

vocabulary

V. 1 Interchange the underlined words, if needed, to make the sentence meaningful.

1. My grandfather is very old. He has no teeth. He uses remedy to chew.
2. Take this painkiller tablet, it will denture toothache.
3. "There is a cavity in your premolar", said Dr. Saiyad
4. Rehana's all the answers were wrong in the maths test so she felt subside.
5. I think, there is embarrassed for your poor grammar.
6. A dentist uses white substance to fill the cavity in teeth.

Ans.

1. My grandfather is very old. He has no teeth. He uses **dentures** to chew.
2. Take this painkiller tablet. The toothache will **subside**.
3. "There is a **cavity** in your premolar", said Dr. Saiyad
4. Rehana's all the answers were wrong in the maths test so she felt **embarrassed**.
5. I think, there is **remedy** for your poor grammar.
6. A dentist uses white **substance** to fill the cavity in teeth.

V. 2 Make a list of the sentences from the lesson wherein these words are used.

(prescribe, hygiene, particle, enamel, germs, permanent, toothache)

(1) I am **prescribing** some medicines today.

(2) Cleaning of mouth is the first requirement of dental **hygiene**.

(3) Now **germs** feed on these food **particles**, hat eventually eat up parts of the teeth, too!

(4) The uppermost white layer is called **enamel**.

(5) Thereafter, new **permanent** teeth come up.

(6) Sonia has a severe **toothache**.

V. 3 Classify the words.

(deciduous, white substance, restoration, milk, permanent, denture , cavity , incisor, canine, black spot, molar, premolar)

<u>Types of teeth</u>	<u>Symptoms of teeth problem</u>	<u>Cure of teeth problems</u>
deciduous	cavity	white substance
milk	black spot	restoration
permanent		denture
incisor		
canine		
molar		
premolar		

V. 4 Replace the underlined word/phrase with the words from the text.

1. Your teeth are yellowish because the white cover of teeth is worn out.

✓ Your teeth are yellowish because the **enamel** is worn out.

2. If you do not brush your teeth before going to bed, tiny bits may harm your teeth.

✓ If you do not brush your teeth before going to bed, **food particles** may harm your teeth.

3. Sunita is capable of taking part in this essay competition as she is good at writing .

- ✓ Sunita is **competent** of taking part in this essay competition as she is good at writing .

4. As the doctor was free on that day, he could give some time to Sonia.

- ✓ As the doctor was free on that day, he could **spare** some time to Sonia.

5. We should know the study and practice of cleanliness for our good health.

- ✓ We should know the study and **hygiene** for our good health.

6. The innermost layer in the teeth is necessary to make teeth strong.

- ✓ The **dental pulp** is necessary to make teeth strong.

7. I am ashamed because I have cheated my friends.

- ✓ I am **embarrassed** because I have cheated my friends.

8. As soon as one grows up to 8 years, temporary teeth begin to shed.

- ✓ As soon as one grows up to 8 years, **milk/deciduous** teeth begin to shed.

9. Your teeth are not in the proper line so you have to take special treatment.

- ✓ Your teeth are not **in alignment** so you have to take special treatment.

Comprehension

C.1 Complete the table.

(No. , Name of the patient, Kind of the dental problem, Dr. Banshi Sharma's Suggestions / advice)

No .	Name of the patient	Kind of dental problem	Dr. Banshi Sharma's suggestions/advice
1.	Sonia	cavity in a premolar tooth	cleaning the cavity and filling it with
2.	Pooja	broken teeth	consult a dentist for restoration of teeth
3.	Dhara	uneven growth of teeth	consult an orthodontist and fix braces to bring teeth in proper alignment

C.2 Write down the Dos and Don'ts for dental health.

