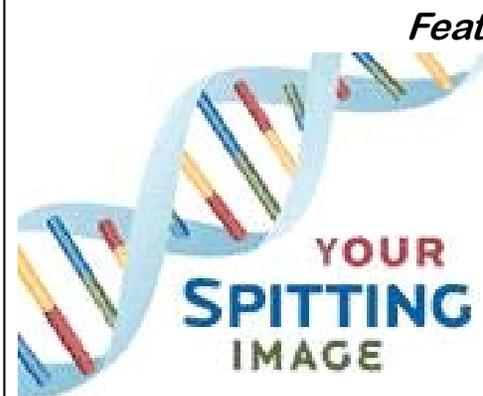
ADVANCED EDITION

Online game and oral health education materials at

<http://fha.dhmd.maryland.gov/oralhealth>



Maryland Office of Oral Health • 201 W. Preston St, 3rd Floor  
Baltimore, MD 21201 410-767-5300



Featuring



What your mouth says about you

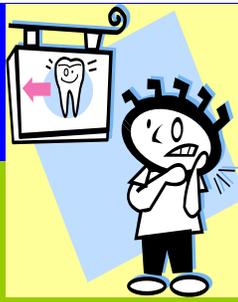
Unlock the mysteries of the body to reveal what your mouth says about you in this three part exhibit that explores the future of dentistry through **forensics, saliva and bioengineering.**

Online activities and teacher's resource guide at

<http://www.dentalmuseum.org/ysi>

National Museum of Dentistry • 31 S. Greene Street • Baltimore, MD 21201  
410-706-0600 • [www.smile-experience.org](http://www.smile-experience.org)

# 100



What is a cavity?

- A. A hole in enamel, the outer protective layer of a tooth
- B. A tooth that got knocked out
- C. A filling in a tooth

Turn over for answer

# 200



What is Plaque? (plak)

- A. Halitosis— (bad breath)
- B. Periodontal (gum) disease
- C. Biofilm—a smelly, sticky layer of germs on and in between your teeth

Turn over for answer

# 300



What does plaque and sugar make?

- A. Acid
- B. Periodontal (gum) disease
- C. Halitosis (bad breath)

Turn over for answer

# 400



If you have a cavity but don't see a dentist, the cavity will...

- A. Get bigger
- B. Stay the same size, if you brush more
- C. Get better and disappear if you brush and floss more often

Turn over for answer

# 500

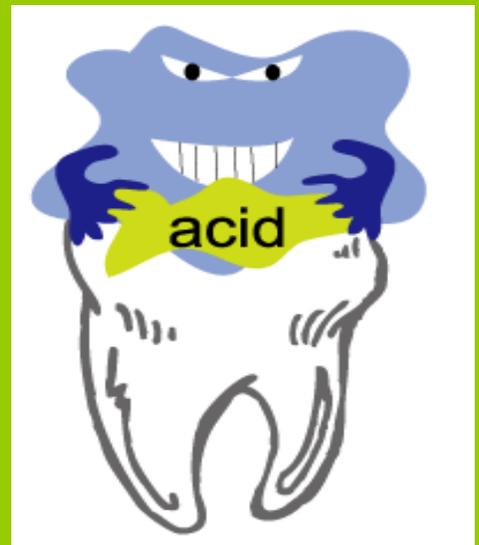


How can you keep from getting a cavity?

- A. Brush your teeth at least twice a day
- B. Floss your teeth daily
- C. Visit the dentist regularly
- D. All of the above

Turn over for answer

## Cavity Creeps



**Answer:**  
“What does plaque and sugar make?”



**C. Plaque  
+ Sugar  
= ACID!**

- ◆ ACID destroys tooth enamel. Acid attacks last 20-40 minutes.
- ◆ Enamel is the outer layer that protects the nerves and blood supply inside a tooth.

