

# City and Guilds Dental Nursing Block 2 Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. Which statement correctly lists a salivary gland disorder name?**
  - A. Tonsillitis and laryngitis**
  - B. Gingival recession**
  - C. Tooth decay**
  - D. Sialadenitis, Sialolithosis or Sjogren's Syndrome**
  
- 2. The structure that attaches a tooth to the socket and helps absorb chewing forces is the...**
  - A. Periodontal ligament**
  - B. Gingival epithelium**
  - C. Alveolar bone**
  - D. Cementum**
  
- 3. The heart is located in which body cavity?**
  - A. Pelvic cavity**
  - B. Cranial cavity**
  - C. Thoracic cavity**
  - D. Abdominal cavity**
  
- 4. Which nerve is commonly targeted for numbing the upper teeth in a regional block that supplies the maxillary anterior and premolar teeth?**
  - A. Infraorbital nerve**
  - B. Middle superior dental nerve**
  - C. Anterior superior alveolar nerve**
  - D. Posterior superior alveolar nerve**
  
- 5. Which tooth may develop the cusp of Carabelli?**
  - A. Upper first molar**
  - B. Lower first molar**
  - C. Upper canine**
  - D. Lower lateral incisor**

- 6. What are dyes used for in check ups?**
- A. To detect caries by staining the demineralised enamel**
  - B. To whiten teeth**
  - C. To seal fissures**
  - D. To kill bacteria**
- 7. What is the FDI notation for the upper right deciduous second molar?**
- A. 54**
  - B. 65**
  - C. 55**
  - D. 64**
- 8. The surface of a tooth nearest the midline is called the...**
- A. Distal**
  - B. Mesial**
  - C. Buccal**
  - D. Occlusal**
- 9. During extra-oral soft tissue assessment, which item is examined?**
- A. Tooth shade**
  - B. Occlusal wear**
  - C. Bone density**
  - D. Skin colour, presence of blemishes and swelling**
- 10. The name of the largest salivary gland is:**
- A. Minor Glands**
  - B. Sublingual**
  - C. Submandibular**
  - D. Parotid**

## Answers

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

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## **Explanations**

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**1. Which statement correctly lists a salivary gland disorder name?**

- A. Tonsillitis and laryngitis**
- B. Gingival recession**
- C. Tooth decay**
- D. Sialadenitis, Sialolithosis or Sjogren's Syndrome**

Salivary gland disorders include conditions that directly involve the salivary glands, such as inflammation, stones forming inside the ducts, and autoimmune problems that affect saliva production. The statement listing sialadenitis (inflammation of a salivary gland), sialolithosis or sialolithiasis (salivary stones), and Sjögren's syndrome (an autoimmune condition causing dry mouth) is the only option that groups true salivary gland problems. The other items describe issues not related to the glands: tonsillitis and laryngitis affect the tonsils or larynx, gingival recession is gum tissue, and tooth decay is a dental caries problem.

**2. The structure that attaches a tooth to the socket and helps absorb chewing forces is the...**

- A. Periodontal ligament**
- B. Gingival epithelium**
- C. Alveolar bone**
- D. Cementum**

The periodontal ligament is the structure that attaches a tooth to its socket and helps absorb chewing forces. It's a thin fibrous connective tissue located between the cementum on the tooth root and the walls of the alveolar bone. The collagen fibers of the ligament insert into both cementum and bone, forming a suspensory attachment that holds the tooth in place while still allowing a small amount of movement. This network acts as a shock absorber during biting and chewing, distributing forces to protect the tooth and surrounding bone. It also contains receptors that provide feedback about bite force, helping control how hard we bite. Gingival epithelium is the surface tissue of the gums, not involved in attaching the tooth to the socket. Alveolar bone forms the socket and supports the tooth, but it's the ligament that links tooth to bone. Cementum covers the root and provides a target for ligament fibers to attach, but on its own it doesn't connect the tooth to the socket or absorb the forces; that role belongs to the periodontal ligament.

**3. The heart is located in which body cavity?**

- A. Pelvic cavity**
- B. Cranial cavity**
- C. Thoracic cavity**
- D. Abdominal cavity**

The heart sits in the chest, inside the thoracic cavity. This cavity is the space within the rib cage and above the diaphragm, housing the heart and lungs. The heart itself lies in the mediastinum, protected by the pericardial sac that surrounds it. The other cavities listed aren't where the heart is: the cranial cavity is inside the skull and contains the brain; the abdominal cavity holds organs like the stomach and intestines; the pelvic cavity contains pelvic organs. The diaphragm forms the boundary between the thoracic and abdominal cavities, keeping the heart in the chest.

