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STUDY MATERIAL SCIENCE

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▶ Nutrition in Animals

Sweets and Tooth Decay

The tooth is covered by white, hard outer covering of tooth called enamel below which dentine is present. It is similar to bone which protects the pulp cavity having nerves and blood vessels. Bacteria are present in our mouth but they are not harmful to us. However, if we do not clean our teeth and mouth after eating, many harmful bacteria also begin to live and grow in it. These bacteria breakdown the sugars present from the leftover food and release acids. The acids gradually damage the teeth. This is called tooth decay.

Therefore, tooth decay is defined as the process of rotting of tooth and formation of cavity or holes in it which leads to the toothache.

When the holes or cavity reaches to the pulp cavity, it causes pain. If these cavities are not treated on time it causes severe toothache and may result in tooth loss.

Tooth decay can be prevented by adopting the following measures.

- One should rinse and clean its teeth thoroughly after every meal.
- We should clean our teeth with the help of datun or brush and toothpaste, twice a day.
- We should use dental floss which is a special strong thread. It is moved between two teeth to take out trapped food particles.
- Dirty fingers or unwashed objects must be avoided to put in the
- We should avoid the use of sweets, chocolates, toffees, ice-cream, be avoided.