Dental Health Curriculum – Use of Mouthguards
QUIZ

CIRCLE THE CORRECT ANSWER

1. In high schools, mouthguards are most widely used in which contact sport?
   a. soccer
   b. football
   c. basketball
   d. field hockey

2. An avulsion is:
   a. the fracture of the jaw
   b. a broken tooth
   c. the separation of the tooth from the jaw bone
   d. the separation of the upper and lower jaw bones

3. The best type of mouthguard that a person can use is:
   a. stock or pre-formed
   b. custom made
   c. mouth-formed ("boil and bite" style)
   d. no answers are correct

4. Soft tissue injuries may occur to the:
   a. lips
   b. cheeks
   c. tongue
   d. all of the above

5. Injuries to the front teeth occur in ___ percent of Americans between the ages of 6 and 50.
   a. 1 percent
   b. 10 percent
   c. 99 percent
   d. 25 percent

6. Mouthguards would decrease oral injuries in:
   a. soccer
   b. baseball
   c. basketball
   d. all of the above

7. Mouthguards decrease the chance of this serious sports-related injury:
   a. heart attack
   b. athlete’s foot
   c. concussion or brain injury
   d. dental caries

8. How many dental injuries will occur this year in the United States?
   a. 10 million
   b. 1 million
   c. 250 million
   d. none of the above

9. Trauma from contact sports can cause injury to these hard tissues in the mouth:
   a. teeth
   b. bones
   c. joints
   d. all of the above

10. Since 1960, the use of mouthguards in football has decreased injuries to the mouth from 50 percent to:
    a. .5 percent
    b. 30 percent
    c. 10 percent
    d. 45 percent
Dental Health Education Curriculum
Middle School
Quiz
Use of Mouthguards
Answers

1. B
2. C
3. B
4. D
5. D
6. D
7. C
8. A
9. D
10. A