The following activities will help your students understand why it’s so important to adopt and maintain healthy oral hygiene habits.

**Related KidsHealth Links**

**Articles for Teens:**
- **Mouth and Teeth**
  TeensHealth.org/teen/your_body/body_basics/mouth_teeth.html
- **Taking Care of Your Teeth**
  TeensHealth.org/teen/your_body/take_care/teeth.html
- **All About Orthodontia**
  TeensHealth.org/teen/your_body/medical_care/braces.html
- **What Causes Bad Breath?**
  TeensHealth.org/teen/your_body/take_care/halitosis.html
- **Gum Disease**
  TeensHealth.org/teen/diseases_conditions/mouth/gum_disease.html
- **Canker Sores**
  TeensHealth.org/teen/diseases_conditions/mouth/canker.html
- **Calcium**
  TeensHealth.org/teen/food_fitness/nutrition/calcium.html
- **Vitamin D**
  TeensHealth.org/teen/food_fitness/nutrition/vitamind.html

**Discussion Questions**

*Note: The following questions are written in language appropriate for sharing with your students.*

1. If something is wrong with your teeth, gums, or mouth, how can it affect your day-to-day life and your future health?

2. What habits can help keep teeth and gums healthy? What special steps can you take to protect your teeth during sports?

3. How does smoking affect people’s teeth, gums, and overall oral health? How about chewing tobacco, or “dip”?
Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Dental Jeopardy

Objectives:
Students will:
• Learn the body parts related to oral health and how they work.

Materials:
• Computer with Internet access
• “Dental Jeopardy Word Bank,” “Dental Dictionary,” and “Dental Dictionary Answer Key” handouts (or “Dental Dictionary” and “Dental Dictionary Answer Key” handouts if assigning as an individual activity)
• Three notepads, pens, markers, or pencils

Class Time:
45 minutes

Activity:
[Note to instructor: Divide your class into three teams, with each team choosing a representative to answer a question at one of three desks in the front of the class. Read the facts on the “Dental Dictionary” handout, and ask the contestants to write the term that goes into the blank space on a piece of notepaper. A correct answer earns 2 points for the team, no answer gets 0 points, and a wrong answer subtracts 1 point. Use the “Dental Dictionary Answer Key” to check the answers, and make sure to explain the point system and keep track of all three teams’ points. You can display the “Dental Jeopardy Word Bank” handout on an interactive whiteboard or write the terms on a blackboard or chart paper.]

To make it easier to talk about what goes on in your mouth, today we’re going to read some TeensHealth articles, then play Dental Jeopardy. I’ll read 20 statements, each with a missing word related to your mouth and teeth, and three contestants at a time will try to give the right answer.

[Note to instructor: Instead of playing Dental Jeopardy, you can assign this activity to students individually. See the “Dental Dictionary” for handout for students and “Dental Dictionary Answer Key” for teachers.]

Extensions:
For homework, have students come up with a list of 10 more terms and definitions related to the mouth and teeth. They can also quiz a family member with the “Dental Dictionary” handout.
Brighter Smiles

Objectives:
Students will:
• Verify their knowledge of oral hygiene and protection
• Learn about problems that can affect the mouth and teeth, as well as how and when to get help

Materials:
• Pen and paper

Class Time:
45 minutes

Activity:
Everyone wants to have a good-looking smile. How do you make that happen? Learn as much as you can about good oral health and hygiene, and pass it along! Create a trifold, with “Brighter Smiles” and imagery on the cover, and these headings on the three inside panels:

• **Five tips for a healthy mouth and teeth.** Include brushing and eating habits. If there’s room, you might add a tip about sports safety.
• **What can go wrong?** Briefly explain common problems like canker sores, herpes blisters, and cold sores. Tell people what they should do about them, whether the answer is an over-the-counter medication or a trip to the doctor.
• **Should you see a dentist?** Name a few problems that require a trip to the dentist, and tell students how frequently they should schedule checkups.

Reproducible Materials

- **Handout: Dental Jeopardy Word Bank**
  TeensHealth.org/classroom/9to12/body-parts/teeth_handout1.pdf

- **Handout: Dental Dictionary**
  TeensHealth.org/classroom/9to12/body-parts/teeth_handout2.pdf

- **Handout for Teachers: Dental Dictionary Answer Key**
  TeensHealth.org/classroom/9to12/body-parts/teeth_handout3.pdf

- **Quiz: Mouth and Teeth**
  TeensHealth.org/classroom/9to12/body-parts/teeth_quiz.pdf

- **Answer Key: Mouth and Teeth**
  TeensHealth.org/classroom/9to12/body-parts/teeth_quiz_answers.pdf
# Dental Jeopardy Word Bank

<table>
<thead>
<tr>
<th>Canines</th>
<th>Incisors</th>
<th>Pulp</th>
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<tbody>
<tr>
<td>Cavity</td>
<td>Mastication</td>
<td>Salivary gland</td>
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<tr>
<td>Cementum</td>
<td>Mucous membranes</td>
<td>Tartar</td>
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<tr>
<td>Dentin</td>
<td>Palate</td>
<td>Tonsils</td>
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<tr>
<td>Enamel</td>
<td>Periodontitis</td>
<td>Uvula</td>
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<tr>
<td>Gingivitis</td>
<td>Pharynx</td>
<td>Wisdom teeth</td>
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<td>Halitosis</td>
<td>Plaque</td>
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### Dental Dictionary

Instructions: Complete each fact using terms from the Word Bank.

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1. To the sides of the incisors are the long, sharp ______________________, two on the bottom and two on the top. The upper ones are sometimes called eyeteeth or cuspids.

