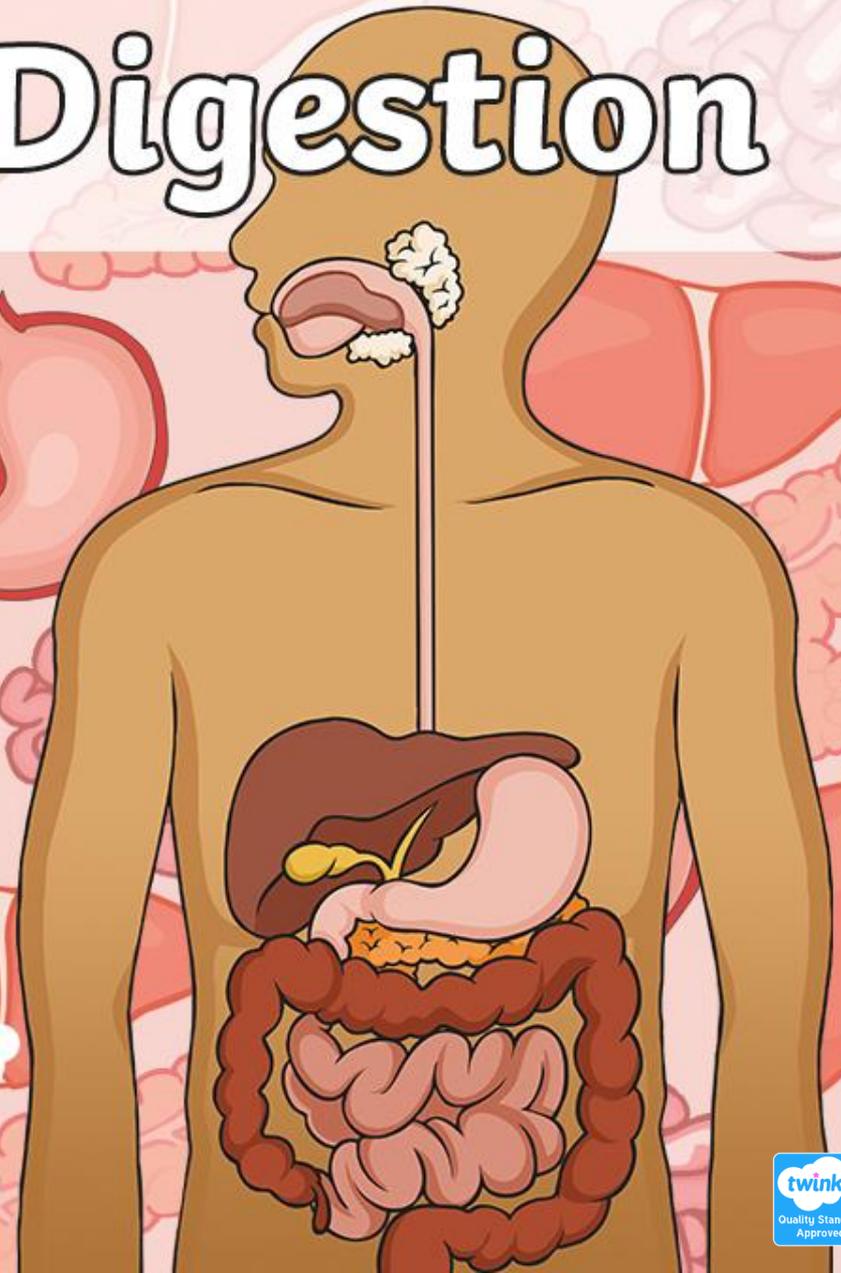
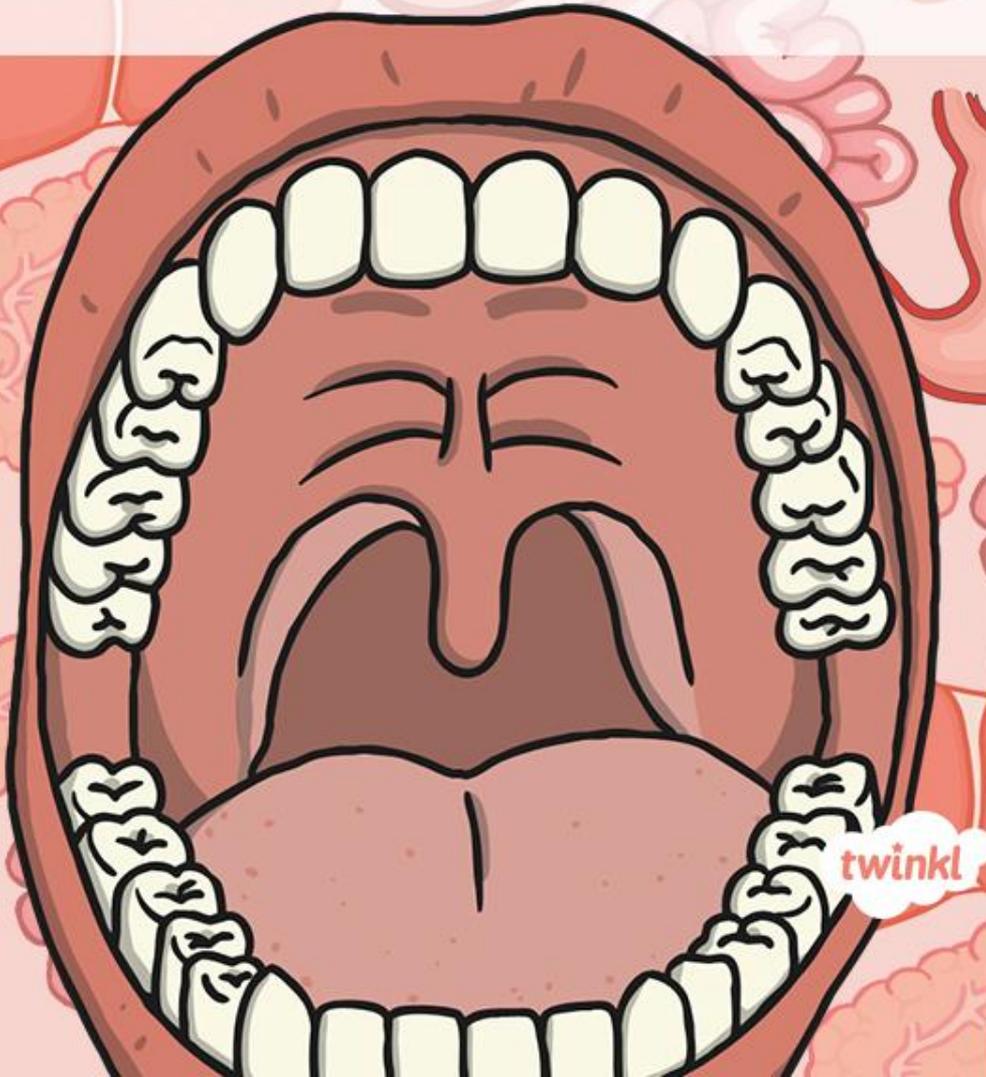