*Cavity Creeps \$300*

**Answer:**  
“What is plaque?”



Plaque is...  
**C. Biofilm—a smelly, sticky layer of germs on and in between teeth**

- ◆ Brushing and flossing removes plaque from teeth.
- ◆ Daily rinsing with an antibacterial mouthrinse for 30 seconds helps to reduce the amount of bacteria.
- ◆ Mouthrinse does not remove plaque.

*Cavity Creeps \$200*

**Answer:**  
“What is a cavity?”



A cavity is:  
**A. A hole in tooth enamel.**

- ◆ Tooth enamel is weakened by acid attacks from bacteria that create plaque and acid.
- ◆ Acidic food and drinks such as citrus and soda also attack tooth enamel.

*Cavity Creeps \$100*

**Answer:**  
“How can you keep from getting a cavity?”



**D. All of the above**

- ◆ Brush twice a day for at least two minutes
- ◆ Floss once a day
- ◆ Have regular dental checkups
- ◆ Limit snacking on starchy or sugar sweetened foods and drinks like juice, soda, cookies, crackers

*Cavity Creeps \$500*

**Answer:**  
“If you have a cavity but don’t see a dentist...”



**A. The cavity will get BIGGER.**

- ◆ Brushing and flossing more often will not remove the cavity.
- ◆ See a dentist when the cavity is small —it will save you time and money later on.
- ◆ Children and adults have died from untreated cavities.

*Cavity Creeps \$400*

100



How does fluoride protect teeth?

- A. Fluoride makes cavities disappear
- B. Fluoride makes tooth enamel stronger
- C. Fluoride kills the germs that live in plaque
- D. Band C

Turn over for answer

200



What does a mouth guard do?

- A. A mouth guard keeps you from talking too much
- B. A mouth guard protects your teeth in case they get hit
- C. A mouth guard keeps you from saying the wrong thing at the wrong time

Turn over for answer

300



What should you do if a PERMANENT tooth is knocked out?

- A. Forget it! You will grow another.
- B. Find it! Scrub it in clean and push it back in place. Wait a few days to see the dentist.
- C. Find it! Hold it by the crown (top) and gently place it in milk or water. Don't scrub it! Go to the dentist immediately.!

Turn over for answer

400



*Chew or spit tobacco is also called smokeless tobacco.*

Smokeless tobacco is NOT as addictive or dangerous as cigarettes or cigars because you do not inhale smoke.

- A. True
- B. False

Turn over for answer

500



*Tobacco that is smoked in cigars or cigarettes or spit/chewed can cause oral cancer.*

How many chemicals are in tobacco products?

- A. More than 20
- B. More than 500
- C. More than 4,000
- D. None of the above

Turn over for answer

**Watch Your Mouth!**



## Answer:

“What should you do if a permanent tooth is knocked out?”



**C. Find it! Hold it by the crown (top) and gently place it in milk or water. Don't scrub it! Go to the dentist immediately.**

- ◆ You only have one set of permanent teeth.
- ◆ If you lose a permanent tooth, it will not grow back!

*Watch Your Mouth \$300*

## Answer:

“What does a mouth guard do?”



**B. A Mouth guard protects your teeth in case they get hit during a sports activity.**

A mouth guard should be:

- ◆ Tough and tear resistant
- ◆ Comfortable and fit properly
- ◆ Easy to clean
- ◆ Allow you to speak and breathe

*Mouth guards can be made by a dentist or bought at a sporting goods store.*

*Watch Your Mouth \$200*

## Answer:

“How does fluoride protect teeth?”



**B and C! Fluoride makes tooth enamel stronger and it kills germs living in plaque.**

- ◆ Fluoride is a natural element found in rocks and soil, fresh water and ocean water.
- ◆ Fluoride is added to toothpaste and many community water supplies.

*Watch Your Mouth \$100*

## Answer:

“Tobacco that is smoked in cigars or cigarettes or spit/chewed can cause oral cancer. How many chemicals are in tobacco products?”

