

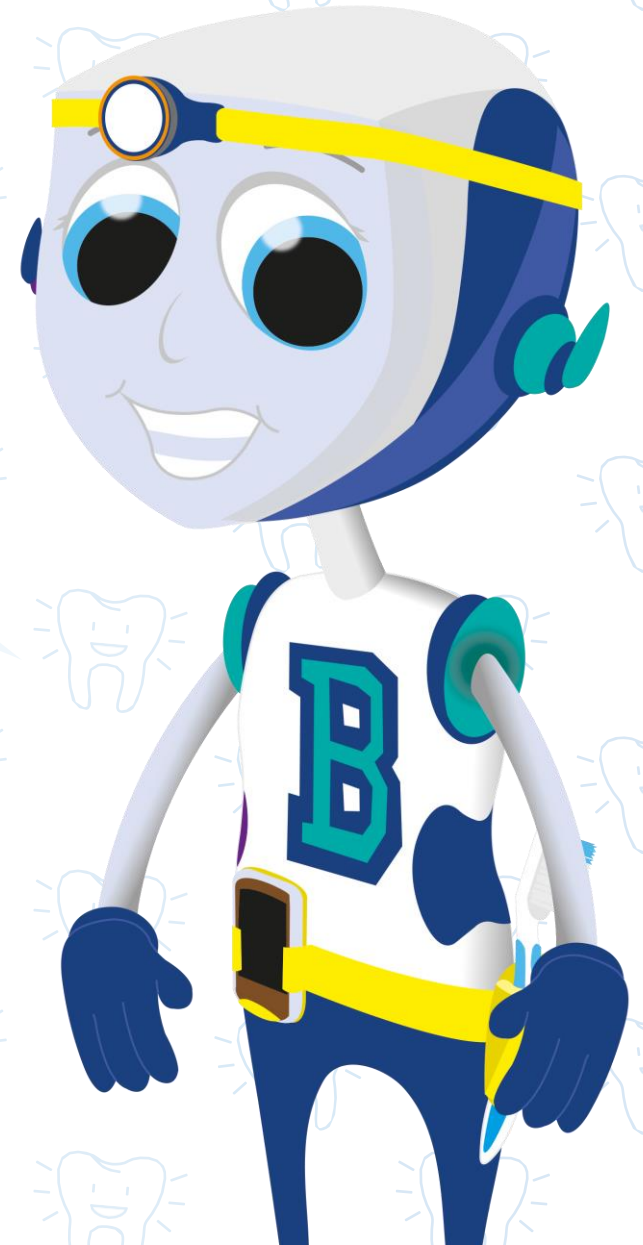
A cartoon robot character with a white and blue body, a yellow headlamp, and a speech bubble. The robot has large blue eyes and a friendly smile. The background is dark blue with a repeating pattern of small, smiling teeth. The speech bubble is white and contains the text 'Types of Teeth' in a bold, dark blue font.