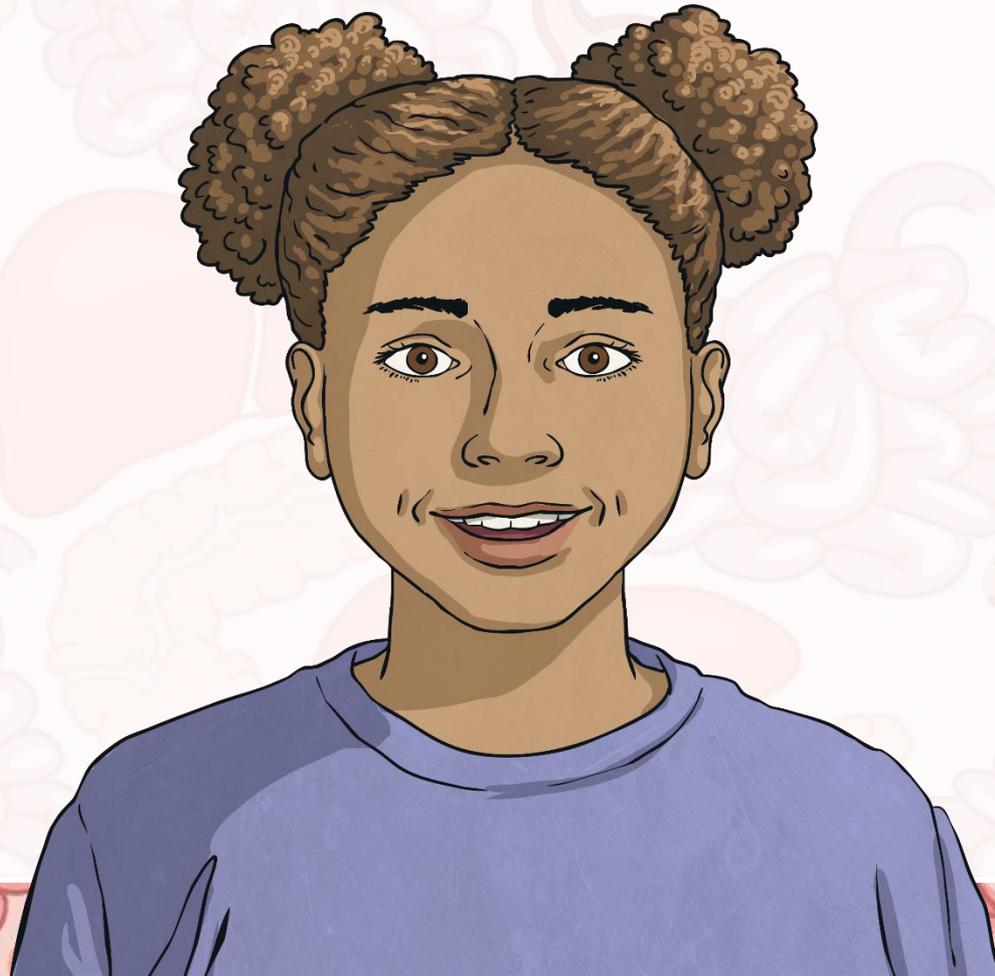


