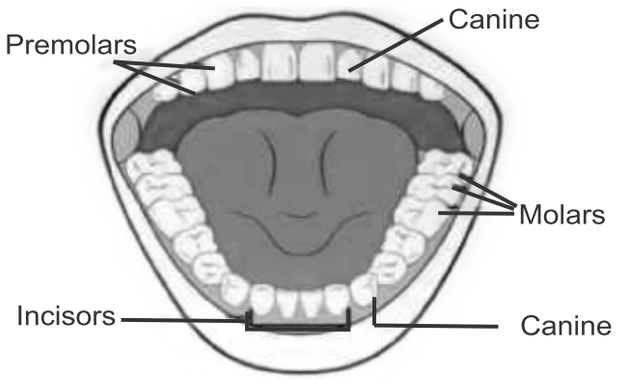
UNIT 2

DENTAL HEALTH

B6A2Z3

Pre-task

(A) Know your teeth.



Information about denture.

- **Upper-lower jaws**
- **Same on both the jaws**
- **Same on both the side of incisors**
- **Used for crushing, holding, cutting, grinding etc.**

Now fill in the table.

	Incisors	Canines	Premolars	Molars
How many				
Where				
Use				

(B)



Here is the picture of a Dental Chair. Observe it closely and discuss with your classmates how it is different from other chairs.

Read

Sonia had a severe toothache. She could not eat anything nor could she go to school. Studying at home was also impossible due to pain. She was not able to sleep also.

Sonia : Oaa…Maa…it's unbearable.

"We must visit a dentist," said her uncle, Ashokbhai.

The same evening they were at the Dental Care Clinic of Dr. Sharma. Dr. Bansi Sharma is a young and competent doctor.

Dr. Sharma : Hello young lady ! What's the matter with you ?

Sonia(With difficulty): U..... maa ! Ahh doctor, I have a terrible toothache.

Dr. Sharma : I can see. Let me check it. Sit in the chair, please.

(Sonia sits in the Dental Chair. The doctor switches on the headlight.)

Dr. Sharma : Now open your mouth and say aah….

Sonia (Opening her mouth a little bit, slowly): Aaah… ! Sorry, doctor. I can't open my mouth any wider than this.

Dr. Sharma : That's OK. (moving the mouth mirror and the probe in Sonia's mouth) I can see. I see a black spot on one of your molars. There seems to be a cavity there.

Ashokbhai (startled) : A cavity ?

Dr. Sharma : Yes, a cavity and quite a big one. I am prescribing some medicines today. The pain will subside by tomorrow. Only then the further treatment is possible. Can you come back tomorrow ?

Ashokbhai : I will be out of station tomorrow.

Dr. Sharma : Well, Sonia can come alone. She is a brave girl.

Sonia : Yes, doctor. I'll have to.

II

Next day Sonia felt better. She did not have much pain. She visited the doctor again at the fixed time.

Dr. Sharma : How do you feel today, young lady ?

Sonia : Much better.

(Dr. Sharma cleaned the cavity with an air rotor. Then she filled it with a white substance known as Light Cured Composite Filling Material. It contains synthetic resin, silica as filler and photo activator etc.)

Dr. Sharma : Yes, it's done. Thank you for keeping your mouth open without speaking a word.

As Sonia was the last patient that day, the doctor could spare time to talk to her.

Sonia : Doctor, would you tell me why I got this cavity ?

Dr. Sharma : Well, tell me one thing. Are you fond of sweets ?

Sonia : Yes, I am. I love eating chocolates and ice cream as well as other sweets.

Dr. Sharma : And now tell me one more thing. Do you brush your teeth regularly twice a day ? Do you clean your mouth after meals and after eating chocolates or icecream ?

Sonia : No, doctor. I brush my teeth only in the morning.



Dr. Sharma : That's the problem ! You are not taking proper care of your teeth. You must brush your teeth properly twice a day-once in the morning and once again before you go to bed.

Sonia : What is the right way of brushing the teeth, doctor ?

Dr. Sharma : Most of the people brush their teeth while moving the brush in sideways only. But the right way is to move it upward and downward so that it removes the tiny bits of food stuck between the teeth. The gum lines should also be brushed with gentle strokes. Not only this, clean your mouth after every meal and every time you eat a chocolate or ice cream.

Sonia : Would you tell me the reason, doctor ?

