



Healthy Teeth

Humans grow 2 sets of teeth in their lifetimes. We start getting our first set when we are just a few months old. These are our baby or milk teeth. We grow 20 milk teeth. We should have a full set by the time we are 3 years old.

VIPERS QUESTIONS

R How many sets of teeth do human grow?

At the age of about 6 or 7, our milk teeth start to fall out. They are replaced by our adult teeth. Adult teeth are bigger. Adults grow 28 - 32 teeth.

We have different teeth for different jobs. At the front are our incisors. Incisors cut food. Next, are our canines. Canines tear food. Then there are our pre-molars. Pre-molars crush food. Right at the back are our molars. Molars grind food. Each tooth has an important job to help us eat.

VIPERS QUESTIONS

R Draw lines to match the teeth to their jobs.

Incisors	Tear food
Canines	Grind food
Pre-molars	Cut food
Molars	Crush food



It's important to look after our teeth. We can do this by:

- Keeping teeth clean. Brushing your teeth for 2 minutes twice a day. Brushing prevents infection and stops teeth rotting.
- Eating well. Too many sugary foods and drinks will rot your teeth.
- Visiting the dentist. You should visit your dentist twice a year. Your dentist will spot and fix any problems.

Keeping teeth clean and healthy keeps them strong.

VIPERS QUESTIONS

V

What does the word **twice** mean?

R

What 3 things can we do to look after our teeth?

P

What do you think would happen if we didn't look after our teeth?