Teeth and Digestion



What do you know about teeth?

Write down or tell a family member what you know already about teeth.



Human Teeth

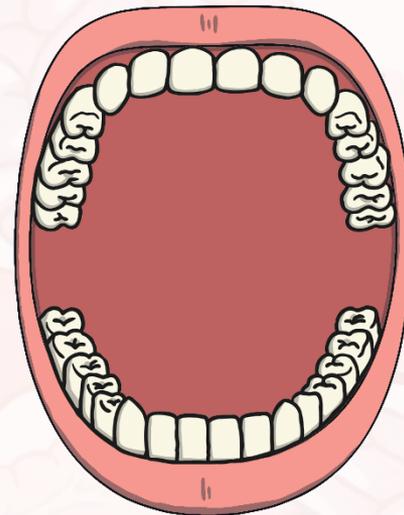
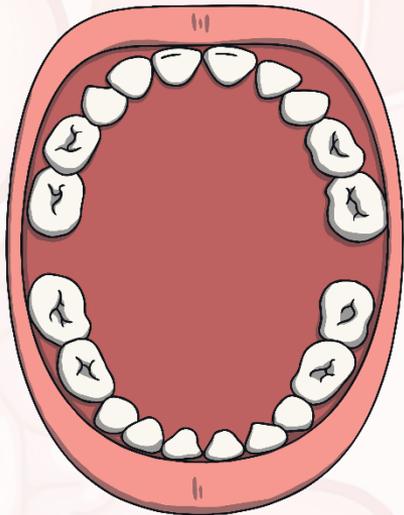
Humans have two sets of teeth in their lifetime.

The first set (milk teeth) usually begin to grow when a baby is about six months old.

Children begin to lose these teeth at around the age of six, when new (adult) teeth begin to grow.

Most children have a full set of milk teeth by the age of three.

A child usually has a full set of adult teeth by their mid-teens.



Let's Investigate!