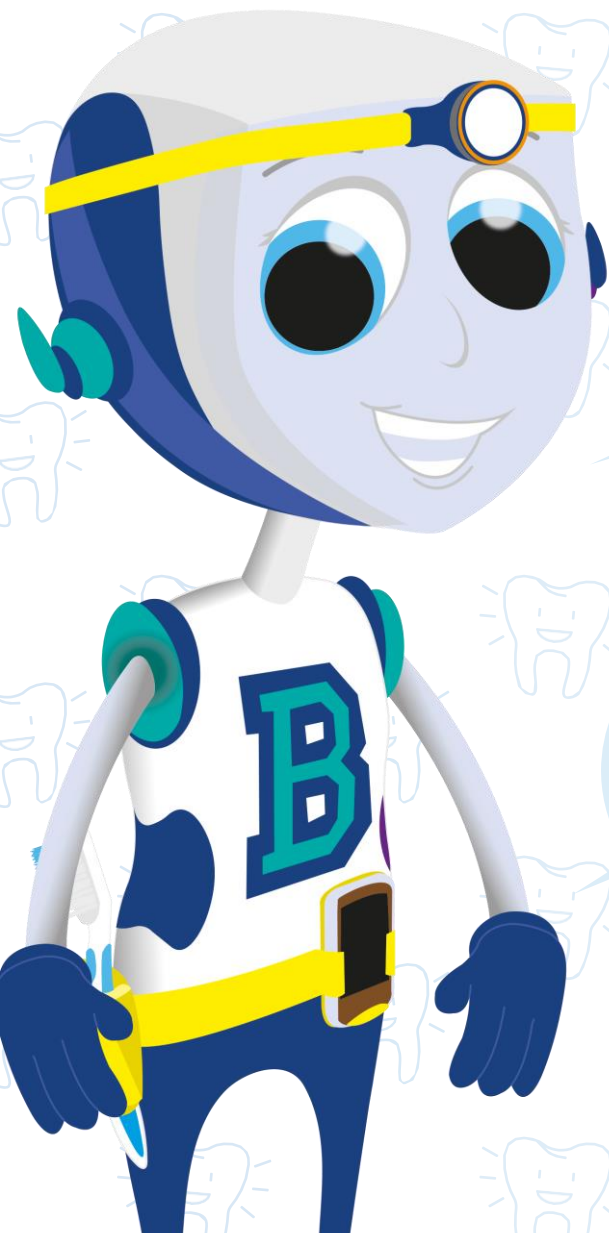
# Types of Teeth

**Why do we  
have teeth?**

They help us to eat  
They help us to speak  
They shape our face  
They allow us to be  
confident in our smile

