

Teeth

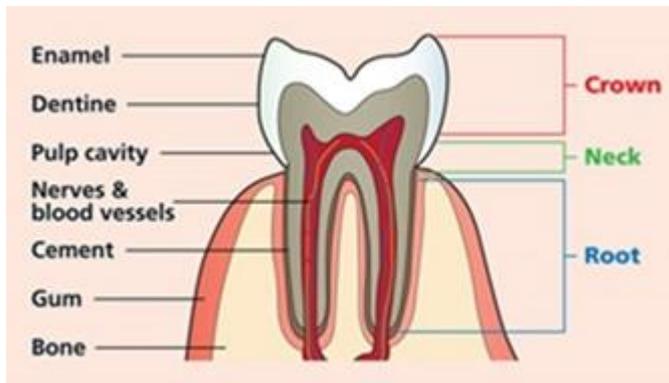


Diagram showing inside a tooth.

Introduction.

We are all born with all of our teeth hiding inside of the bones of our skull. From the moment they **erupt** they need to be very carefully looked after or you may end up losing them. This report tells you all about teeth and how to look after them.



Uses of teeth.

We use our teeth in different ways. The incisor teeth are to cut food as it enters the mouth. Canine teeth are to tear foods like meat into smaller chunks that we can chew. Then the pre-molar and molar teeth **grind** and crush the food before we swallow it with the help of our tongues.

Two sets of teeth.

Did you know that you get two sets of teeth in your lifetime? Your first set are your baby teeth and are place holders for your adult teeth. If you lose a baby tooth too soon your adult teeth may not grow into your mouth properly.

Once you get your adult teeth you need to take good care of them because no new ones will grow if you lose any.



How to look after your teeth.

Do you know how to look after your teeth? You should brush your teeth for at least two minutes every morning and every evening before you go to bed. If you can it's also best to **floss** your teeth so that the gaps between teeth are cleaned.

Try to cut down on the sugary foods you eat because these can cause tooth **decay**. If you do get a hole in your teeth dentists can fill the holes but this weakens a tooth. Swap sweets for fruit when you can.

It is also a good idea to visit your dentist **regularly**. This should be about every six months just to be sure your teeth stay clean and healthy. It also means any problems can be spotted and fixed quickly.



<p>Did you know...</p> <p>Your teeth begin to develop before you are even born.</p>	<p>Did you know...</p> <p>The enamel on the surface of your teeth is the hardest part of your mouth.</p>
<p>Did you know...</p> <p>If you add up all the time you spend brushing your teeth it would last 38 days!</p>	<p>Did you know...</p> <p>If you knock out a tooth you should put it in milk until you can see a dentist.</p>

Glossary.

Canine	Small, sharp teeth that are used to tear food.
Dentist	A person who is trained to care for your teeth. They can clean, fill, and extract your teeth.
Floss	A special tape that can slip between your teeth the clean where a toothbrush cannot reach.
Incisor	Wide, flat teeth that cut and bite food.
Molar	The largest teeth at the very back of the mouth that crush and grind hard foods
Pre-molar	Medium-sized teeth near the back of the mouth for crushing and grinding softer foods.
Tooth decay	The phrase used to describe rotten teeth or teeth with holes in them.