Talk to a family member about the shape of the teeth that you can see.

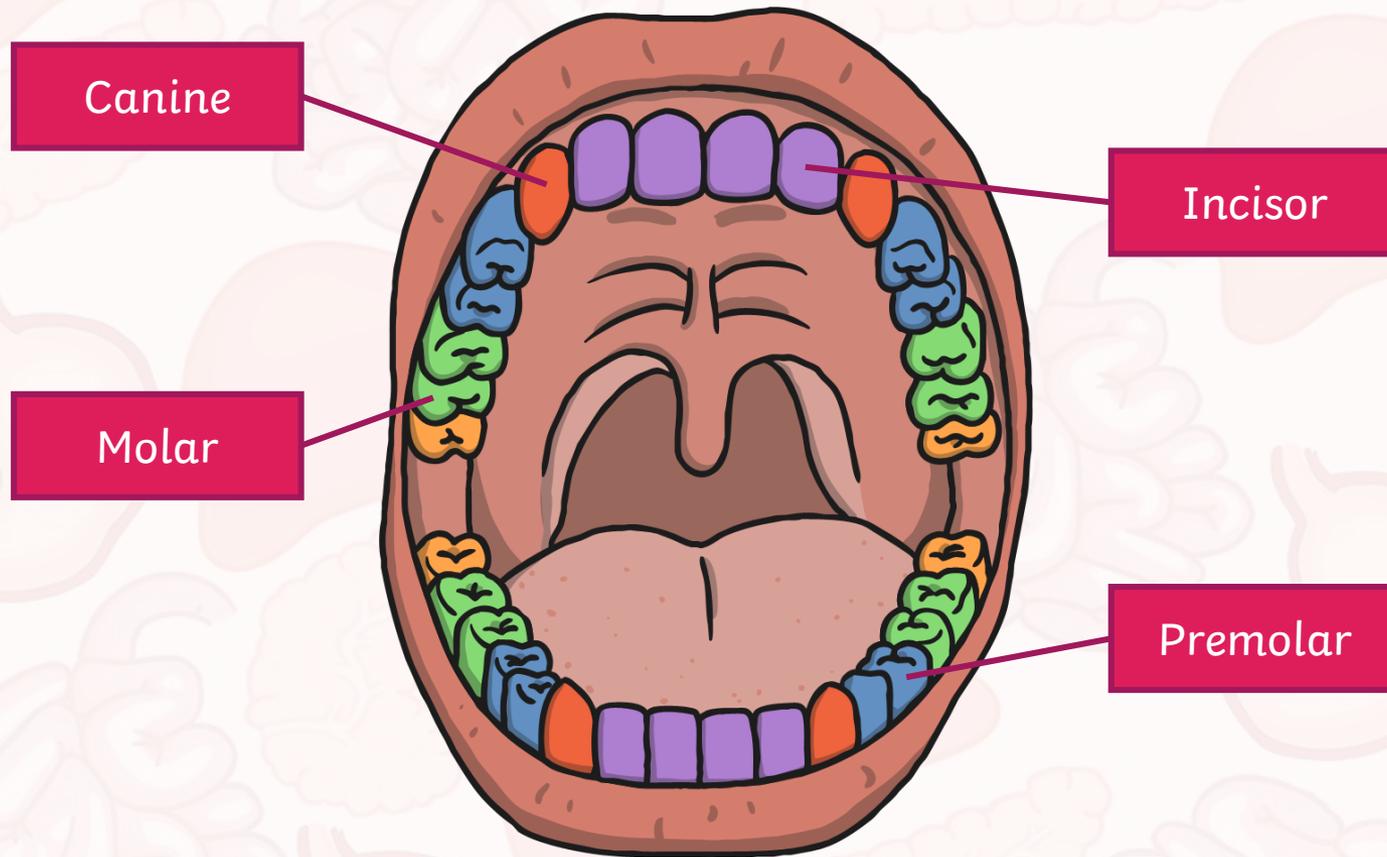
How many teeth do you have?

What types of teeth can you see?



