

Teeth are important for:

Talking

Eating

Smiling

Jaw shape





Animal Teeth



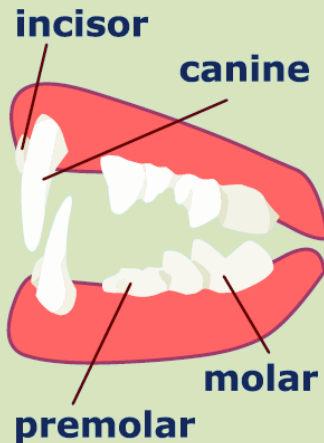
CARNIVORE

Carnivores are animals that eat only meat.

They have long, pointy canines to catch their prey.

They have strong, large molars crush and chew through meat.

Lions, leopards, sharks, eagles, octopus, and crocodiles are carnivores.



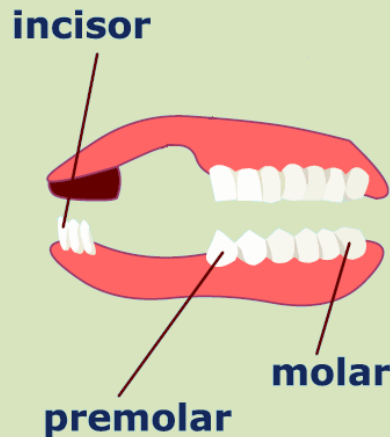
HERBIVORE

Herbivores are animals that only eat plants.

They have sharp incisors to cut and tear plants, leaves and grass.

They have flat molars to grind and mash plants.

Sheep, cows, rabbits, deer, kangaroos, hippopotamuses, horses and pandas are herbivores



ONMIVORE

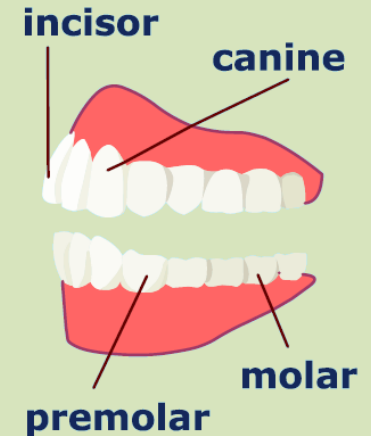
Omnivores are animals that eat meat and plants.

They have sharp incisors to cut food.

They have pointed canines to tear food.

They have large, flat molars to chew food into small pieces.

Humans, bears, pigs, squirrels, rats and mice are omnivores.



Humans have 20 baby teeth and 32 adult teeth



Incisor

Humans have 8 incisors.

They are chisel shaped and are used for biting and cutting food.



Canine

Humans have 4 canines.

They are pointed and sharp and are used for tearing and biting into food.



Premolar

Humans have 8 premolars.

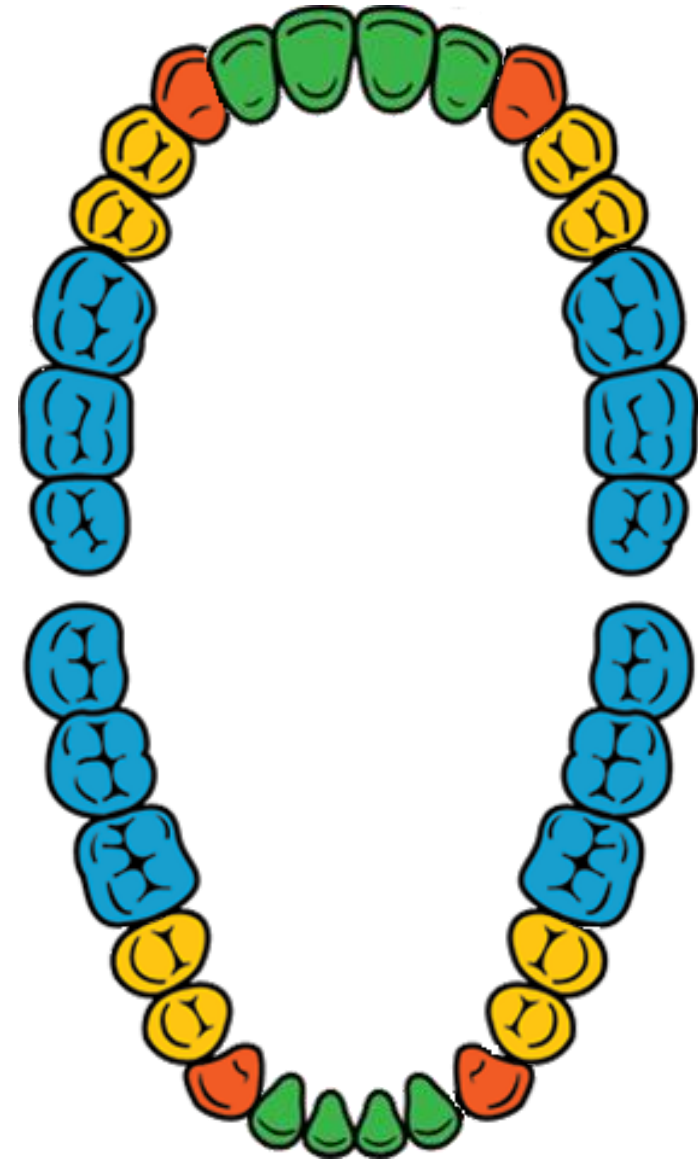
They are flat with 2 cusps and are used for tearing and grinding food.