Dr. Sharma : Cleaning of mouth is the first requirement of dental hygiene. If you don't clean your mouth, the tiny bits of food inside stick to the surface of your teeth and in the space between your teeth. Now germs feed on these food particles who eventually eat up parts of the teeth too ! They destroy the enamel coating of the teeth, and in a long run it leads to cavity.

Sonia : Enamel coating ? What's that ?

Dr. Sharma : For that you need to understand the construction of our teeth. Our teeth have three layers. The uppermost white layer is called enamel. It is the hardest and strongest part of our body. The second layer is called dentin. It is slightly yellowish. The innermost layer is called dental pulp. In your molar, there was a cavity which now no more exists.

Sonia : Molar ? What is it ?

Dr. Sharma : It's a kind of teeth. Look at the chart. There are two types of teeth – deciduous teeth, also known as milk teeth, and permanent teeth. Deciduous teeth are usually 20 in number and they shed one by one after growth. Thereafter, new permanent teeth come up. They are usually 32 in number.

Sonia : Yes, I also have 32 teeth but they all are not the same.

Dr. Sharma : They are different in shape, size and functions. There are four incisors, two canines, four premolars and four or six molars in each jaw.

Sonia : Can I ask you a few questions about my friends' dental problems ?

Dr. Sharma : Oh ! Sure dear !

Sonia : Pooja, one of my classmates slipped off a staircase and she has some fractured teeth. What should she do ?

Dr. Sharma : Well, she needs to consult a dentist. After examining her teeth, the dentist will suggest the restoration of the teeth with Light-Cured Composite Filling Material.

Sonia : OK. I have another friend named Dhara. She has uneven growth of teeth. Her teeth are not properly grown. She feels very embarrassed at times. Any advice for her ?

Dr. Sharma : No one should feel embarrassed about physical deformity. Her problem is called crowding. Now, there is a solution for this problem also. The patient has to go for an orthodontic treatment. The braces will bring her teeth in proper alignment.

Sonia : Should I ask her to see you ?



Dr. Sharma : No, she will have to consult an orthodontist.

Sonia : Thank you very much for your valuable suggestions. Indeed dental science has advanced a lot. I will ask her to consult an orthodontist. Hmmm. Now I am thinking of taking up a project on Dental Health because we have to work on a project in science and I think this is a very useful topic.

Dr. Sharma : You can come for guidance for your project if you need.

Sonia : It's so nice of you !

Dr. Sharma : You are welcome.

Glossary

dentist a doctor who treats teeth problems **terrible** unbearable **toothache** pain of teeth **competent** clever capable **spot** dot **cavity** hollow **startled** sudden shocked or surprised **prescribe** suggest,dictate **subside** decrease, reduce **air rotor** an instrument to check teeth **fond of** like much **substance** element **requirement** need **hygiene** study and practice of cleanliness **tiny bits** small pieces **particle** crumb, bit **germs** bacterium, microbe **eventually** at last **enamel** cover, coating **layer** course **deciduous** temporary **function** work **incisor** sharp teeth for cutting **canine** pointed teeth next to incisor **molar** teeth at the back, દાઢ **restoration** replacement **embarrassed** to feel ashamed **alignment** arrangement in a straight line **orthodontist** a doctor who corrects the irregularities in the position of teeth **probe** a thin metal instrument used by a dentist

Vocabulary

V. 1 Interchange the underlined words, if needed, to make the sentence meaningful.

1. My grandfather is very old. He has no teeth. He uses <u>remedy</u> to chew.
2. Take this painkiller tablet, it will <u>denture</u> toothache.
3. "There is a <u>cavity</u> in your premolar", said Dr. Saiyad
4. Rehana's all the answers were wrong in the maths test so she felt <u>subside.</u>
5. I think, there is <u>embarrassed</u> for your poor grammar.
6. A dentist uses white <u>substance</u> to fill the cavity in teeth.

