Dental Health Vocabulary List

**Bacteria**—"Living organisms constantly on the move on your teeth, lips, and tongue." It's normal for bacteria to live in the mouth. Some are harmful, most are not. Source: Healthyteeth.org

**Braces**—"Go on or around your teeth to move them and make them straight." Source: KidsHealth.org

**Cavities** are small holes in your teeth caused by tooth decay. Source: KidsHealth.org

**Dental X-rays** provide pictures of your teeth and gums that show a dentist whether there are any cavities, gum disease, or other dental problems. Source: Healthyteeth.org

**Dentist**—"A doctor who specializes in the care and treatment of diseases of the mouth and teeth." Source: Idaho State Board of Education

**Enamel** is the outside covering of your teeth. It is the hardest substance in the human body." Source: North Carolina Dept. of Health and Human Services

**Flossing** "is a way of cleaning your teeth and gums. Dental floss is string sometimes coated with wax. When you pull it between your teeth, it reaches tiny places your toothbrush can't and pulls out bits of food and plaque that got left behind." Source: KidsHealth.org

**Fluoride** "is a chemical element that prevents tooth decay. It is often added to toothpastes and the water supply." Source: Idaho State Board of Education

**Gums** "help keep your teeth in place." Source: KidsHealth.org

**Infection** "is when germs get inside your body, they can multiply and cause an infection. Your body's immune system fights off the germs with special cells." Source: KidsHealth.org

**Orthodontist** "is a dentist who specializes in making teeth straight, instead of fixing cavities." Source: KidsHealth.org

**Plaque** "is a sticky, slimy substance on your teeth in which bacteria live." Source: West Virginia Department of Health

**Tooth decay** occurs when certain types of bacteria use sugars in food to make acids. "Over time, these acids can make a cavity in the tooth." Source: National Institute of Dental and Craniofacial Research
Tooth Anatomy

Humans have two sets of teeth, the primary teeth (commonly called baby teeth) and the permanent teeth. Children have 20 primary teeth; they are replaced by the permanent teeth by about age 13. Adults have 32 permanent teeth.

Tooth Glossary:

Cementum - a layer of tough, yellowish, bone-like tissue that covers the root of a tooth. It helps hold the tooth in the socket. The fibers of the periodontal membrane are embedded within the cementum.

Crown - the visible part of a tooth. What you see is the tooth enamel.

Dentin - the hard but porous tissue located under both the enamel and cementum of the tooth.

Enamel - the hard, shiny, white outer surface of the tooth. Tooth enamel is the hardest substance in the human body.

Gums - the soft tissue that surrounds the roots of the tooth.

Nerves - nerves transmit signals to and from the brain. This lets you feel things like hot, cold, and pain.

Periodontal membrane/ligament - the strong, fleshy tissue between tooth and the tooth socket that holds the tooth in place. The fibers of the periodontal membrane are embedded within the cementum.

Pulp - the soft center of the tooth. The pulp contains blood vessels and nerves; it nourishes the dentin.

Root - the anchor of a tooth that extends into the jawbone. The number of roots range from one to three.
Tooth Types

Humans have four types of permanent teeth: incisors, canines, premolars, and molars.

- **Incisors**
  - have a sharp biting surface and are used for cutting food into small chewable pieces.

- **Canines**
  - also called cuspids, have a sharp, pointed biting surface to grip and tear food.

- **Premolars**
  - also called bicuspid, have a flat biting surface used to tear and crush food.

- **Molars**
  - are the largest teeth. They have a large flat biting surface to chew, crush and grind food.

Each tooth type has a special use when we bite and chew food.
**Tooth Types**

Humans have four types of permanent teeth: incisors, canines, premolars, and molars.

- **Incisors**
  - have a sharp biting surface and are used for cutting food into small chewable pieces.

- **Canines**
  - also called cuspids, have a sharp, pointed biting surface to grip and tear food.

- **Premolars**
  - also called bicuspid, have a flat biting surface used to tear and crush food.

- **Molars**
  - are the largest teeth. They have a large flat biting surface to chew, crush and grind food.

Each tooth type has a special use when we bite and chew food.
Travel the Maze to get Fluoride

Fluoride helps teeth fight tooth decay by making teeth strong. We can get fluoride by drinking water that has fluoride in it. Our body puts this fluoride into our blood. Blood vessels carry this blood to our teeth. Blood vessels enter a tooth at the root of the tooth. The tooth pulp is where fluoride is taken out of the blood to make the tooth strong. Fluoride that is carried in the blood is called systemic fluoride.

The enamel is the hard outside cover of the tooth. Fluoride makes the enamel strong so it can fight tooth decay.

The pulp is in the center of the tooth. The pulp is where fluoride is taken out of the blood.

Blood vessels carry fluoride to the tooth. Blood vessels enter the tooth through the root of the tooth.

The root holds the tooth in place. It also protects the blood vessels that carry fluoride to the tooth.

Follow the blood through the tooth as it carries fluoride to fight tooth decay.
Travel the Maze to get Fluoride

Fluoride helps teeth fight tooth decay by making teeth strong.
We can get fluoride by drinking water that has fluoride in it.
Our body puts this fluoride into our blood.
Blood vessels carry this blood to our teeth.
Blood vessels enter a tooth at the root of the tooth.
The tooth pulp is where fluoride is taken out of the blood to make the tooth strong.
Fluoride that is carried in the blood is called systemic fluoride.

The pulp is in the center of the tooth.
The pulp is where fluoride is taken out of the blood.

The enamel is the hard outside cover of the tooth.
Fluoride makes the enamel strong so it can fight tooth decay.

The root holds the tooth in place. It also protects the blood vessels that carry fluoride to the tooth.