**4. Which nerve is commonly targeted for numbing the upper teeth in a regional block that supplies the maxillary anterior and premolar teeth?**

- A. Infraorbital nerve**
- B. Middle superior dental nerve**
- C. Anterior superior alveolar nerve**
- D. Posterior superior alveolar nerve**

In upper-mouth regional anesthesia, you target the branches of the maxillary nerve that feed groups of teeth. The middle superior dental nerve is the one commonly targeted when the goal is to numb the premolar area, because its distribution covers the maxillary premolars (and is associated with the mesiobuccal root of the first molar in some people). Targeting this nerve in a regional block gives focused anesthesia to the premolars and adjacent gingiva, which is what the question is aiming at. The other nerves serve different zones: the anterior superior alveolar nerve mainly supplies the anterior teeth, the posterior superior alveolar nerve supplies the molars, and the infraorbital approach is a broader route that can affect both anterior and premolar regions but isn't the distinct middle branch used for the premolars in isolation.

**5. Which tooth may develop the cusp of Carabelli?**

- A. Upper first molar**
- B. Lower first molar**
- C. Upper canine**
- D. Lower lateral incisor**

The cusp of Carabelli is an extra cusp that appears on the lingual (tongue-side) surface of the maxillary first permanent molar, specifically near the mesiolingual area. Because this extra cusp occurs on the upper first molar rather than on the lower teeth or on canines or incisors, the upper first molar is the tooth that may develop it. It's a genetic variation seen in some individuals and varies in frequency among populations.

**6. What are dyes used for in check ups?**

- A. To detect caries by staining the demineralised enamel**
- B. To whiten teeth**
- C. To seal fissures**
- D. To kill bacteria**

Dyes used during check-ups are caries detector dyes. They help reveal areas of demineralised or decayed tooth structure by staining them, so you can see where caries may be present and assess how deep it might be. This supports decisions about whether a restoration or further investigation is needed. They're not for whitening teeth, sealing fissures, or killing bacteria, which are done by whitening products, sealants, or antiseptics/antibiotics, respectively. Remember that dye results should be considered alongside other checks like visual exam and radiographs, since staining can sometimes occur on plaque or sound areas too.

**7. What is the FDI notation for the upper right deciduous second molar?**

- A. 54
- B. 65
- C. 55**
- D. 64

FDI notation uses two digits to identify a tooth. The first digit shows the quadrant and dentition: 1-4 are permanent teeth in the four quadrants (upper right, upper left, lower left, lower right), while 5-8 denote the deciduous (primary) teeth in those same quadrants, with 5 corresponding to the upper right. The second digit identifies the tooth's position within that quadrant, numbered from 1 to 5 in the deciduous set (1 central incisor through 5 second molar). The upper right deciduous second molar sits in the deciduous quadrant of the upper right, and it is the fifth tooth in that quadrant, giving 55. Other options would map to different deciduous teeth in other quadrants or to first molars rather than second molars. Therefore, 55 is the correct notation.

**8. The surface of a tooth nearest the midline is called the...**

- A. Distal
- B. Mesial**
- C. Buccal
- D. Occlusal

The surface nearest the midline is the mesial surface. The midline runs down the center of the face, dividing the mouth into left and right halves, so mesial means toward that line. The opposite surface is distal, which faces away from the midline toward the back of the mouth. Other directional surfaces include buccal (toward the cheek), lingual (toward the tongue), and palatal (toward the palate, on upper teeth). The chewing surface on back teeth is called occlusal, while the cutting edge on front teeth is the incisal surface.

**9. During extra-oral soft tissue assessment, which item is examined?**

- A. Tooth shade
- B. Occlusal wear
- C. Bone density
- D. Skin colour, presence of blemishes and swelling**

In extra-oral soft tissue assessment you're looking at the outer facial tissues surrounding the mouth to evaluate their appearance and condition. The key focus is the skin color, any blemishes, and swelling, as these clues can signal local issues or systemic health problems and help spot early signs of disease. This area is about what you can see and feel on the outside of the mouth and face, not about the teeth or the bone behind them. For example, normal skin should have consistent color and texture, with no unexpected lumps or lesions; any changes like discoloration, rashes, ulcers, or swelling warrant documentation and possibly a referral. The other options relate to intra-oral or radiographic aspects: tooth shade and occlusal wear pertain to the teeth themselves, while bone density concerns the underlying bone and is usually assessed with imaging or palpation rather than soft tissue inspection.

**10. The name of the largest salivary gland is:**

- A. Minor Glands**
- B. Sublingual**
- C. Submandibular**
- D. Parotid**

The largest salivary gland is the parotid gland. It's the big, cheek-area gland located just in front of and below the ear, and it produces a large volume of serous (watery, enzyme-rich) saliva. Its secretion drains into the mouth through Stensen's duct, opening opposite the upper second molar. The submandibular gland is the next largest and secretes a mix of serous and mucous saliva, the sublingual gland is the smallest and mainly mucous, and the minor glands are numerous but small. Because of its size and volume of saliva produced, the parotid is the largest.

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## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://cityguildsdentalnursingblock2.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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