V. 2 Make a list of the sentences from the lesson wherein these words are used.

prescribe, hygiene, particle, enamel, germs, permanent, toothache

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

V. 3 Classify the words.

(deciduous, white substance, restoration, milk, permanent, denture , cavity , incisor, canine, black spot, molar, premolar)

Types of teeth	Symptoms of teeth problem	Cure of teeth problems

V. 4 Replace the underlined word/phrase with the words from the text.

1. Your teeth are yellowish because the white cover of teeth is worn out.
2. If you do not brush your teeth before going to bed, tiny bits may harm your teeth.
3. Sunita is capable of taking part in this essay competition as she is good at writing .
4. As the doctor was free on that day, he could give some time to Sonia.
5. We should know the study and practice of cleanliness for our good health.
6. The innermost layer in the teeth is necessary to make teeth strong.
7. I am ashamed because I have cheated my friends.
8. As soon as one grows up to 8 years, temporary teeth begin to shed.
9. Your teeth are not in the proper line so you have to take special treatment.

Comprehension

C. 1 Complete the table.

No.	Name of the patient	Kind of dental problem	Dr. Bansi Sharma's treatment/suggestions/advice
1			
2			
3			

C. 2 Write down the Dos and Don'ts for dental health.

Dos	Don'ts

C. 3 Answer these questions.

(1) Why did Ashokbhai take Sonia to Dr. Bansi Sharma?

(2) What treatment did Dr. Bansi Sharma give to Sonia?

(3) What, according to Dr. Bansi Sharma, must Sonia do to take care of her teeth?

(4) What happens if we don't clean our teeth regularly?

(5) What is the right way of brushing the teeth according to Dr. Sharma?

(6) How can we prevent cavity?

(7) What is enamel?

(8) How many layers do our teeth have? What are they called?

(9) What will Sonia learn from her project?

- **Take a project on a disease and find out its symptoms. What should one do to prevent it?**

Language Practice

L. 1 Read this passage. Study the underlined words.

My Robot's Skills

My first robot was a sort of an alarm clock that could wake me up every morning. Earlier I thought I must make a robot who is able to ring, but later on I prepared one who could even shout "Wake up". Another great characteristic of my first robot was he could push me from my bed and make sure I'd get to school on time. At the same time I strongly decided that I must develop a device that is going to enable me to sleep in peace.

My boss has ordered me that I have to develop a Robot that can kill such insects as mosquitoes, flies or even flying ants. I must follow my boss' order.

So I have developed a perfect robot. My robot cannot only exterminate insects, but I have taken care that he must be capable of vacuum cleaning the floor to get rid of the dead insects.

L. 2 Read the situations. Tick mark the appropriate option.

Situation	Options
Today is the deadline for submitting your assignment. It was announced in the class that those who do not submit it today, will be punished.	□ Today, I will submit the assignment. □ Today, I must submit the assignment. □ Today, I have to submit the assignment.
Your leg is fractured now. You are in the bed recalling how you were riding a bicycle.	□ I could ride a bicycle. □ I can ride a bicycle. □ I must ride a bicycle.
There is a mimicry programme in your school. You want to participate.	□ I can make people laugh. □ I could make people laugh. □ I should make people laugh

Your mother informs you that perhaps your aunt will come to your house.	□ I will prepare pakoda for her. □ I am going to prepare pakoda for her. □ I have to prepare pakoda for her.
Every day you get up at 6.30 a.m. but tomorrow you have to go to Baroda to attend a meeting at 6.00 a.m.	□ I have to get up early tomorrow. □ I will get up early tomorrow. □ I must get up early tomorrow.
You have participated in a national level running competition. You want to break the previous record.	□ I am going to run at the speed of 250 meters per minute. □ I will run at the speed of 250 meters per minute. □ I can run at the speed of 250 meter per minute.

L. 3 Work in pairs. Take a card containing the clues. Read clues one after another. Let your partner guess the name of the job. Count the points as shown in the bracket.
Cards :

Clues : You have to wake up very early (6 points) You have to work hard every day(5 points) You must be fit(4 points) You must operate machinery(3 points) You must work in the countryside(2 points) You have to work with plants and animals(1 point)	**Clues** : You have to like talking to people (6 points) You have to stand up for a long time(5 points) You must work inside(4 points) You must be good with your hands(3 points) You have to sweep the floor(2 points) You have to cut other people's hair(1 point)
Clues : You must be brave and helpful (6 points) You mustn't be afraid of heights(5 points) You have to work in a team(4 points) You must sometimes sleep at work(3 points) You have to wear a uniform(2 points) You have to save people from fires(1 point)	**Clues** : You have to be supportive(6 points) You have to speak to many people(5 points) You mustn't be late for work(4 points) You have to be well prepared(3 points) You must be knowledgeable(2 points) You have to work in a classroom(1 point)
Clues : You must have good eyesight (6 points) You have to sit down(5 points) You don't have to speak(4 points) You have to use your hands and feet(3 points) You must know your destination very well(2 points) You have to pick people up at the stop(1 point)	**Clues** : You have to work outside(6 points) You don't have to wear a uniform(5 points) You have to work with water(4 points) You mustn't be afraid of heights(3 points) You have to use a bucket in your work(2 points) You have to clean windows(1 point)

L. 4 What would you say in these situations? Use these words: be sick, crash, get wet, lose, not stop, rain.

Example : The sky is full of dark clouds.

