



**INDIAN SCHOOL MUSCAT**  
**SENIOR SECTION**  
**DEPARTMENT OF ENGLISH**  
**CLASS XI**  
***NOTE MAKING AND SUMMARIZATION***



**Date** \_\_\_\_\_

**1 Read the following passage and answer the questions that follow:**

There's more to keeping your pearly whites precisely than a bit of brushing and the odd visit to a dentist. Take a look at these dental dos and don'ts.

Carbonated drinks (including the diet variety and sparkling water) can cause your teeth to look older than they really are. "These drinks are so highly acidic that they can actually dissolve the upper layers of the tooth," warns cosmetic dentist Dr. Oliver Harman. They contain high amounts of phosphorous – a mineral that can leach calcium from your bones if you consume too much – and some scientist believe they can weaken your jawbone, increasing the chance of losing teeth.

Foods that work on the teeth like detergents are foods that require chewing. Apples, celery and carrots clean teeth naturally and foods such as spinach, lettuce and broccoli prevent staining by creating a film in the teeth that acts like a barrier. Major stainers will take their toll on our smile sooner or later, so steer clear of tea, coffee, red wine, curries and highly pigmented foods such as cherries and blueberries – anything in fact, that will stain a white shirt.

Smoking causes staining of the teeth and bad breath and increases the risk of oral cancer and gum disease, as it constricts blood flow to the gums. Smoking one pack a day for 10 years can cause a 10 per cent loss of bone support. On a positive note, however, a study published in the journal of *periodontology* revealed that 11 years after quitting, former smokers' likelihood of having periodontal disease was not significantly different from that of those who had never smoked.

Bruxism is the technical name for tooth grinding and, according to the British Dental Health Foundation; it affects around one in 10 people. It is often caused by stress and anxiety and over a period of time can result in tooth damage and receding gums. The teeth may be pushed out of line and your bite may need adjustment. To make matters worse, grinding usually occurs at night, with many of us unaware we are doing it. The following are signs that you may be suffering from bruxism: mouth, jaw and facial pain; limited jaw movement; sore gums and worn teeth. If you have a partner, ask them to listen for grinding sounds you may make while sleeping. The British Dental Association advises trying relaxation techniques before you hit the pillow and if you suffer from prolonged tooth grinding, talk to your dentist about options such as a special mouth guard to wear while you sleep.

“A professionally applied whitening system will not damage teeth,” says Dr. David Bloom, a member of the British academy of Cosmetics Dentistry. “But some over the counter bleaches are so acidic; they can cause surface loss and sensitivity.”

Habitual nail chewers damage more than their cuticles; they can damage their teeth, too. “If you have weakened enamel, you end up with an exposed, dented, soft area in the centre of the tooth,” Harman says, “and that’s when a problem occurs. The dentine is much softer than the enamel and if exposed to bad habits such as chewing nails, opening beer bottles or tearing off Sellotape, it will wear down.” Often the middle part dissolves quicker than the outside and the brittle enamel is very prone to chipping, making the teeth look uneven and unattractive.

**a) On the basis of your reading of the above passage, make notes using headings and sub headings. Use recognizable abbreviations, wherever necessary.**

**b) Write a summary of the passage in not more than 80 words using the notes made and also suggest a suitable title.**

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