INSTITUTO UNIVERSITARIO ITALIANO
DE ROSARIO
SCHOOL OF DENTISTRY- LANGUAGE DEPARTMENT
ENGLISH LANGUAGE- TERM TEST 2
ENGLISH II

Student's name: _____ Date: _____

1-Reading comprehension

Whole-Body Dentistry: How Nutrition Affects Oral Health

- **by Kelly Rehan**
- May 16, 2022

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.

LIVEWORKSHEETS

"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

LIVEWORKSHEETS

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?

LIVEWORKSHEETS

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.

LIVEWORKSHEETS