**Can you think of  
anything else?**



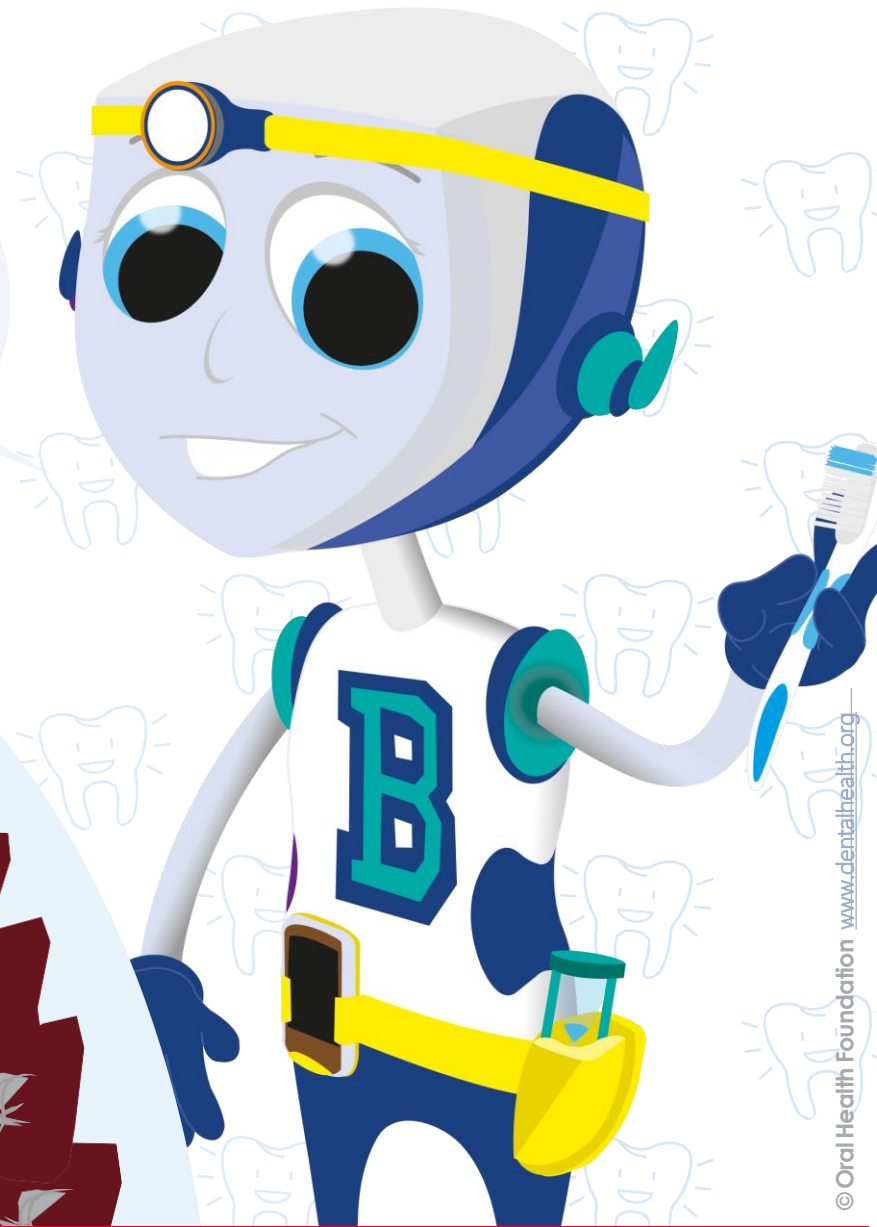
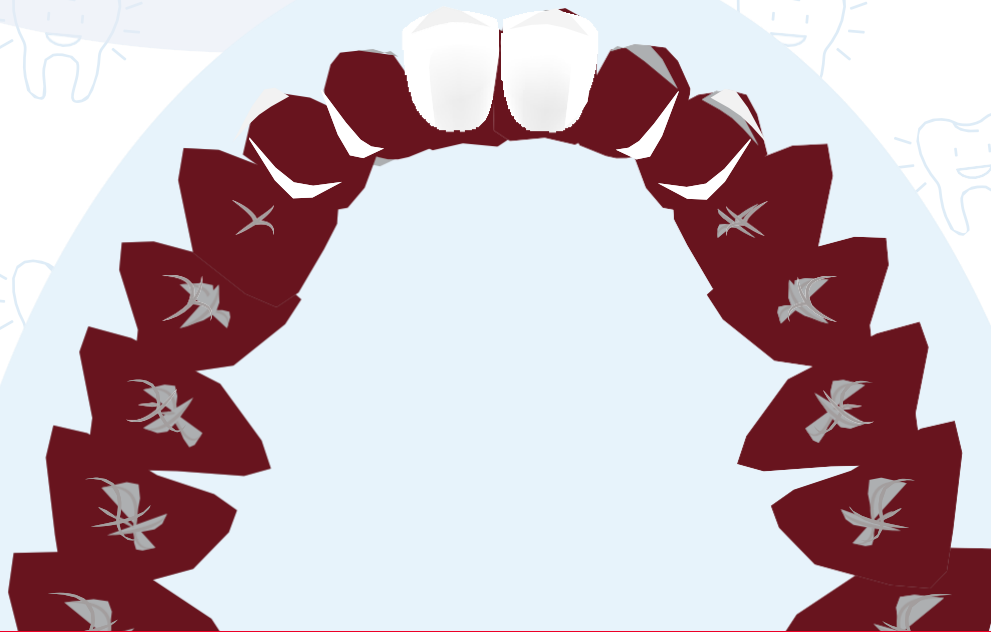


