

Dental Health in Teens: Nutrition

10 Question Quiz

1. What is/are the reason(s) we must focus on oral health?
 - A. Dental problems are ranked the #2 reason for missing school
 - B. Dental education programs for teens are lacking
 - C. 65% of adolescents (aged 16-19) have tooth decay or fillings in their permanent teeth
 - D. All of the above
2. Dental cavities are developed when acid from foods and bacteria is present in the mouth.
 - A. True
 - B. False
3. Dental diseases depend *only* on the amount of sugar in the mouth.
 - A. True
 - B. False
4. Which of the following sweets stay on the teeth longer?
 - A. Sweets that stick to teeth
 - B. Sweets that dissolve slowly
 - C. Sweets with low sugar content
 - D. A and B
5. Consuming soda and diet soda regularly can cause tooth decay.
 - A. True
 - B. False
6. Which of the following is FALSE about fermentable carbohydrates?
 - A. They are also known as starch
 - B. They change to sugar in the mouth
 - C. They can cause teeth to chip
 - D. Most commonly found in pretzels and potato chips
7. Which of the following is the least harmful food or drink for your teeth?
 - A. Sour candies
 - B. Pretzels
 - C. Diet soda
 - D. Nuts
8. Which of the following ways can help reduce your risk of cavities?
 - A. Eat sweets with meals
 - B. Swish your mouth with water after each meal
 - C. Eat protein-rich foods
 - D. Eat vegetables and fruits after eating sweets
 - E. All of the above
9. Which of the following increase saliva flow in the mouth, helping “wash” food particles and harmful acid from teeth?
 - A. Tart candy
 - B. Sweet candy
 - C. Raw vegetables and fruits
 - D. Diet soda
10. All of the following are ways to protect your teeth from acids, EXCEPT:
 - A. Snack on fruits and vegetables
 - B. Rinse mouth with water after eating acidic foods
 - C. Chew sugarless gum
 - D. Brush teeth immediately after eating acidic foods