**C. More than 4,000**

Some of the chemicals include:

- ◆ Nicotine (addictive)
- ◆ Ammonia (cleaning fluid)
- ◆ Butane (lighter fluid)
- ◆ Arsenic (poisonous)
- ◆ Lead (poisonous)
- ◆ Formaldehyde (embalming fluid)
- ◆ Cadmium (used in car batteries)



*Watch Your Mouth \$500*

## Answer:

“Chew or spit tobacco is also called smokeless tobacco. Since you do not inhale smoke, it is NOT as addictive or dangerous as cigarettes or cigars.”

**A. False - Smokeless tobacco (dip, snuff, chew, spit)...**

- ◆ Contains more nicotine than cigarettes.
- ◆ Causes gum disease. Sugar in spit tobacco causes cavities in exposed tooth roots.
- ◆ Mouth sores can turn into cancer. Mouth cancer are among the toughest cancers to treat.

*Watch Your Mouth \$400*

100



Name two things you can do to keep your teeth healthy after eating something sugary.

Turn over for answer

200



What's the best thing to drink in between meals?

- A. Water
- B. Soda
- C. Fruit Juice
- D. Milk

Turn over for answer

300



Calcium makes teeth and bones strong. Which foods have calcium?

- A. Milk and cheese
- B. Spinach and collard greens
- C. Oranges and apples
- D. A and B
- E. All of the above

Turn over for answer

400



Which is a better choice:

Apple slices  
or  
apple juice?

Turn over for answer

500



To prevent getting cavities, which is more important?

- A. What you eat
- B. How often you eat
- C. Both are important
- D. It doesn't matter

Turn over for answer

Healthy Foods

4

Healthy Smiles



**Answer:**

“Calcium makes teeth and bones strong. Which foods have calcium?”

**E. They all have calcium.**

- ◆ Dairy foods such as milk, cheese and yogurt are high in calcium.

Other sources are:

- ◆ Green leafy veggies (spinach, collard greens and broccoli)
- ◆ Oranges, strawberries, apples and papaya

*Healthy Foods for Healthy Teeth \$300*



**Answer:**

“What’s the best thing to drink in between meals?”

**WATER**

is the best thing to drink in between meals!

*Healthy Foods for Healthy Teeth \$200*



**Answer:**

“Name two things you can do to keep your teeth healthy after eating something sugary.”

- ◆ Rinse with water.
- ◆ Brush your teeth.
- ◆ Chew sugarless gum.
- ◆ Eat a piece of cheese or drink milk (not chocolate milk!)

*Healthy Foods for Healthy Teeth \$100*



**Answer:**

“To prevent getting cavities, which is more important?”

**C. Both are important**

- ◆ **What you eat:** Sticky candies like taffy, gummy bears cling to your teeth and take longer to get washed away by saliva.
- ◆ **How often you eat:** Sucking on hard candy and sweets that stay in the mouth for a long time expose teeth to prolonged acid attacks.

Acid attacks last 20-40 minutes and begin with each sip or bite of something sweet. Frequent acid attacks increase the risk of tooth decay.

*Healthy Foods for Healthy Teeth \$500*



**Answer:**

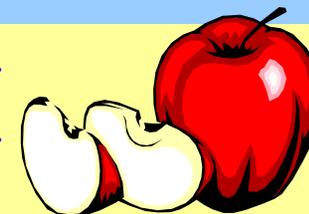
“Which is a better choice: Apple slices or apple juice?”

**Apple slices are a better choice.**

Apple slices:

- ◆ Are crunchy and juicy
- ◆ Don't stick to your teeth
- ◆ Fiber in an apple slice helps you feel fuller longer than juice.

*Healthy Foods for Healthy Teeth \$400*



# 100



A dentist who specializes in the straightening of teeth and correcting a misaligned bite is called an \_\_\_\_?

