Dental Health in Teens: Nutrition
10 Question Quiz

The answers to the question will be in **bold and underlined**

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**

Key