It's going to rain.

1. Now it has started raining. There's nowhere to shelter and you haven't got an umbrella.

_____

2. You feel awful. There's a terrible feeling in your stomach.

_____

3. You are playing cricket. The game is nearly over and yet you have 10 runs to make.

_____

4. You can see a plane coming down. It's out of control and falling to the ground.

_____

5. You are waiting for a bus. There's one coming, but you don't know if it's the one you want. It's running very fast.

_____

L. 5 Your group has just taken over the management of a hotel. With your group members, look at the information and decide what rules are going to be in your hotel. Use - must, mustn't, have to, don't have to, can and can't.

Examples :

Guests **should** not disturb others.

Guests **must** check out before 12 noon.

Guests **mustn't** smoke in their room.

Guests **have to** leave their keys when they go out.

Staff **don't have** to work on weekends.

Staff **can** have sick leave.

Guests **can't** order breakfast after 10 am.

Guests	Rules
Checking in and out: check out before 11 am / 12 noon, check in after 1 pm / 2 pm, pay by cash / credit card, if a guest checks out late, if a guest wants to stay longer, cancellation cost	
Rooms: leave keys when guests go out,smoking in the room, Wi-Fi access cost, have visitors, TV channels	
Meals : breakfast start / finish time, breakfast included, not included, book a table for lunch / dinner, smoking in the restaurant	
Other rules	

Staff	Rules
Working hours work weekends (how often?) work evenings (how often?) holiday leave (how often?) if staff is sick	
Clothes wear a uniform clothing for receptionists / bellboys clothing for kitchen staff	

L. 6 Study the notices displayed on your school notice board. Prepare a notice for a fancy dress competition to be held in your school.

Mention rules.

e.g. Interested candidates must get their names registered within five days.

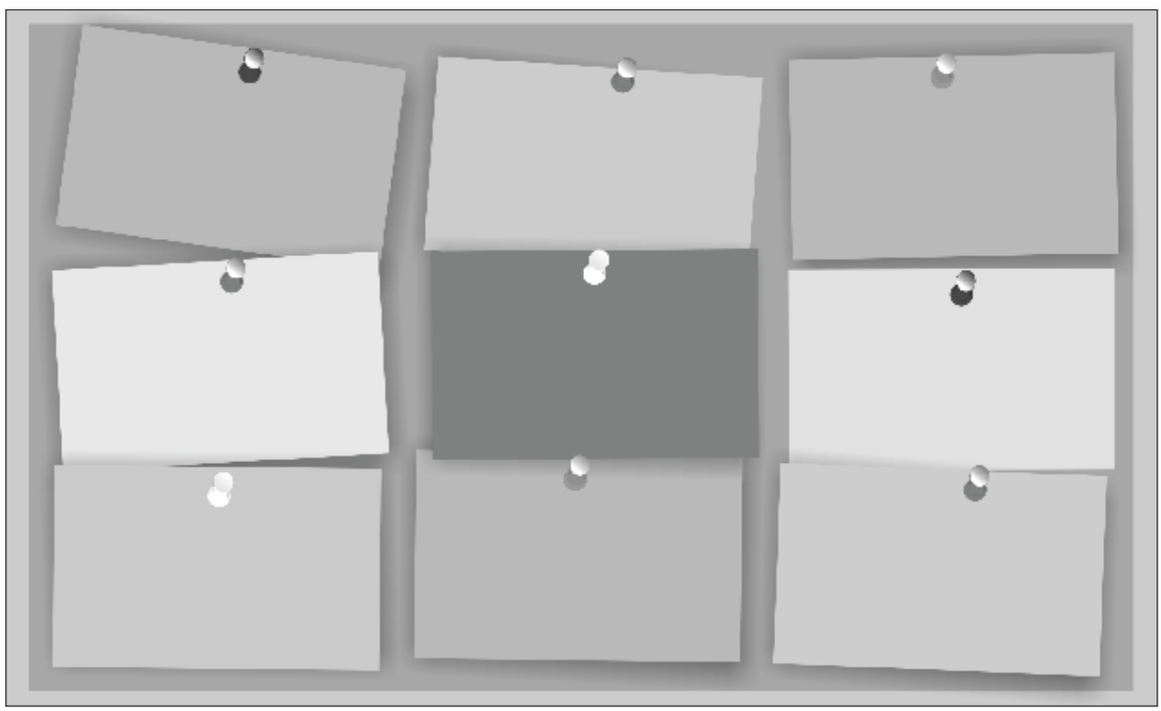
- Mention various alternatives.