2. The ____________________ is the dangling fleshy object at the back of the mouth.

3. The membrane-covered roof of the mouth is called the ____________________.

4. A hard yellow substance surrounding the pulp, ____________________ makes up most of the tooth.

5. ____________________ is plaque in a hardened form that is more damaging and difficult to remove.

6. Bad breath, or ____________________, is caused by odor-producing bacteria that grow in the mouth.

7. ____________________ get their name because, as the last teeth to erupt, they break through when a person is becoming an adult and is supposedly wiser.

8. Under the gum line, a bony layer of ____________________ covers the outside of the root and holds the tooth in place within the jawbone.

9. The ____________________ is the soft, innermost portion of the tooth. It’s made of connective tissue, nerves, and blood vessels, which nourish the tooth.

10. ____________________ are located on either side of the uvula and look like twin pillars holding up the opening to the pharynx.
Instructions: Complete each fact using terms from the Word Bank on page 1.

11. Teeth are needed for _________________ (a fancy way of saying chewing), the process by which we tear, cut, and grind food in preparation for swallowing.

12. _________________, the first stage of gum disease, is usually caused by the accumulation of tartar.

13. When gingivitis isn’t treated, it can lead to _________________, in which the gums loosen around the teeth and pockets of bacteria and pus form, sometimes damaging the supporting bone and causing tooth loss.

14. The hard palate divides the mouth from the nose above. The soft palate forms a curtain between the mouth and the throat (or _________________) to the rear.

15. When bacteria and food particles settle on teeth, the bacteria digest the carbohydrates (sugars) in the food and produce acid, which dissolves the tooth’s enamel and causes a _________________.

16. _________________ forms when bacteria and food particles are allowed to settle on the teeth.

17. _________________, the hardest tissue in the body, is the outermost layer covering the tooth.

18. The mouth is lined with _________________, which produce mucus to keep it moist.

19. _________________ secrete saliva, which moistens food and contains digestive enzymes that help break down food.

20. _________________ are the squarish, sharp-edged teeth at the front and middle of the mouth. There are four on the bottom and four on the top.
Dental Dictionary Answer Key

Word Bank
Canines  Enamel  Mastication  Pharynx  Tartar
Cavity  Gingivitis  Mucous membranes  Plaque  Tonsils
Cementum  Halitosis  Palate  Pulp  Uvula
Dentin  Incisors  Periodontitis  Salivary glands  Wisdom teeth

1. To the sides of the incisors are the long, sharp _______ canines_______, two on the bottom and two on the top. The upper ones are sometimes called eyeteeth or cuspids.

2. The _______uvula________ is the dangling fleshy object at the back of the mouth.

3. The membrane-covered roof of the mouth is called the _______ palate _______.

4. A hard yellow substance surrounding the pulp, _______ dentin ________ makes up most of the tooth.

5. _______ Tartar ________ is plaque in a hardened form that is more damaging and difficult to remove.

6. Bad breath, or _______ halitosis ________, is caused by odor-producing bacteria that grow in the mouth.

7. _______ Wisdom teeth______ get their name because, as the last teeth to erupt, they break through when a person is becoming an adult and is supposedly wiser.

8. Under the gum line, a bony layer of _______ cementum ________ covers the outside of the root and holds the tooth in place within the jawbone.

9. The ________ pulp ________ is the soft, innermost portion of the tooth. It’s made of connective tissue, nerves, and blood vessels, which nourish the tooth.

10. _______ Tonsils ________ are located on either side of the uvula and look like twin pillars holding up the opening to the pharynx.
11. Teeth are needed for ______ mastication _______ (a fancy way of saying chewing), the process by which we tear, cut, and grind food in preparation for swallowing.

12. ______ Gingivitis ________, the first stage of gum disease, is usually caused by the accumulation of tartar.

13. When gingivitis isn’t treated, it can lead to ______ periodontitis _______, in which the gums loosen around the teeth and pockets of bacteria and pus form, sometimes damaging the supporting bone and causing tooth loss.

14. The hard palate divides the mouth from the nose above. The soft palate forms a curtain between the mouth and the throat (or ______ pharynx ______) to the rear.

15. When bacteria and food particles settle on teeth, the bacteria digest the carbohydrates (sugars) in the food and produce acid, which dissolves the tooth’s enamel and causes a ______ cavity _______.

16. ______ Plaque ________ forms when bacteria and food particles are allowed to settle on the teeth.

17. ______ Enamel ________, the hardest tissue in the body, is the outermost layer covering the tooth.

18. The mouth is lined with ______ mucous membranes ______, which produce mucus to keep it moist.

19. ______ Salivary glands ______ secrete saliva, which moistens food and contains digestive enzymes that help break down food.

20. ______ Incisors ________ are the squarish, sharp-edged teeth at the front and middle of the mouth. There are four on the bottom and four on the top.
Quiz

Instructions: Answer each question.

1. The mouth is lined with:
   a. mucous membranes
   b. salivary glands
   c. lymph glands
   d. cilia

2. In the back of your mouth, you might see:
   a. your tonsils
   b. a pharynx
   c. the uvula
   d. all of the above

3. A set of adult teeth includes ______ teeth.

4. Teeth have three layers:
   a. dentin, cementin, and pulp
   b. dentin, pulp, and bone
   c. enamel, dentin, and pulp
   d. enamel, cementin, and pulp

5. Gingivitis (red or bleeding gums):
   a. is caused by a person’s genes
   b. can lead to periodontitis, which makes teeth loose and sometimes fall out
   c. can be avoided with fluoride treatments
   d. is no cause for concern

6. Overbite, underbite, and crowding are known as:
   a. malocclusion
   b. tooth decay
   c. impaction
   d. periodontitis

7. Smoking contributes to:
   a. stained teeth, bad breath, and wrinkles
   b. gum disease and tooth loss
   c. oral cancers
   d. all of the above
Quiz Answer Key

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