- A. Orthodontist
- B. Anthropologist
- C. Audiologist

Turn over for answer

# 200



Braces have brackets and wires that can trap food particles and plaque. This puts you at risk for:

- A. Cavities
- B. Periodontal (gum) disease
- C. Halitosis (bad breath)
- D. A and B
- E. All of the above

Turn over for answer

# 300



An oral piercing can interfere with speech, chewing or swallowing. Oral piercings may also cause:

- A. Excessive drooling, nerve damage
- B. Infection, pain and swelling
- C. Chipped or cracked teeth
- D. Injuries to gums
- E. All of the above

Turn over for answer

# 400



Healing can take a month or more with a tongue piercing. Why?

- A. The tongue is in constant motion
- B. The mouth is full of bacteria that can lead to infection
- C. All of the above

Turn over for answer

# 500



An oral piercing:

- A. Can be a trendy and costly fashion statement
- B. Risks your oral health and overall health
- C. Requires extra attention
- D. All of the above

Turn over for answer

## Heavy Metal



Image downloaded from <http://www.drchetan.com/wp-content/uploads/2011/10/tongue-piercing-operation.jpg> on 12/12/11.

## Answer:

“An oral piercing can interfere with speech, chewing or swallowing. It may also cause:”

### E. All of the above

If excessive drooling, nerve damage, infection, pain and swelling, chipped or cracked teeth, and injuries to gums isn't enough, oral piercings can also cause:

- ◆ Hypersensitivity to metals
- ◆ Decreased sense of taste
- ◆ Damage to fillings and scar tissue

These effects can happen during, soon after or even long after the procedure.

*Heavy Metal \$300*

## Answer:

“Braces have brackets and wires that can easily trap food particles and plaque. This puts you at risk for:”

### E. All of the above

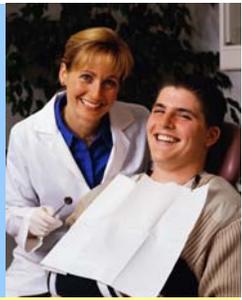
- ◆ Brush at least twice a day with toothpaste that has fluoride. The orthodontist may prescribe a toothpaste or mouthrinse that has a higher concentration of fluoride.
- ◆ If you can't brush, rinse with water or mouthwash after eating.
- ◆ Floss between teeth every day.



*Heavy Metal \$200*

## Answer:

“A dentist who specializes in straightening teeth and correcting a misaligned bite is called an \_\_\_\_\_?”



### A. An orthodontist

- ◆ An orthodontist has completed college and dental school.
- ◆ An orthodontist also completes years of additional training to become certified by a national licensing board.

*Heavy Metal \$100*

## Answer:

“An oral piercing...”

### D. All of the above - What seems stylish now may cost more in the long run.

- ◆ An infection can become life threatening. Piercings carry a risk of endocarditis, a potentially fatal heart infection, or hepatitis—a liver disease.
- ◆ A pierced tongue may swell and cause difficulty breathing.
- ◆ Piercings require constant attention and upkeep. Talk to your dentist first.



*Heavy Metal \$500*

## Answer:

“Healing can take a month or more with a tongue piercing. Why?”

### C. All of the above

- ◆ The tongue is in constant motion which slows and complicates the healing process.
- ◆ The moist environment of the mouth is a perfect breeding ground for bacteria.
- ◆ Bacteria and an open wound are a high risk for infection.

*Heavy Metal \$400*

# 100



DNA is found in the nucleus of a cell in tight bundles called chromosomes. DNA is important because it:

- A. Contains all of our genetic information
- B. Determines height
- C. Determines eye color
- D. All of the above

# 200



Research suggests that bacteria causing periodontitis (advanced gum disease) can enter the blood and affect other health problems including:

- A. Heart disease
- B. Stroke
- C. Diabetes
- D. All of the above

# 300



Saliva can help identify temporary illness or more serious conditions, including:

- A. Testing for illegal drug use or alcohol intoxication
- B. HIV infection
- C. Alzheimer's disease
- D. All of the above

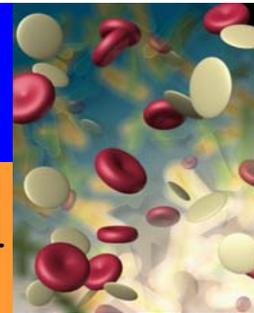
# 400



How much saliva does the average person create daily?

