Teacher Answer Key

Case Study

1. Constant small sugar hits + skipping balanced lunch/protein/fiber → repeated spikes and insulin responses → crash and hunger later.

2. Brushed hard immediately after sour candy; better: rinse with water, wait a bit, then brush gently.

Multiple Choice

1. A

2. B

3. B

Matching

1-B, 2-E, 3-D, 4-C, 5-A

Fill-in-the-Blank

1) insulin, 2) enamel, 3) acid

Short Answer (Sample Responses)

Q1: Frequent snacking keeps the mouth acidic longer, increasing demineralization periods; one planned time reduces repeated acid attacks.

Q2: Chocolate after a meal or pairing candy with protein/fiber reduces spikes and crashes.

Q3: Eat candy once after lunch, drink water after, avoid constant sipping of sugary drinks, and choose a balanced snack before activities.