Test Your Dental IQ!

Dental Jeopardy! Advanced Edition
Grades 6-12

Online game and oral health education materials at
http://fha.dhmh.maryland.gov/oralhealth

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.

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

Online activities and teacher’s resource guide at
http://www.dentalmuseum.org/ysi

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.

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.

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

Online activities and teacher’s resource guide at
http://www.dentalmuseum.org/ysi

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.

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

What does plaque and sugar make?
A. Acid
B. Periodontal (gum) disease
C. Halitosis (bad breath)

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

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

Cavity Creeps
A cavity is:
A. A hole in tooth enamel.

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.

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 $100

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

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 $200

Children and adults have died from untreated cavities.

Cavity Creeps $400

Cavity Creeps $500

Cavity Creeps $300

Cavity Creeps $200

Cavity Creeps $100

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.

ACID destroys tooth enamel.

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

Cavity Creeps $300

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 $100

Cavity Creeps $500

Cavity Creeps $400
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

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.

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

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

A. True
B. False

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

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

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

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.
What's the best thing to drink in between meals?
A. Water
B. Soda
C. Fruit Juice
D. Milk

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

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

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

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

Answer: WATER is the best thing to drink in between meals!

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

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

Other sources are:

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.

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.

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

Answer: Apple slices are a better choice.

Healthy Foods for Healthy Teeth $500
Healthy Foods for Healthy Teeth $400

Healthy Foods for Healthy Teeth $300
Healthy Foods for Healthy Teeth $200
Healthy Foods for Healthy Teeth $100

Healthy Foods for Healthy Teeth $200
Healthy Foods for Healthy Teeth $300

Healthy Foods for Healthy Teeth $500
Healthy Foods for Healthy Teeth $400

Healthy Foods for Healthy Teeth $200
Healthy Foods for Healthy Teeth $300

Healthy Foods for Healthy Teeth $500
Healthy Foods for Healthy Teeth $400
A dentist who specializes in the straightening of teeth and correcting a misaligned bite is called an ___?
A. Orthodontist
B. Anthropologist
C. Audiologist

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

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

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

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

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

A. An orthodontist

A. An orthodontist

A. An orthodontist has completed college and dental school.

A. An orthodontist also completes years of additional training to become certified by a national licensing board.

B. All of the above

The tongue is in constant motion which slows and complicates the healing process.

C. All of the above

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

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

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

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

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

E. All of the above

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

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

Heavy Metal $200

Heavy Metal $400

Heavy Metal $500

Heavy Metal $100
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

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

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

DNA is found in the nucleus of a cell is 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

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/
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.

DNA is important because:
- 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.

Research suggests that bacteria causing periodontitis (advanced gum disease) can enter the blood and affect other health problems including:
- Periodontitis is caused by poor oral health habits.
- Brush at least twice a day with fluoride toothpaste.
- Floss every day.

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

How much saliva does the average person create daily?
- 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.