- A. Enough to fill a 20 ounce soft-drink bottle
- B. About 1 cup or 8 ounces
- C. 1 gallon

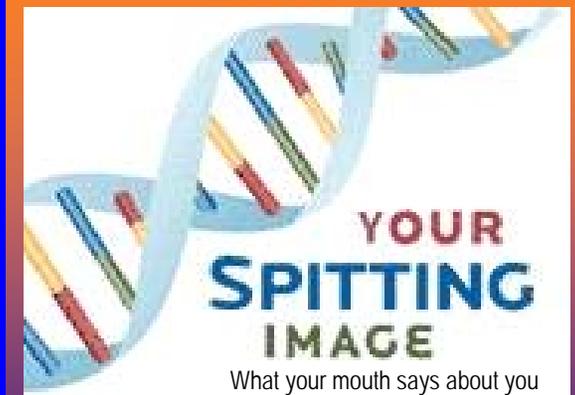
# 500



Every cell in the human body except one, contains DNA. What cell does not contain DNA?

- A. Red blood cell
- B. White blood cell
- C. Mouth/cheek cell
- D. Muscle cell

Find answers at:  
[www.dentalmuseum.org/ysi/](http://www.dentalmuseum.org/ysi/)



## Answer:

“Saliva can help identify temporary illness or more serious conditions, including:”



### D. All of the above

- ◆ Through DNA research scientists can locate specific genes that cause diseases and learn how our body works and functions based on our genetic makeup.
- ◆ Gene therapy is a new technique used to replace “bad” genes with “good” genes to find cures for inherited diseases.

*Your Spitting Image \$300*

## Answer:

“Research suggests that bacteria causing periodontitis (advanced gum disease) can enter the blood and affect other health problems including:”

D. All of the above. Periodontitis (advanced gum disease) contributes to heart disease, stroke and diabetes.

- ◆ Periodontitis is caused by poor oral health habits.
- ◆ Brush at least twice a day with fluoride toothpaste.
- ◆ Floss every day.



*Your Spitting Image \$200*

## Answer:

“DNA is important because:”



D. All of the above. DNA determines almost everything about us!

- ◆ Genetically, we are 99.9% the same; but our uniqueness is found in 0.1% of our DNA sequence.
- ◆ Unless you are an identical twin, no one else has the same genetic information as you.
- ◆ Scientists may use DNA from teeth to identify decomposed bodies.

*Your Spitting Image \$100*

**YOUR SPITTING IMAGE**  
What your mouth says about you

The Dr. Samuel D. Harris  
**NATIONAL MUSEUM of DENTISTRY**

**ATTENTION: EDUCATORS!**

Free, downloadable Teacher's Guide for *Your Spitting Image Online, Grades 6-12* available at:

[www.dentalmuseum.org/ysi](http://www.dentalmuseum.org/ysi)

Other oral health online resources:

- ◆ Maryland Office of Oral Health  
<http://fha.dhmh.maryland.gov/oralhealth/>
- ◆ American Dental Association  
<http://www.ada.org/public.aspx>

## Answer:

“Every cell in the human body except one, contains DNA. What cell does not contain DNA?”



A. Red blood cells do not contain DNA.

- ◆ Saliva is one of the best DNA samples because it contains mouth and cheek cells.
- ◆ Saliva can be found on a phone after a conversation, on licked envelopes, toothbrushes and anything that comes in daily contact with your saliva and/or mouth.

*Your Spitting Image \$500*

## Answer:

“How much saliva does the average person create daily?”



A. The average person creates 600ml of saliva daily, enough to fill a 20 ounce bottle.

- ◆ Children produce almost as much saliva as adults.
- ◆ Tasting sweet, salty, bitter or sour foods would be more difficult without saliva.
- ◆ Teeth would decay much more quickly without the 1% of saliva that contains enzymes and proteins.

*Your Spitting Image \$400*