



**Questions 42–50**

- The cause of tooth decay is acid, which is produced by bacteria in the mouth. The acid removes minerals from tooth enamel, allowing tooth decay to begin; the saliva in your mouth encourages remineralization and neutralizes the acid. The rate at which bacteria in the mouth produce acid depends on the amount of plaque on the teeth, the composition of the microbial flora, and whether the bacteria of the plaque have been “primed” by frequent exposure to sugar. To keep your teeth healthy, a regular dental hygiene program should be followed. Removing plaque with a toothbrush and dental floss temporarily reduces the numbers of bacteria in the mouth and thus reduces tooth decay. It also makes the surfaces of the teeth more accessible, enabling saliva to neutralize acid and remineralize lesions. If fluoride is present in drinking water when teeth are forming, some fluoride is incorporated into the enamel of the teeth, making them more resistant to attack by acid. Fluoride toothpaste seems to act in another way, by promoting the remineralization of early carious lesions.
- (5) In addition to a regular dental hygiene program, a good way to keep your teeth healthy is to reduce your intake of sweet food. The least cavity-causing way to eat sweets is to have them with meals and not between. The number of times you eat sweets rather than the total amount determines how much harmful acid the bacteria in your saliva produce. But the amount of sweets influences the quality of your saliva. Avoid, if you can, sticky sweets that stay in your mouth a long time.
- (10) Also try to brush and floss your teeth after eating sugary foods. Even rinsing your mouth with water is effective. Whenever possible, eat foods with fiber, such as raw carrot sticks, apples, celery sticks, etc., that scrape off plaque, acting as a toothbrush. Cavities can be greatly reduced if these rules are followed when eating sweets.
- (15)
- (20)

42. What does this passage mainly discuss?
- (A) Good nutrition
  - (B) Food with fiber
  - (C) Ways to keep your teeth healthy
  - (D) Fluoridization and cavities
43. According to the passage, all of the following statements about plaque are true EXCEPT
- (A) It consists of acid producing bacteria
  - (B) It is not affected by eating sweets
  - (C) It can be removed from teeth by brushing and flossing
  - (D) It reduces the positive effect of saliva
44. We can infer from the passage that one benefit of fluoride to healthy teeth is
- (A) It strengthens tooth enamel
  - (B) It stimulates saliva production
  - (C) It makes teeth whiter
  - (D) It is a replacement for brushing and flossing in dental care
45. The word “it” in line 9 refers to
- (A) dental floss
  - (B) bacteria
  - (C) removal of plaque
  - (D) plaque

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