Dos	Don'ts
Brush your teeth twice a day.	Don't be lazy in brushing your teeth.
Brush your teeth in upward and downward movement.	Don't brush your teeth sideways.
Brush the gum-line gently.	Don't forget to clean your mouth after meals.
Clean your mouth after every meal.	Don't drink anything that is too hot or



	too cold.
Consult a doctor in case of any tooth problem.	Don't eat too many sweets, chocolate, ice-creams, etc.

C. 3 Answer these questions.

(1) Why did Ashokbhai take Sonia to Dr. Bansi Sharma?

Ans. Ashokbhai took Sonia to Dr Bansi Sharma because she had a severe toothache.

(2) What treatment did Dr. Bansi Sharma give to Sonia?

Ans. First, Dr Bansi Sharma gave Sonia some medicines to stop the pain. The next day, he cleaned the cavity and then filled it with a white substance.

(3) What, according to Dr. Bansi Sharma, must Sonia do to take care of her teeth?

Ans. According to Dr Bansi Sharma, Sonia must brush her teeth regularly, twice a day. She must clean her mouth after every meal. She must brush her teeth in the right way. She must also brush

(4) What happens if we don't clean our teeth regularly?

Ans. If we don't clean our teeth regularly, tiny bits of food get stuck in the teeth. Then germs feed on these food particles and also eat up parts of teeth. They destroy the enamel, which leads to cavity.

(5) What is the right way of brushing the teeth according to Dr. Sharma?

Ans. According to Dr Sharma, the right way is to move the brush upwards and downwards. The gum-line should also be brushed with gentle strokes.

(6) How can we prevent cavity?

Ans. We can prevent cavity in the teeth by brushing teeth regularly twice a day and cleaning the mouth after every meal.

(7) What is enamel?

Ans. The uppermost white layer of the teeth is called enamel

(8) How many layers do our teeth have? What are they called?

Ans. Our teeth have three layers. The uppermost white layer is called enamel. The second yellowish layer the is called dentin. The innermost layer is called dental pulp.

(9) What will Sonia learn from her project?

Ans. Sonia will learn about dental hygiene from her project

Language Practice

L. 2 Read the situations. Tick mark the appropriate option.

<u>Situation</u>	<u>Options</u>
Today is the deadline for submitting your assignment. It was announced in the class that those who do not submit it today, will be punished.	<input type="checkbox"/> Today, I will submit the assignment. <input checked="" type="checkbox"/> Today, I must submit the assignment. <input type="checkbox"/> Today, I have to submit the assignment.
Your leg is fractured now. You are in the bed, recalling how you were riding a bicycle.	<input checked="" type="checkbox"/> I could ride a bicycle. <input type="checkbox"/> I can ride a bicycle. <input type="checkbox"/> I must ride a bicycle
There is a mimicry programme in your school. You want to participate.	<input checked="" type="checkbox"/> I can make people laugh. <input type="checkbox"/> I could make people laugh. <input type="checkbox"/> I should make people laugh.
Your mother inform you that perhaps your aunt will come to your house.	<input checked="" type="checkbox"/> I will prepare pakodas for her. <input type="checkbox"/> I am going to prepare pakodas for her. <input type="checkbox"/> I have to prepare pakoras for her.
Every day you get up at 6.30 a.m. but tomorrow you have to go to	<input checked="" type="checkbox"/> I have to get up early tomorrow. <input type="checkbox"/> I will get up early tomorrow.



Vadodara to attend a meeting at 6.00 a.m.	I must get up early tomorrow.
You have participated in national level running competition. You want to break the previous record.	✓ I am going to run at the speed of 250 metres per minute. I will run at the speed of 250 metres per minute. I can run at the speed of 250 metres per minute.

L. 4 What would you say in these situations?

(Use these words: be sick, crash, get wet, lose, not stop, rain)

Example : The sky is full of dark clouds.

It's going to rain.

