



Tips & Glossary



TEACHERS TIPS

- Wear gloves when using mouth models or puppets to demonstrate
- Ensure that all the children have washed their hands before and after using any of the equipment
- After the lesson, all items should be cleaned and wiped down with an antibacterial spray
- Children should all wash their hands before and after the activity

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GLOSSARY

Adult Teeth Or permanent teeth are the second set of teeth that form in the jawbone, underneath the 'baby' teeth. The adult teeth will push the 'baby' teeth out as they grow. We have 32 adult teeth.

Anatomy is the branch of biology that studies animals and plants and their structures.

Baby Teeth These are our first set of teeth. They form in the jawbone before we are born and start to appear at about 6 months old. We have 20 baby teeth by the time we are around 2.5 years old.

Bacteria Are living, one-celled organisms. They can often cause infection.

Bugs A simpler word for bacteria.

Canine Sharp, pointed tooth for tearing food, especially meat.

Carnivore An animal that eats only meat or fish.

Cavity A hole in the tooth caused by decay.

Cementum Is the substance that covers the roots of the teeth.

Dental Decay Is caused by plaque acids that gradually dissolve away the enamel and dentine of the tooth.

Dental Hygienist The person that cleans our teeth and shows us how to brush our teeth.

Dental Nurse The person that helps the dentist.

Dental Surgery The place where the dentist works.

Dentine Is the hard tissue found underneath the enamel.

Dentist The person who looks after our teeth.

Diet What we eat and drink.

Eatwell Plate Is a picture to show the main food groups and how much of each we should have for a balanced diet.

Enamel The hard substance that covers our teeth. It is the strongest substance in the human body.

Erupt Come through.

Extraction Remove or take out a tooth or teeth.

Filaments Bristles in a toothbrush.

Fluoride A mineral that helps to strengthen the enamel on our teeth.

Gingivitis The first stage of gum disease. The gums become swollen, red, sore and bleed when you brush. This can be reversed with good toothbrushing habits.

Gum Disease This is disease of the gums, including gingivitis and periodontitis.

Gumline Where the gum and the tooth meet.

Herbivore An animal that eats only plants.

Incisor A front tooth that has a sharp edge, to cut our food.

Minerals such as calcium and phosphate help make up tooth enamel, along with bone and dentin.

Molar A large, flat tooth at the back of the mouth. It is used to grind our food.

Mouth The opening in the lower part of the human face, surrounded by the lips, and containing the tongue, gums and teeth.

Mouth Map A flat picture of our mouth, all of the teeth and their position in the mouth.

Mouth Ulcer A small, painful sore inside the mouth. Often caused by sharp food or brushing your teeth too hard.

Neutralise To make (an acidic or alkaline substance) chemically neutral.

Obesity Very overweight.

Omnivore An animal that eats both animals and plants.

Periodontal Disease Or periodontitis, is the second stage of gum disease. This can affect the bone around the teeth, making them loose. It also makes the gums red, swollen and bleeding. This is not reversible.

pH This is the scale to measure how acidic a substance is.

Plaque The soft, sticky substance that forms on our teeth. It contains a lot of bacteria and needs to be brushed off with our toothbrush.

Plaque Acids This is produced when the plaque in our mouths reacts with the sugar in our food and drink. This is what causes dental decay.

Premolar A flat surfaced tooth, that helps us to grind our food. Smaller than a molar tooth and they are found in front of the molar teeth.

Pulp/Pulp Chamber This is the soft inner part of our tooth. It contains the nerve and blood vessels of our tooth.

Receptionist The person at the dental surgery that makes appointments.

Roots These are the part of a tooth that we cannot see because they are inside our jawbone. They hold our teeth firmly in place.

Saliva Is the watery solution that forms in our mouths. It helps us to swallow our foods and it helps to protect our teeth against dental decay, by neutralising plaque acids.

Stephan Curve Is a graph that shows what happens to the pH level in our mouth when we eat, and how long it takes for this level to return to neutral.

Sugar Is a sweet tasting, soluble substance. It can cause dental decay and make us obese (overweight).

Throat Is the front part of the neck.

Vaccine Is an injection to prevent you getting an illness.

Wisdom Teeth These are 4 extra molar teeth that come through at around the age of 18-24 years old.