



Student's name: \_\_\_\_\_ Date: \_\_\_\_\_

### 1-Reading comprehension

#### Whole-Body Dentistry: How Nutrition Affects Oral Health

- by Kelly Rehan
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Read the text and complete with the words below

caries- patients- health- exam- ate- healthcare-acids- nutrition- homeschooled- dentist- vegan- repair- decalcification- combination- hygiene

Dentists can play a pivotal role in improving patients' dietary \_\_\_\_\_ (1). But is nutritional counseling really within a dentist's scope of practice?

At her trial in Elk Grove, California, Sireesha Penumetcha, DDS, MAGD, LLSR, and FICOI, sees a family whose members are pictures of health. The mother is a nutritionist. The kids are \_\_\_\_\_ (2), so they don't have access to soda and candy in cafeteria vending machines. The family followed a \_\_\_\_\_ (3) diet and had a sparkling oral health history with no \_\_\_\_\_ (4) or \_\_\_\_\_ (5).

But a strange thing happened.

During a recent preventive \_\_\_\_\_ (6), Penumetcha discovered that the previously caries-free children all had tooth decay.

The family practised good oral health \_\_\_\_\_ (7) and had a nutritious diet, so Penumetcha wondered what changed. She discovered it wasn't what the family ate but rather how they ate that created problems.

"They juiced their vegetables and fruits," Penumetcha said. "Even though the food is healthy, the form in which they \_\_\_\_\_ (8) it produced a strong \_\_\_\_\_ (9) of fruit acids and sugars."

Penumetcha could have simply treated the symptom. But, by digging a bit deeper, she identified the real issue and educated her patients about how to prevent it.

"The old concept of dentistry is to restore and \_\_\_\_\_ (10) teeth and gums," Penumetcha said. "But now, we need to focus on education, prevention and maintenance more than just drilling and filling teeth. The first step toward any treatment should be finding the underlying root cause, which is nutrition and habits."

Discussing nutrition with patients may feel like you're blurring the lines between dentistry and dietetics, but it could provide a clear pathway toward integrating dentistry as a crucial component of whole-body \_\_\_\_\_ (11).

For Penumetcha, \_\_\_\_\_ (12) is an important aspect of oral and systemic health. She doesn't shy away from dietary conversations, as they help her achieve her practice goal of addressing "the complete foundation of health" for her \_\_\_\_\_ (13).

"We have always educated and advised our patients regarding the effects of soda, \_\_\_\_\_ (14) on teeth — including fruit acids — and not brushing following snacking," she said. "Overall health begins with oral health. Thus, proper nutrition and habits are equally important for oral health."

How does a general \_\_\_\_\_ (15) who has no nutrition background have these conversations with patients? A comprehensive refresher in key oral health and nutrition concepts is a good place to start.

**2- Fill in the blanks with the correct words or phrases:**

plaque- adolescence- habits- fluoride- accumulates- preventative care- hygiene- environment

1. The bright colours at the dental practice create a pleasant \_\_\_\_\_ for children.
2. Brushing and flossing daily are good \_\_\_\_\_ to instil at an early age.
3. Make sure the toothpaste contains \_\_\_\_\_
4. After eating, bacteria \_\_\_\_\_ in the mouth
5. Some children become more difficult and emotional during \_\_\_\_\_
6. The patient needed to pay more attention to dental \_\_\_\_\_
7. If \_\_\_\_\_ is not removed, it combines with sugars and forms acids.
8. \_\_\_\_\_ and advice about cleaning and diet recommendations

**3- Match the words or phrases with definitions:**

pedodontics- junk food- vary- floss- visual aids- baby bottle syndrome- harm- kid friendly

1. \_\_\_\_\_ is pre-prepared food that is high in fats and sugars
2. \_\_\_\_\_ is damage or injury to a person or thing
3. \_\_\_\_\_ is to be different from something else
4. If a \_\_\_\_\_, it is suitable for children
5. \_\_\_\_\_ is a thread which is used to clean between teeth
6. \_\_\_\_\_ is a picture or diagram which helps people present and learn information
7. \_\_\_\_\_ is a condition in which infants have tooth decay because they're allowed to suck on a baby bottle, sometimes containing sugary drinks as they sleep

8. \_\_\_\_\_ is the study of dental treatment for children

**4- Answer the questions:**

1. What are the types of oral hygiene?

2. What are oral health diseases?

3. What are the two approaches that can be taken towards counseling?

4. What habits are harmful to teeth?

**5- Mark the following statements as T (true) or F (false)**

1. Vitamin A is a vitamin that benefits the eyes \_\_\_\_\_

2. Salmon is a source of vitamin D and omega-3 \_\_\_\_\_

3. Any consumption of fats is unhealthy. \_\_\_\_\_

4. Some infants have oral problems at birth \_\_\_\_\_

5. Vitamin C and A are not found in vegetables and fruits \_\_\_\_\_

**6- Grammar. Complete with first conditional, need to, should/ shouldn't**

1. You \_\_\_\_\_ follow procedures

2. If the pain \_\_\_\_\_ (get) any worse, you'll need to come back in

3. You \_\_\_\_\_ eat so much red meat

4. If the rash \_\_\_\_\_ (not go) away, we \_\_\_\_\_ (send) him to a specialist

5. You \_\_\_\_\_ begin by making small changes

6. \_\_\_\_\_ I \_\_\_\_\_ wear a mask? No, you don't

**7- Listening**

Dentist: You really need to pay more attention to \_\_\_\_\_ (1)

Patient: What do you mean?

Dentist: There is a lot of \_\_\_\_\_ (2) in your mouth. Do you \_\_\_\_\_ (3)?

Patient: I brush on \_\_\_\_\_ (4)

Dentist: You \_\_\_\_\_ (5) brush at \_\_\_\_\_ (6) twice a day. Do you use \_\_\_\_\_ (7) ?

Patient: No, I used to, but I stopped

Dentist: You need to start again. if you don't, you increase your chances of \_\_\_\_\_ (8) and \_\_\_\_\_ (9)

Patient: Okay, I'll get some at the \_\_\_\_\_ (10) today.