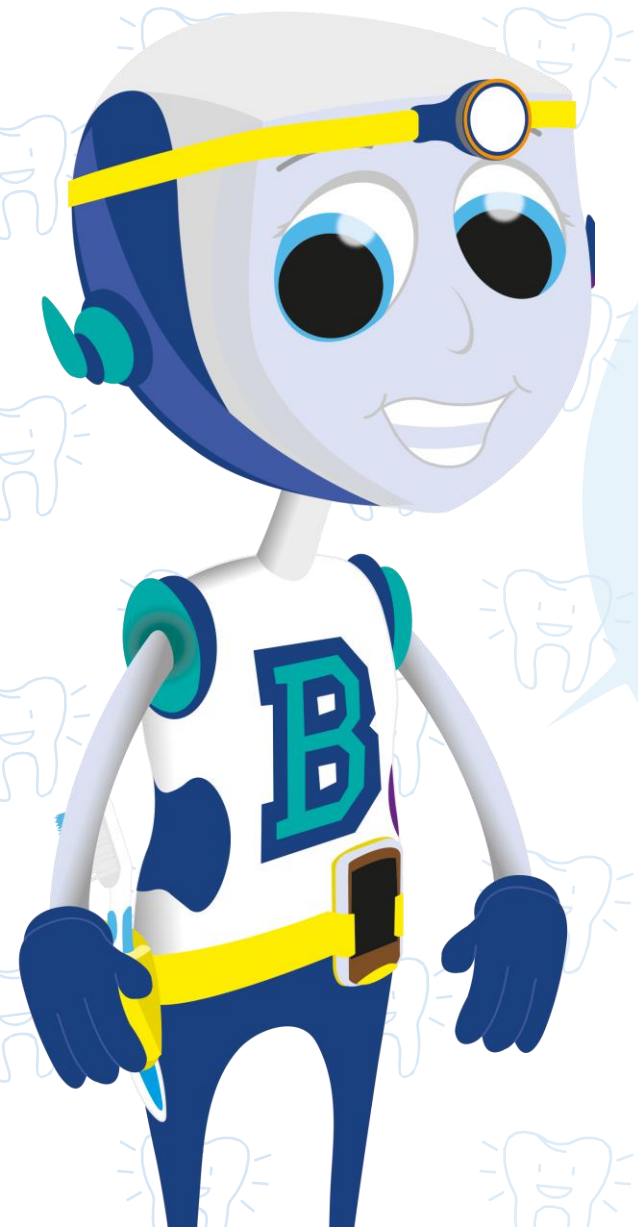
We have **20 'baby' teeth**, when these **'wobble'** out they are replaced by our **'adult'** teeth.

We have **32 adult teeth** (including 4 wisdom teeth)