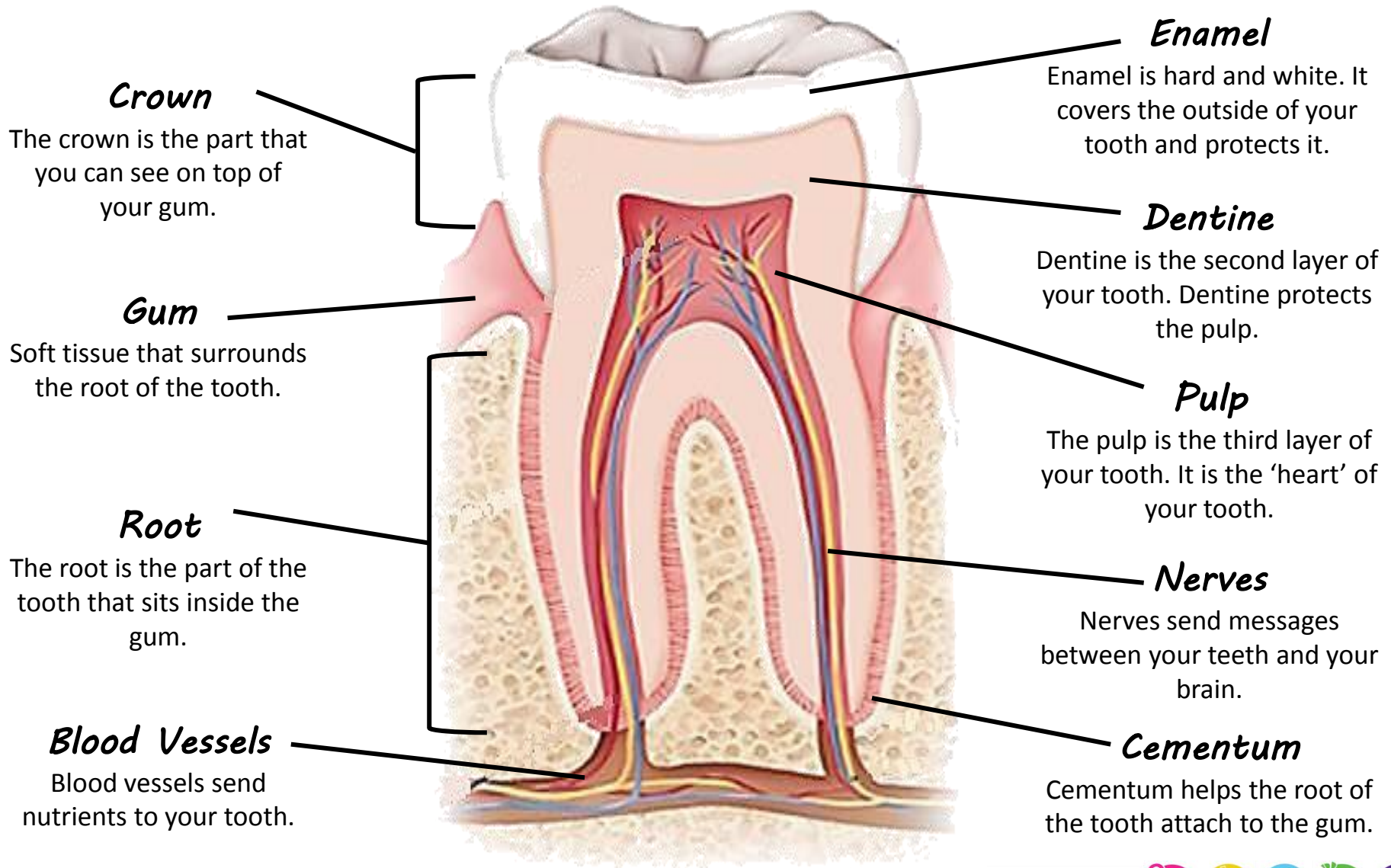
Molar

Humans have 12 molars. Some people only have 8 if they have had their wisdom teeth taken out by the dentist.

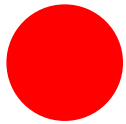
They are flat with 4 cusps and are used for chewing and grinding food.



Do you know what the different parts of a tooth are called?



What foods and drinks are good for your teeth?



Everyday
Foods



Fresh fruit and vegetables are great for your teeth!

If you feel hungry between meals, choose SMART SNACKS like cheese on crackers, yoghurt, sandwiches or fresh fruit.

Water and plain milk are best to drink. Water has no sugar and is free!

What foods and drinks are bad for your teeth?

Sometimes
Foods



Sometimes foods and drinks have a lot of sugar in them.

Sometimes foods and drinks are treats and should not be eaten everyday.

