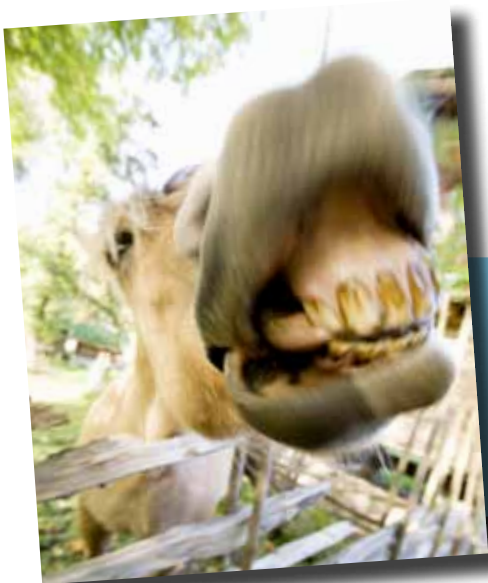


YOUR TEETH

Level 2-3

My teeth are so important, that's why I use a mouthguard to protect them. Did you know that when you are five or six your mouth is getting so big it needs another set? That's why you lose your baby teeth.

Your teeth are there to grind (molars) and cut (incisors) your food so it is ready to swallow.



FACTS

1. Ruggerbees have two teeth.
2. You usually grow 32 teeth.
3. The enamel on your teeth is the hardest part of the human body.
4. In the old days, false teeth were made from bone, ivory or sometimes wood.
5. Humans only get two sets of teeth. If a shark loses a tooth, it just grows another.
6. Most adults get four extra teeth at the back. They are called wisdom teeth.

TRY THIS

When you next lose a tooth, look at the hollow bit. This is where the nerves and blood vessels were. Feel how smooth it is. Leave it in a glass of fizzy drink for a couple of days then feel it again. What does it feel like now. Why?

Make a list of ALL sports that should need mouthguard protectors.

HEALTH TIP

A BACTERIUM CALLED PLAQUE FORMS A YUCKY COATING ON YOUR TEETH. SO BRUSH YOUR TEETH TWICE A DAY TO REMOVE THE PLAQUE AND KEEP YOUR GUMS NICE AND HEALTHY.

ALWAYS WEAR A MOUTHGUARD IF YOU PLAY A SPORT WHERE THERE CAN BE SOME FORM OF CONTACT. THEY HELP TO REDUCE INJURIES TO THE TEETH, LIPS, MOUTH, AND TONGUE, AND HELP TO REDUCE JAW FRACTURES.