**We have 4 different  
types of teeth;  
each do a different  
job:**



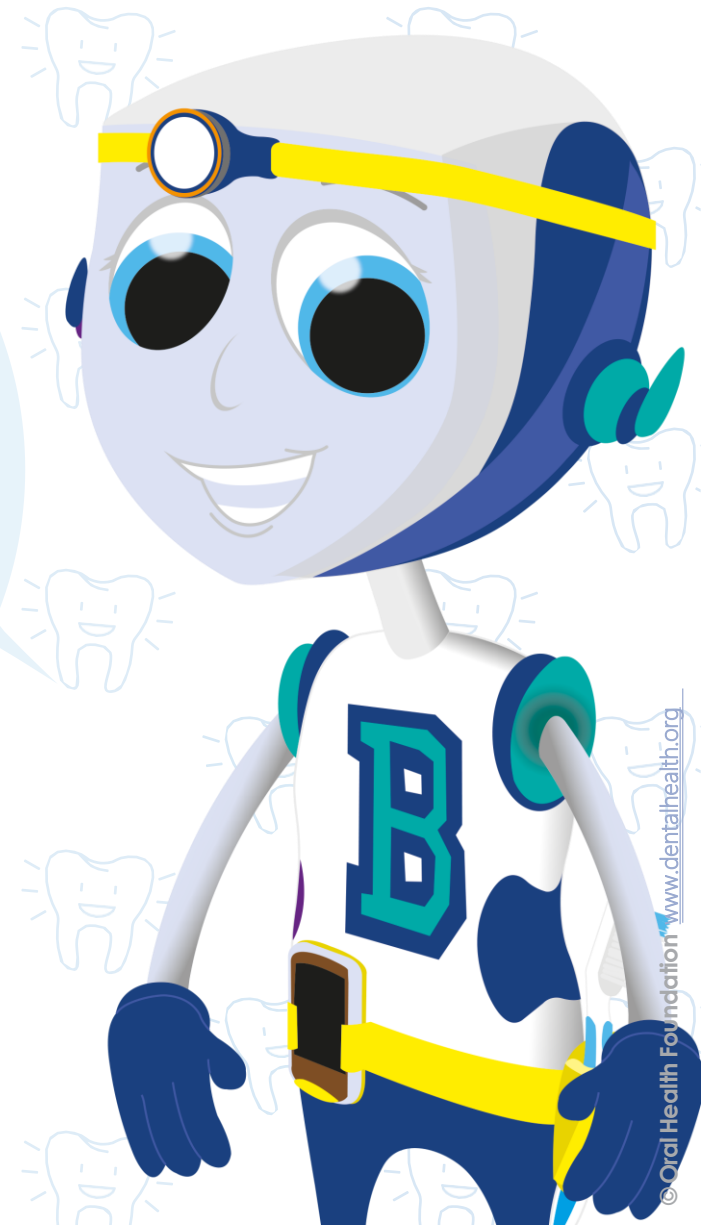


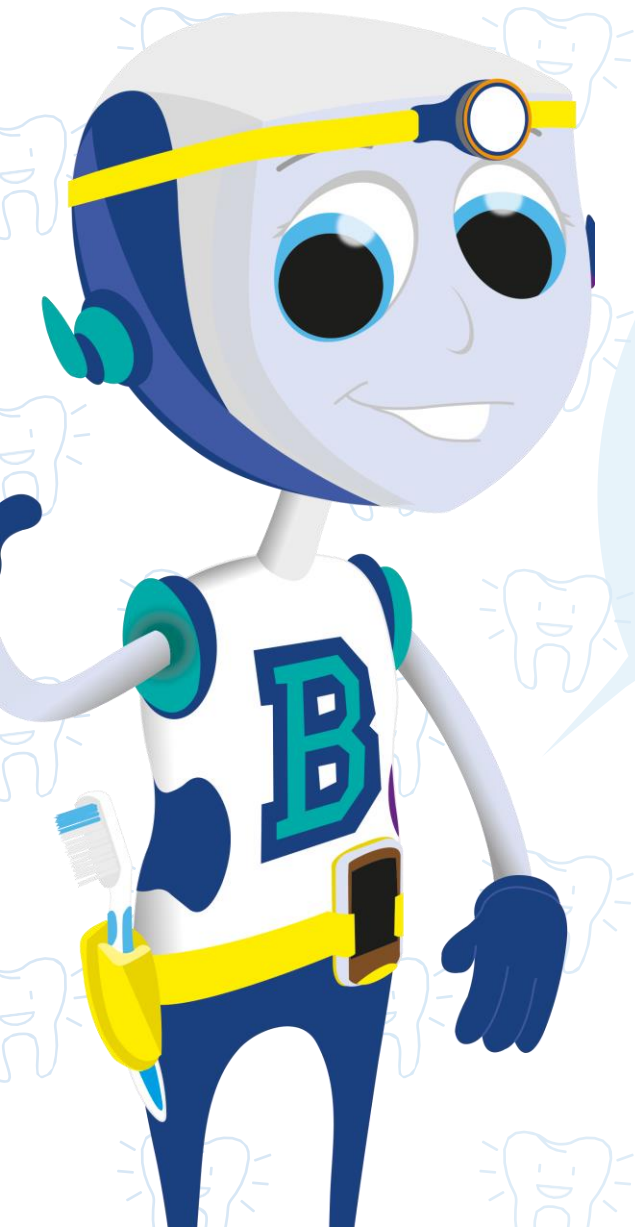
**Incisors**  
these are front teeth  
and they bite into  
food and cut it into  
smaller pieces