Types of Teeth

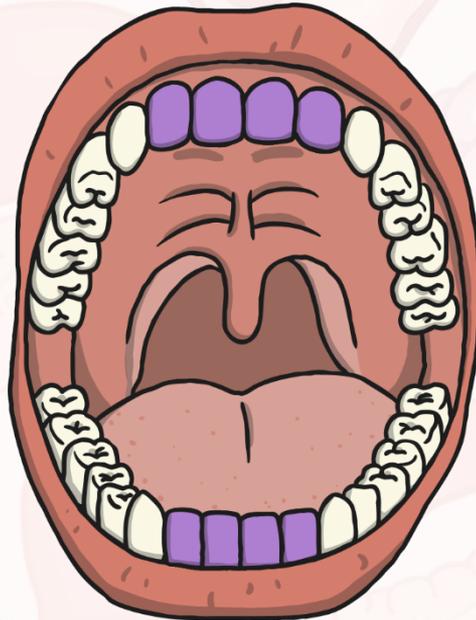
Humans have four different types of teeth and each one has a different role.



Incisors

We have eight incisors – they are the middle four teeth on the upper and lower jaws.

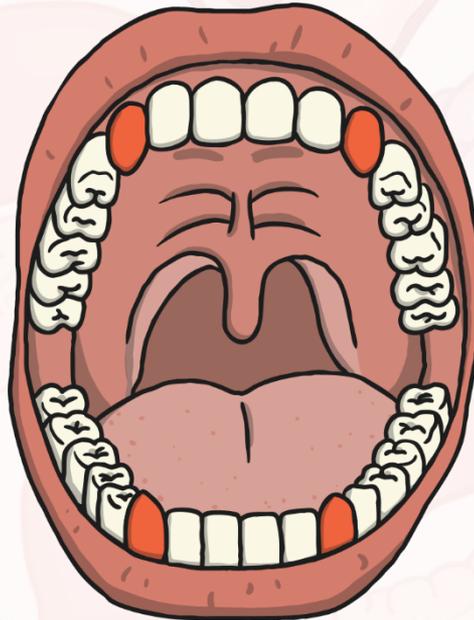
Their function is to bite off or slice food.



Canines

We have four canines – they are sharp and pointy and sit next to the incisors.

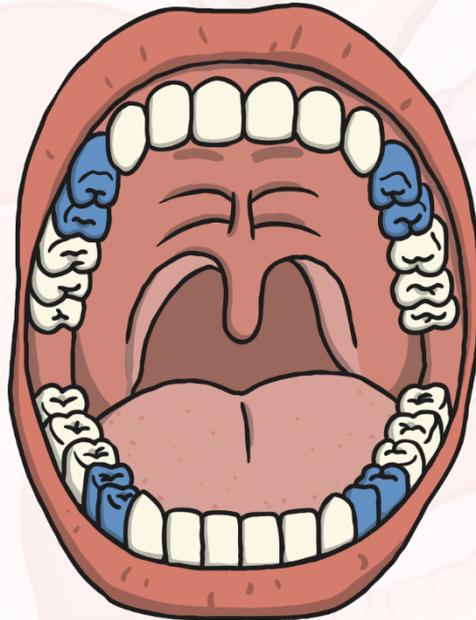
Their function is to tear food.



Premolars

Humans have premolars (the teeth between the canines and molars).

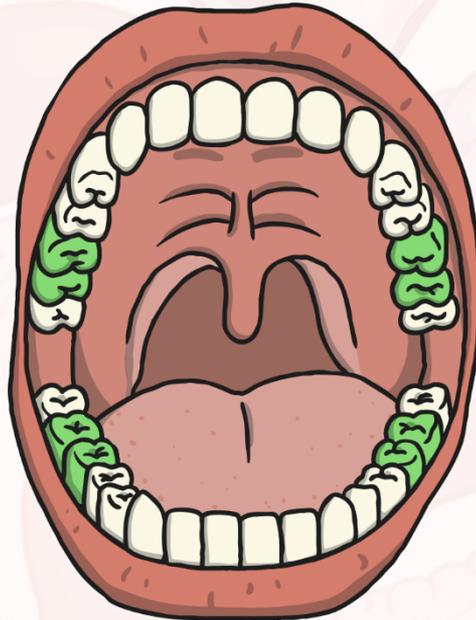
The function of premolars is to crush and tear food.