e.g. Interested students can take up roles such as vegetable vendor, farmer etc.

- Give general details of the competition.

e.g The competition is going to start at sharp 10.00 am. The decision of the judges will be final.

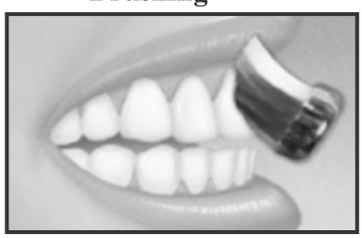
Write the rules on the cards.



Writing

W. 1 Here is the correct method of brushing teeth. Read it carefully. Now write the instructions for brushing your teeth. Work in Pairs.

Brushing



(1)

Holding brush at 45 angle, brush in short back and forth motions on the outer surfaces of the teeth. Don't scrub.



(2. A)

Use back and forth motion for chewing surfaces.



(2. B)

Use short angled strokes along the gumline.



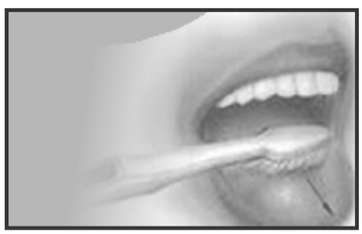
(3. A)

Use gentle up strokes with toe of brush.



(3.B)

Use gentle down strokes with toe of brush.



(4)

Brush tongue back to front using sweeping motion.

For Example

1. (A)You should hold the brush at 45° angle.

   (B)You should move _____

   _____

   (C)You must not _____

   _____

2. (A) _____

   _____

   (B) _____

   _____

   _____

3. (A) _____

   _____

   _____

   _____

   (B) _____

   _____

   _____

   _____

4. _____

   _____

   _____

   _____

W. 2 Read the prescription and explain to Kalaben about her disease, dosage and timings of medicines. Write this explanation as a paragraph.

(Use the medical abbreviations list)

Dhanvantari Ayurved Hospital, Una

Kalaben: 56 yrs, Female		Dt. 7/7/2016
Hx	Cough and Cold for 10 days	
Dx	Viral Infection	
Rx	Tab. Tulsi Ghanvati	30
	(2 tabs PC BID)	
	Tab. Tribhoovankirti Rasa	30
	(C Honey, 2 tabs BBF, 2 tabs BT)	
	Syrup Shwaaskaasaari	100ml
	(2 spoons QID, S Water)	
	-	Dr. Hardik Gadhiya

> Rx	= Treatment	> S	= without	> TID	= Thrice a Day
> Hx	= History	> SS	= One half	> QID	= Four times a day
> Dx	= Diagnosis	> C	= With	> OD	= Once a Day
> q	= Every	> SOS	= If needed	> BT	= Bed Time
> qd	= Everyday	> AC	= Before Meals	> BBF	= Before Breakfast
> qod	= Every otherday	> PC	= After Meals	> BD	=Before Dinner
> qh	= Every Hour	> BID	= Twice a Day	> Tw	= Twice a week

You can begin like this ...

Kalaben is 56 years. She has been suffering from cough and cold for ten days...

W. 3 Suppose you are the Dental Chair at the Dental Care Clinic of Dr. Bansi Sharma. Write your experiences and feelings of a day.

You can begin like this ...

Hello! I am a dental chair in _____

_____

_____

_____

_____

_____

_____

_____

_____

RIDDLES

Anna has the same number of brothers as she has sisters, but her brother Nat has twice as many sisters as he has brothers. How many boys and how many girls are there in the family?