

Is it safe to use a £3 paste for whitening your teeth? Worksheet answer key

I) Find the words listed chronologically that mean:

En vente libre (adj)	Over-the-counter
émail	enamel
gencive	gum
évaluer	assess
décomposer	Break down
blanchir	whiten
blanchisseur	whitener
carie dentaire	Tooth decay
renforcer	strengthen
empêcher de	Prevent + Ving
mince	thin
ôter, enlever	remove
agent de blanchiment	Whitening agent
sensible	sensitive
douloureux	sore
ramollir	soften
en bonne santé	healthy
s'infiltrer, passer à travers	Seep through
breveté	patented
des preuves	evidence
durcir	harden
cher, dispendieux	pricey
taches	stain
eau de javel	bleach
saignement	bleeding
usage du fil dentaire	flossing
bicarbonate de soude	Baking soda
catalyseur	catalyst
s'user	Wear/wore/worn down

II) Translate the following words into French

fluoride	fluorure
Chlorine dioxide	Dioxyde de chlore
Sodium fluoride	Fluorure de sodium
Hydrogen peroxide	Péroxyde d'hydrogène

III) Fill in the following table

	Blanx White Shock	Rapid White Express	Pearl Drops	Dr Oliver Whitening Wands	Beverly Hills	Arm & Hammer
Formula	toothpaste	Flexible strips	Serum to massage gums	Gel activation	toothpaste	Toothpaste additive
Active ingredient used	Actilux	Chlorine dioxide	Active oxygen + vitamin E	Hydrogen peroxide	Panthenol, Q10 and folic acid	Baking soda, liquid calcium
Actual Whitening performance	no scientific evidence	questionable	Whitening potential	Low quantities used	No whitening ingredients	Removes stains but doesn't whiten
Warning notice	X	Citric acid; sore mouth	X	X	X	Use once a week only
Expert's advice	Poor	Very poor, fail	Quite good	Very poor, fail	Poor	Poor

IV) True or False?

1) The LED in Blanx White Shock whitens your teeth. **FALSE**

Justification: "I can't find any sound **scientific evidence** to confirm it works."

2) Chlorine Dioxide has to be used in large quantities to be effective. **TRUE**

Justification: "If the quantity is very small, I question how efficient the whitening effect can be."

3) The action of active oxygen in Pearl Drops is made useless by saliva. **TRUE**

Justification: "unfortunately the active ingredient is **likely to** be diluted by saliva fairly quickly."

4) If you want to keep your gums healthy it is best to brush and floss regularly. **TRUE**

Justification: "There is no substitute for good brushing and flossing techniques to **keep** gum disease **at bay**."

5) Arm & Hammer can be used safely on a daily basis. **FALSE**

Justification: "For this reason (...) I would use this once a week, **rather than** daily."

V) Translate into English

- les produits chimiques utilisés comme agents de blanchiment risquent d'abîmer l'émail de vos dents et de les rendre plus sensibles.
The chemical products/chemicals used as whitening agents may/can damage tooth enamel and **cause it to be** more sensitive.
- Les produits brevetés utilisés par les fabricants affirment qu'ils blanchissent les dents en une semaine si on les utilise deux fois par jour.
The patented products used by the manufacturers claim they whiten your teeth in one week if they are used twice a day.
- Les produits abrasifs qui éliminent les taches dentaires risquent de provoquer des saignements des gencives.
The abrasive products which remove dental stains may **cause** your gums **to bleed/** may cause gum bleeding.