If you feel hungry between meals, choose SMART SNACKS like cheese on crackers, yoghurt, sandwiches or fresh fruit.

5 Tips to keep you **SMILING**



Brush teeth with fluoride toothpaste for 2 minutes, twice a day



Spit, don't rinse after brushing



Drink tap water and milk



Eat snacks with no added sugar



FREE dental care for under 18s



Looking after your teeth when you play sport

Mouth guards protect your teeth, mouth and tongue when you play sports like rugby, touch, hockey and soccer.

Mouth guards also protect you from other head injuries.

You can get mouth guards from sports shops or your dentist can make one specially that fits your mouth.



WATER

is the
BEST CHOICE
when playing sport.

Water is
FREE
and has
NO SUGAR!

What other sport do you have to wear a mouth guard for?

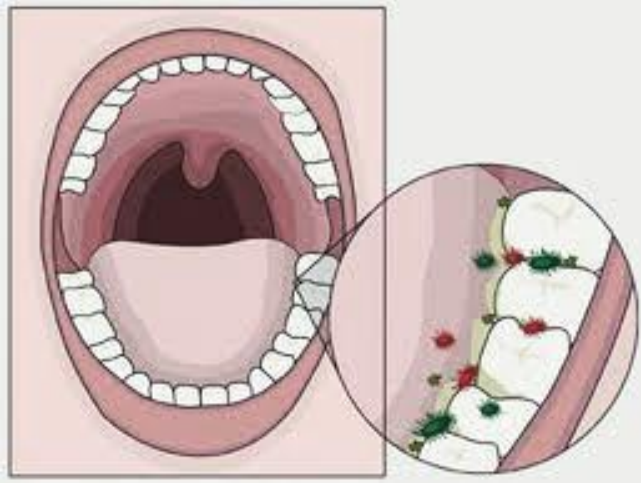


Did you know...

Sports drinks have
15 teaspoons of sugar!



