

Teeth and Microbes
The Achiever's Sheet

Think and answers: -

- Are all microbes harmful? Name the part of our body where we find the good microbes.
- What are the different functions of good microbes?
- How can we ensure that we always have more of good microbes in our body?
- Study and draw the teeth structure of any animal. Make a short note on it.

- Why is it important to brush our teeth regularly? Explain how brushing helps prevent the buildup of plaque and bacteria that can cause tooth decay.
- Imagine a scenario where someone rarely brushes their teeth and eats lots of sugary snacks. What consequences might this have on their dental health? Provide logical reasons based on the effects of sugar and poor oral hygiene.
- Discuss the role of saliva in maintaining oral health. How does saliva help protect teeth from bacteria and acids that cause cavities?
- Explain the difference between baby teeth (milk teeth) and permanent teeth. Why is it important to take care of both sets of teeth?
- How do dental cavities form? Describe the process of decay in teeth, starting from the buildup of plaque to the formation of cavities.
- Discuss the importance of visiting the dentist regularly. What do dentists check during a dental check-up, and why are these check-ups essential for maintaining healthy teeth and gums?
- Imagine a scenario where someone bites into very hot food and burns their tongue. How does the tongue help detect temperature and taste, and why is it important for chewing and swallowing?
- Explain the role of bacteria in the mouth. Are all bacteria harmful? How can we promote the growth of beneficial bacteria while controlling harmful bacteria?
- Discuss the effects of acidic foods and drinks on tooth enamel. How does acid weaken enamel, and what steps can we take to protect our teeth from acid erosion?
- Suppose someone has braces to straighten their teeth. How do braces work, and why is it important to practice good oral hygiene while wearing braces? What are some challenges and benefits of orthodontic treatment?