Molars

Humans have eight molars (the large, flat teeth at the back of the jaw).

Molars grind down food before it is swallowed.



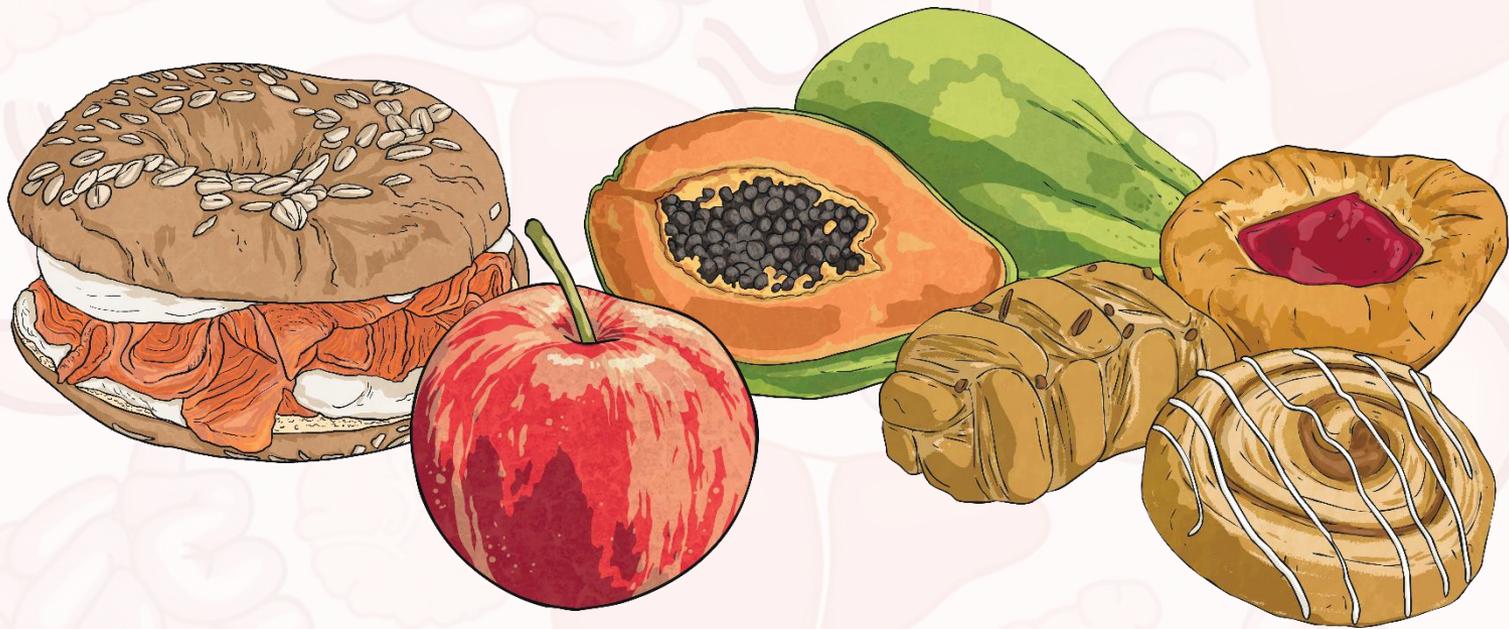
How Do Teeth Help with Digestion?

What is digestion?



Digestion

Digestion is the action of breaking down food so that it can be absorbed by the body.



Let's Think!

How do teeth help with digestion?



Teeth and Digestion

- Teeth help with the first stage of digestion.
- Food is chewed and broken down by teeth.
- The tongue and the molars work together to roll the food into a ball so that it can be swallowed.
- Saliva is produced to soften the food and to make swallowing easier.



Did You Know...?

Your teeth are the hardest substance in your body!

Your mouth produces two swimming pools' worth of saliva in your lifetime!

