1. AIMS

To discover your bacterial plaque and to notice if you have a good dental hygiene.

2. MATERIAL

Tablet of plac-control, mirror, toothbrush and toothpaste optional.

3. PROCEDURE

1) Count your mouth pieces, then compare with those of the scheme and mark those that you lack.
2) Get into the mouth a tablet of plac-control and mix it well with the saliva.
3) During 1 minute support it in the mouth trying that comes to all the corners. Do not swallow!
4) Passed a minute you can swill round your mouth and spit the water. Do not wash the mouth.
5) Draw your bacterial plate or dental plaque according to the teeth that have dyed of red with the tablet. It is necessary to draw all the dental pieces that could be seen in the mirror. Paint the parts dyed with pink colour.
6) Copy the structure of a normal tooth.
7) Read the text on the dental caries and answer the questions

4. RESULTS: Primary vs. Permanent Teeth Eruption

YOUR BACTERIAL PLAQUE

STRUCTURE OF A NORMAL TOOTH
5. QUESTIONS

➢ What is the dental plaque?

➢ What is the dental caries?

➢ What is the cause of the caries?

➢ Which is the relation between the plate and the caries?

➢ What factors do favour the appearance of the caries?

➢ How can you prevent the caries?
Why is there dental caries?

There is often a layer of dental plaque on the surfaces of our teeth, which is filled with bacteria.

Every time we eat and drink: Food + Bacteria = Acid. Acid attacks our tooth surfaces. Saliva can reduce acid attack towards our teeth but it must have enough time to work. If we are eating and drinking frequently, saliva will not have enough time to work. Therefore, the chances for acidic attacks are increased, and dental caries can occur.

Structure of teeth

- **Enamel**: Transparent or milky-white colour. It's even harder than bone. It's the hardest tissue in a human body.
- **Dentine**: Slightly yellowish in colour.
- **Pulp**: Filled with blood vessels and nerve fibres.

Ways to keep Dental Caries away

- **GOOD DIETARY HABITS**
  - Have regular breakfast, lunch, and dinner.
  - Only snack once in between meals.
  - Only drink plain water to quench thirst.
- **BRUSH WITH FLUORIDE TOOTHPASTE**
  Fluoride can strengthen our teeth, and can help prevent dental caries. Therefore, remember to brush every morning and before bed at night with a pea sized blob of fluoride toothpaste.
- **REGULAR DENTAL CHECK-UP**