Blood vessels carry fluoride to the tooth.
Blood vessels enter the tooth through the root of the tooth.

Follow the blood through the tooth as it carries fluoride to fight tooth decay.

START HERE

END HERE
Poster Contest: Healthy Smiles

A project of Healthy NewsWorks

Help raise awareness about preventing tooth decay!

Attention, students! Draw a poster that shows
1 of these tooth-friendly messages:

- Brush your teeth at least twice a day.
- Floss between teeth at least once a day.
- Cut down on candy, cookies, and chips.
- Visit your dentist every six months.
- Eat low-fat dairy foods.
- Drink water instead of soda and other sugary beverages.

You may illustrate a different tooth-friendly message, but it must have accurate medical information. Reliable dental information can be found on the Pennsylvania Dental Association website: www.padental.org/online/public/children/children_homepage

Contest winners will receive prizes. Selected posters will be displayed in Healthy NewsWorks schools, in the community, and in Healthy NewsWorks communications. Poster judging will be based on the Healthy Smiles theme, creativity, artistic quality, and neatness. Winners will be notified through their teachers.

Contest rules:
1. The contest is open to all students in Healthy NewsWorks schools.
2. Posters should be illustrated on 8.5” x 11” white paper.
3. On the poster’s back, include the student artist’s name, age, school, homeroom teacher, and poster title.
4. Each student may submit only one entry.
5. Students may use pencil, colored pencils, markers, or crayons.
6. Any words must be accurate, correctly spelled, clearly written, and large enough to read.
7. Students must create the poster themselves. It should be original and hand-drawn.
8. Students should NOT illustrate any brand names or trademarked products.
9. Parents/guardians of semifinalists will be required to fill out the Healthy NewsWorks Consent and Release for a Minor Form in order for student work to be exhibited.
10. Posters will not be returned. They become the property of Healthy NewsWorks.

Poster contest entries are due by Friday, November 20, 2015, To homeroom teachers or a teacher designated by your school!

Questions?
Visit www.HealthyNewsWorks.org
or send an email to Editor@HealthyNewsWorks.org
Here are some websites for students to learn more about dental health.

Healthyteeth- Nova Scotia Dental Association  
www.healthyteeth.org/kids/ (Click “Learn”)

KidsHealth- Nemours Foundation  
www.kidshealth.org, go to Kids→ How the Body Works→ Teeth  

www.cyh.com  
See article called “Teeth- Problems with Teeth” for kids  

Mouthhealthy- American Dental Association  
www.mouthhealthykids.org  
www.mouthhealthy.org/en/teens/

Pennsylvania Dental Association  

Fun Tooth Facts  
HEALTHY TEETH: What to eat to help your teeth

Tooth decay is one of the most common chronic health problems of childhood, according to the Centers for Disease Control and Prevention (CDC). The good news is the problem is preventable by routine dental care. You also can keep your teeth and gums in shape by watching what you eat.

Plaque is a sticky substance in the mouth that has bacteria (which are germs), according to KidsHealth.org. After people eat, the bacteria seek out sugary and some starchy foods and break them down into acids. The acid can wear down the outermost layer of the tooth, called enamel. This can cause a cavity—a hole in a tooth, says KidsHealth.

Here are 3 things to think about before you eat, says the American Dental Association.

- **How often do you eat sugary food?** Routine snacking on sugary or starchy snacks such as candy or chips increases the chance for tooth decay.

- **What is the texture of the food?** It makes a difference if the food is sticky, liquid, or solid. Does it slowly dissolve? Raisins, fruit snacks, chips, and cereals are four examples of food that can stick to teeth. Hard candies and cough drops stay in the mouth for a long time, giving bacteria time to attack the teeth.

- **How much sugar is in the drink?** Sugary drinks such as soda, lemonade, juice, and sweetened coffee or tea are harmful because they give teeth a sugar bath, which promotes tooth decay.

Keep your mouth in tip-top shape by following these American Dental Association tips:

- Choose healthy snacks. Do your mouth a favor by limiting the amount of soda, juice, or other sweetened beverages you drink.
- Read food labels to find the added sugar. If sugar is listed among the first few ingredients, it’s a good bet that food is high in sugar. Another tip for spotting sources of sugar: Terms ending in “-ose,” such as glucose or sucrose, indicate a sugar ingredient.
- Eat fruits and vegetables. They contain a lot of water and fiber that protect the teeth by washing away harmful acids and food particles from the teeth.
- If you chew gum, make sure it’s sugarless.
- Drink water. Water is the most tooth-friendly beverage.
- Eat foods high in calcium and phosphorus. These minerals protect and strengthen tooth enamel. Cheese, milk, plain yogurt, calcium-fortified tofu, leafy greens, and almonds are high in calcium. Meat, poultry, fish, milk, and eggs are the best sources of phosphorus.
HEALTHY TEETH: Making good food choices

ASSIGNMENT: A public service announcement (PSA) is a brief message to encourage a specific action such as stop smoking, wear sunscreen, or eat fruits and vegetables. The PSA generally should make one quick point. But the message—just like news stories—needs to be accurate. In this case, your message should bring attention to good food choices for a healthy mouth. WRITE a “call to action” in the space below for your PSA, using information you learned.

___________________________________________________________________

Creating your PSA should be fun. Design your ad in the space below. Be sure your words are spelled correctly. Your illustration should be simple so your reader understands your message. The page should not look cluttered. Remember to include your source.

Source: ______________________________

At the bottom of our ads, in small letters, we will include the phrase: Message brought to you by [your school newspaper]. That will tell people they are reading a PSA.

Copyright 2015. Healthy NewsWorks.