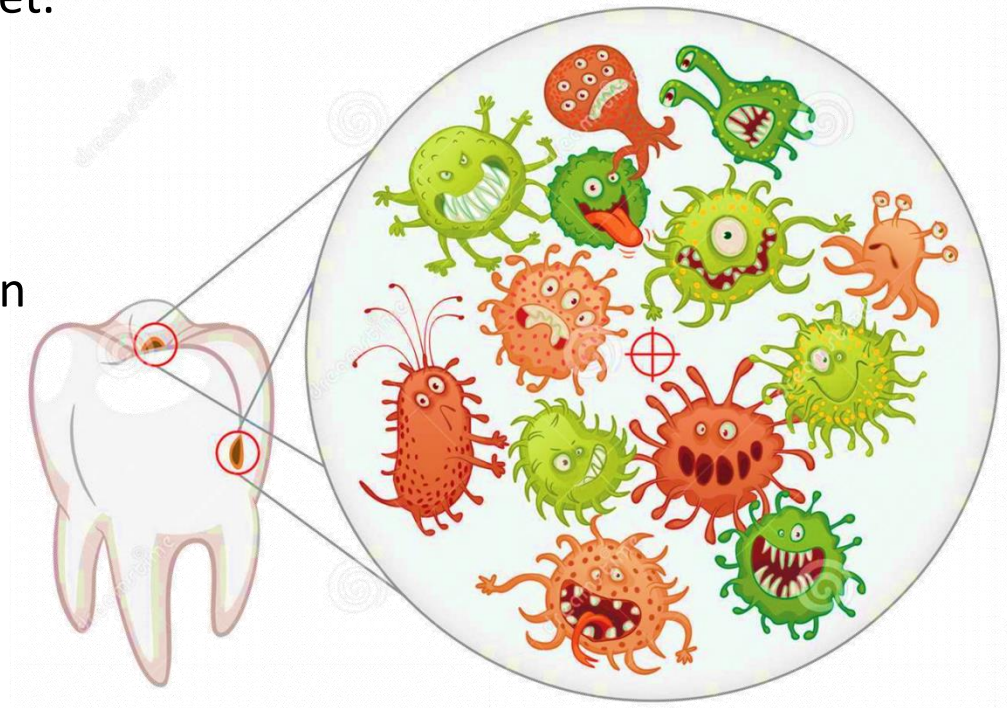
Healthy mouth



We have good germs and bad germs in our mouth.

Germs like to live in the pits on tops of our teeth, in the gaps between our teeth and where our teeth and gums meet.

It is important to keep our mouth clean by brushing for two minutes in the morning after breakfast, and before going to bed each night to clear the germs that cause tooth decay.



How does tooth decay happen?

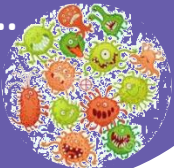
Here's a simple equation to help you remember:

Sugar + germs = acid + teeth = tooth decay

1. You eat sugary food or drink...



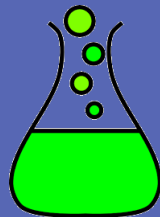
2. Germs that live in plaque that covers our teeth eat the sugary foods...



4. The acid attacks tooth enamel...



3. The germs turn the sugar into acid...



5. And causes tooth decay



If we don't keep our teeth clean, and eat too many sugary foods and drinks, our teeth start to decay and can turn into a cavity.

A cavity is a hole in our tooth. If the cavity gets bigger and reaches the pulp, it can make our teeth hurt.



What does the tooth fairy do with your teeth?

In Denmark, the tooth fairy is called Tandfeen.



In many countries, children place their teeth under their pillow. The tooth fairy collects the tooth in the middle of the night and leaves some money or a small gift.



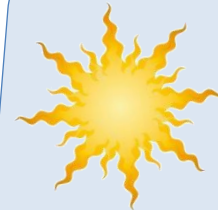
In South Africa, children are given money for their baby teeth that have fallen out and put in a slipper.



In countries like China, Japan, Korea and Vietnam, children throw their teeth on the roof if it fell out of their bottom jaw, and under the floor if it fell out from their top jaw.



Brazilian children throw their cleaned teeth outside for the birds to take. But if the tooth is not clean, they don't get any treasure!



Children from Egypt throw their teeth into the sky toward the sun.

Some countries in Central America make jewellery out of baby teeth.



In Spain, children leave their teeth under their pillow for Ratocinto Perez (Perez Mouse) to take and replace with a gift.



Sugar in drinks

How many teaspoons of sugar are in these different drinks?



Fizzy drink = ____ teaspoons



Fruit juice = ____ teaspoons



Sports drinks = ____ teaspoons



Energy drinks = ____ teaspoons



Water = ____ teaspoons



Flavoured milk = ____ teaspoons

Fizzy drink = 16. Fruit juice = 9. Sports drinks = 15. Energy drinks = 16. Water = 0. Flavoured milk = 6