



**Prevention:
Key oral health messages
& evidence (0-6 years)
QUIZ - answers**

Quiz (answers)

1. The Scientific Advisory Committee on Nutrition (SACN) Subgroup on Maternal and Child Nutrition has published its report on 'Feeding in the first year of life' in July 2018.

Which of the following recommendations are true?

A Mothers should exclusively breastfeed for the first 6 months to achieve optimal growth and development

True False

B Mothers should exclusively breastfeed for the first 12 months to achieve optimal growth and development

True False

C Continue to breastfeed for as long as possible

True False

D Solid foods should be introduced from around 6 months of age, alongside breastfeeding

True False

Quiz (answers)

2. There is evidence that breastfed babies enjoy a number of health benefits.

Which of the following statements are true?

NOT breastfeeding is linked to:

- A** Increased ear infections True False
- B** Increased risk of tooth decay True False
- C** Increased chest infections True False
- D** Overweight/obesity later in life True False

Quiz (answers)

3. Which of the following statements are true?
The Scientific Advisory Committee on Nutrition (SACN) evidence review on the links between the consumption of sugars and health found that:

- A** Consuming high amounts of sugar containing foods and drinks more frequently is associated with a greater risk of tooth decay **True** **False**
- B** Drinking high-sugar beverages results in weight gain **True** **False**
- C** Consuming too many high-sugar beverages increases the risk of developing type 1 diabetes **True** **False**
- D** Consuming too many high-sugar beverages increases the risk of developing type 2 diabetes **True** **False**

Quiz (answers)

4. Free sugars can be harmful to teeth: advice is to reduce the amount and frequency of food and drinks containing sugar. Which foods and drinks contain free sugar?

A Milk

True

False

B Honey

True

False

C Grapes

True

False

D Fruit smoothie

True

False

Quiz (answers)

5. Public Health England has recommendations regarding the maximum intake of free sugars.

Which statement is true? A 4-6 year old child should have no more than:

- A** 5 cubes of sugar True False
- B** 6 cubes of sugar True False
- C** 7 cubes of sugar True False

Quiz (answers)

6. The effectiveness of fluoride toothpaste increases with concentration.

Which statement is true? For every increase in concentration of 1,000ppm fluoride there is a reduction in caries of:

A 5%

True

False

B 8%

True

False

C 10%

True

False

Quiz (answers)

7. Which statement is true? Brushing twice a day reduces caries by what percentage compared to once a day:

A 4%

True

False

B 14%

True

False

C 24%

True

False

Quiz (answers)

8. Which statement is true? The risk of fluorosis is related to:

A The concentration of fluoride in the toothpaste

True

False

B The amount of toothpaste swallowed

True

False

C Concentration and amount of toothpaste swallowed

True

False

Quiz (answers)

9. Which statement is true? Fluoride varnish is an important evidence-based prevention intervention. Using fluoride varnish reduces decay in the deciduous dentition by what percentage?

- A** 27% **True** **False**
- B** 37% **True** **False**
- C** 47% **True** **False**

Quiz (answers)

10. Which of the following statements are true?
The dental team can use MECC to have a healthy chat in relation to:

A Advice on healthy eating

True False

B Advice on tobacco cessation

True False

C Advice on drinking alcohol sensibly

True False

Quiz (answers)

11. Which of the following statements are true?
What advice/intervention would you undertake for a 2 year old high risk child:

A Tooth brushing advice

True

False

B Diet analysis and healthy eating advice

True

False

C Fluoride varnish application twice a year

True

False

D Recall interval 6 monthly

True

False