1. Now it has started raining. There's nowhere to shelter and you haven't got an umbrella.

✓ **I am going to get wet.**

2. You feel awful. There's a terrible feeling in your stomach.

✓ **I am going to fall sick.**

3. You are playing cricket. The game is nearly over and you have 10 runs to make.

✓ **We are going to lose the match.**

4. You can see a plane coming down. It's out of control and falling to the ground.

✓ **It is going to crash.**

5. You are waiting for a bus. There's one coming, but you don't know if it's the one you want. It's running very fast.

✓ **It is not going to stop.**

L. 5 Your group has just taken over the management of a hotel. With your group members, look at the information and decide what rules are going to be in your hotel. Use - must, mustn't, have to, don't have to, can and can't.

Examples:

Guests **should not** disturb others.

Guests **must** check out before 12 noon.

Guests **mustn't** smoke in their room.

Guests **have to** leave their keys when they go out.

Staff **don't have to** work on weekends.

Staff **can** have sick leave.

Guests **can't** order breakfast after 10 am.

Guests	Rules
<u>Checking in and out:</u> check out before 11 am 12 noon, check in after 1 pm 2 pm, pay by cash credit card, if a guest checks out late, if a guest wants to stay longer, cancellation cost	Guests <u>should</u> check out before 12 p.m. Guests <u>should</u> check in after 1 p.m. Guests may pay by cash or credit card. Guests <u>may</u> stay longer with prior intimation Last minute cancellation will <u>have</u> no refund. Cancellation one day before check in <u>may</u> cost 25 of money paid

<p><u>Rooms:</u> leave keys when guests go out, smoking in the room, Wi-Fi access cost, have visitors, TV channels</p>	<p>Guests will <u>have to</u> leave the keys at the Reception when they leave the hotel.</p> <p>Guests <u>must not</u> smoke in the rooms. There as separate smoking zone in the hotel.)</p> <p>Guests <u>can</u> use Wi-Fi free of cost.</p> <p>Guests <u>may have</u> visitors in their room.</p>
<p><u>Meals :</u> breakfast start I finish time, breakfast included, not included, book a table for lunch I dinner, smoking in the restaurant</p>	<p>Breakfast <u>must</u> be ordered between 7am and 9 a.m.</p> <p>Guests <u>can</u> have breakfast in the room or in the restaurant.</p> <p>Guests <u>can</u> book a table for lunch or dinner.</p> <p>Guests <u>must not</u> smoke in the restaurant.</p> <p>Lanch timings are from 12pm to 3pm</p> <p>Dinner timings are from 7:30 pm to 10:30 pm</p>

➤ **Other Rules**

Staff	Rules
<p><u>Working hours</u></p> <p>work weekends (how often?)</p> <p>work evenings (how often?)</p> <p>holiday leave (how often?)</p>	<p>Day shift in <u>shall</u> report on duty at 8 a.m.</p> <p>Night shift staff <u>shall</u> report on duty at 8 p.m.</p>

if staff is sick	<p>Staff <u>must not</u> take leave on weekends.</p> <p>Staff <u>must</u> submit an application for leave.</p> <p>Staff <u>shall</u> get one day off in a week. In case of sickness, staff must submit a medical certificate along with the leave application p.m.</p>
<p><u>Clothes</u></p> <p>wear a uniform</p> <p>clothing for receptionists I bellboys</p> <p>clothing for kitchen staff</p>	<p>Staff <u>must</u> wear the prescribed uniform every day.</p> <p>Staff <u>must</u> carry their I-Cards with them every day.</p>

L. 6 Study the notices displayed on your school notice board. Prepare a notice for a fancy dress competition to be held in your school.

1) Mention the rules.

- **Example :** Interested candidates must get their names registered within five days

(2) Mention various alternatives.

- **Example :** Interested students can take up roles such as vegetable vendor, farmer, etc

(3) Give general details of the competition.

- **Example :** The competition is going to start at 10:00 a.m. sharp. The decision of the judges will be final.

❖ SARASWATI VIDYALAYA
(High School Section)

The Annual Fancy Dress Competition of our school will be held on 25th December, 2015, at 10 a.m., in the Assembly Hall.

All the students, who are interested in participating in the competition must submit their names with their class teachers by 1st December, 2015.

Please get a copy of the rules from the office. The decision of the judges will be final.

Writing

W.I Here is the correct method of brushing teeth. Read it carefully. Now write the instructions for brushing your teeth. Work in Pairs.



(1) Holding brush at 45° angle, brush in short back and forth motions on the outer surfaces of the teeth. Don't scrub.

Example

- (A) You should hold the brush at 45° angle
- (B) You should move the brush in short back and forth motions on the outer surfaces of the teeth.
- (C) You must not scrub.





(2.A) Use back and forth motion for chewing surfaces.

Example : You should move the brush back and forth for chewing surfaces.

(2B) Use short-angled strokes along the gum-line.



(3.A) Use gentle up strokes with toe of brush.

Example : You should move the brush in short-angled strokes along the gum-line.



(3.B) Use gentle down strokes with toe of brush.

Example : You should move the brush up



(4) Brush tongue back to front using sweeping motion.

Example : You should brush the tongue back to front in a sweeping motion.

W. 2 Read the prescription and explain to Kalaben about her disease, dosage and timings of medicines. Write this explanation as a paragraph.

(Use the medical abbreviations list)

(Use the medical abbreviation list)

> Rx = Treatment

> S = without

> TID = Thrice a Day

> Hx = History

> SS = One half

> QID = Four times a day

> Dx = Diagnosis

> C = With

> OD = Once a Day

> q = Every	> SOS = If needed	> BT = Bed Time
> qd = Everyday	> AC = Before Meals	> BBF = Before Breakfast
> qod = Every otherday	> PC = After Meals	> BD = Before Dinner
> qh = Every Hour	> BID = Twice a Day	> Tw = Twice a week

Dhanvantari Ayurved Hospital,

Una Kalaben: 56 yrs, Female Dt. 7/7/2016

Hx Cough and Cold for 10 days

Dx Viral Infection

Rx Tab. Tulsi Ghanvati 30

(2 tabs PC BID)

Tab. Tribhoovankirti Rasa 30

(C Honey, 2 tabs BBF, 2 tabs BT)

Syrup Shwaaskaasaari 100ml

(2 spoons QID, S Water)

- Dr. Hardik Gadhiya

You can begin like this: Kalaben is 56 years old. She has been suffering from cough and cold for ten days. On 7th July, 2016, she visited Dr Hardik Gadhiya at the Dhanvantari Ayurved Hospital in Una

The diagnosis, as per Dr Hardik Gadhiya, is that she has a viral infection. The doctor has prescribed her three medicines.

Kalaben has to take 2 Tulsi Ghanvati tablets, twice a day, after meals. She has to take Tribhuvan Kirti Rasa tablets with honey. She must take 2 tablets (with honey) before breakfast and 2 tablets (with honey) at bed time.

She must take spoons of Swas Kesari syrup, four times a day
(without water)

W. 3 Suppose you are the Dental Chair at the Dental Care Clinic of Dr. Bansi Sharma. Write your experiences and feelings of a day.

You can begin like this : Hello. I am the dental chair at Dental Care Clinic of Dr Bansi Sharma. All the patients who come to this clinic are examined and treated only after they sit on me. I have so many different experience and feelings during the day

Today, the first patient was a small boy. He had a bad toothache. When he sat on me, he was so frightened, that he started screaming and crying. Helios started jumping on poor me! His dirty shoes made me dirty! How angry I I was then cleaned by the assistant.

The next patient was an elderly man. He had his tooth removed by the doctor. Though he sat quietly, the treatment was quite painful. The liquid medicines and water fell on me. I became dirty again. But that was okay. I understand

There were many patients throughout the day. I feel happy that I give comfort and rest to the patients. But I also feel sad and angry when I get dirty.