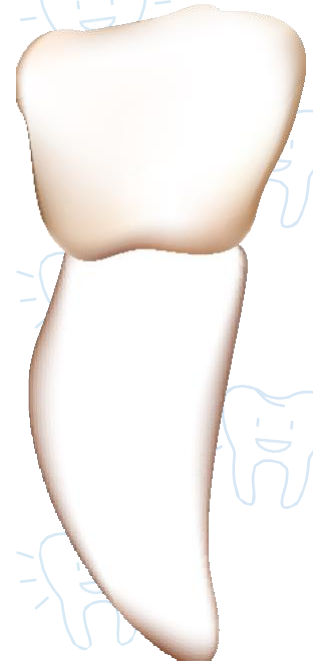


**Canines**  
these are sharp,  
pointed teeth and  
are used to tear  
food.





**Premolars**  
these are bigger  
than incisors and  
canine teeth, they  
grind up the food.

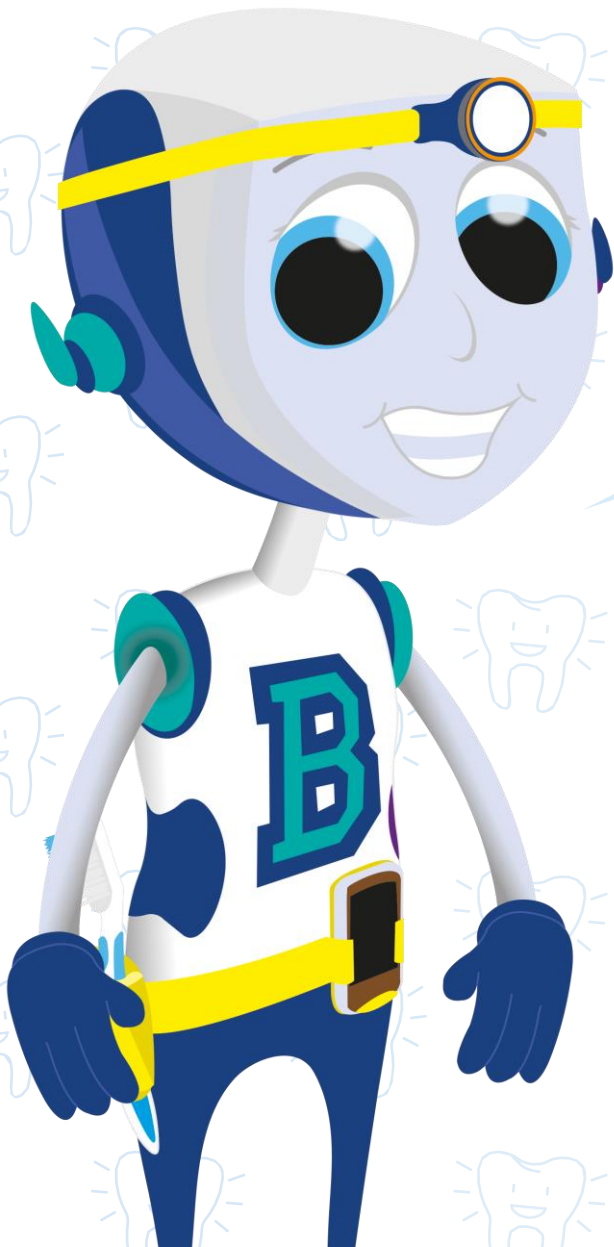




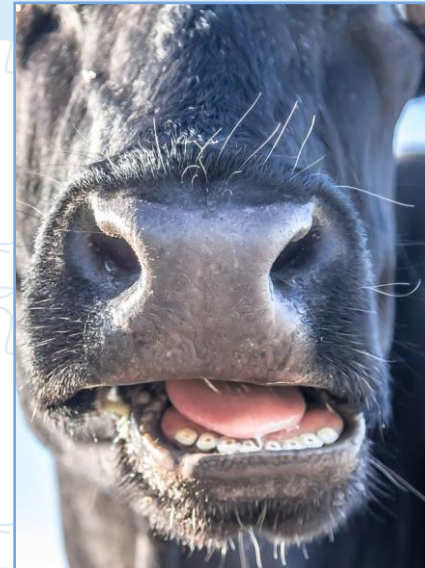
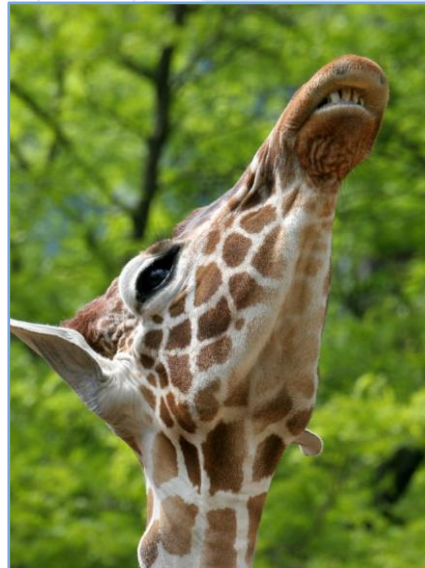
**Molars**  
these are the biggest  
teeth, they have a  
large, flat surface to  
grind the food.



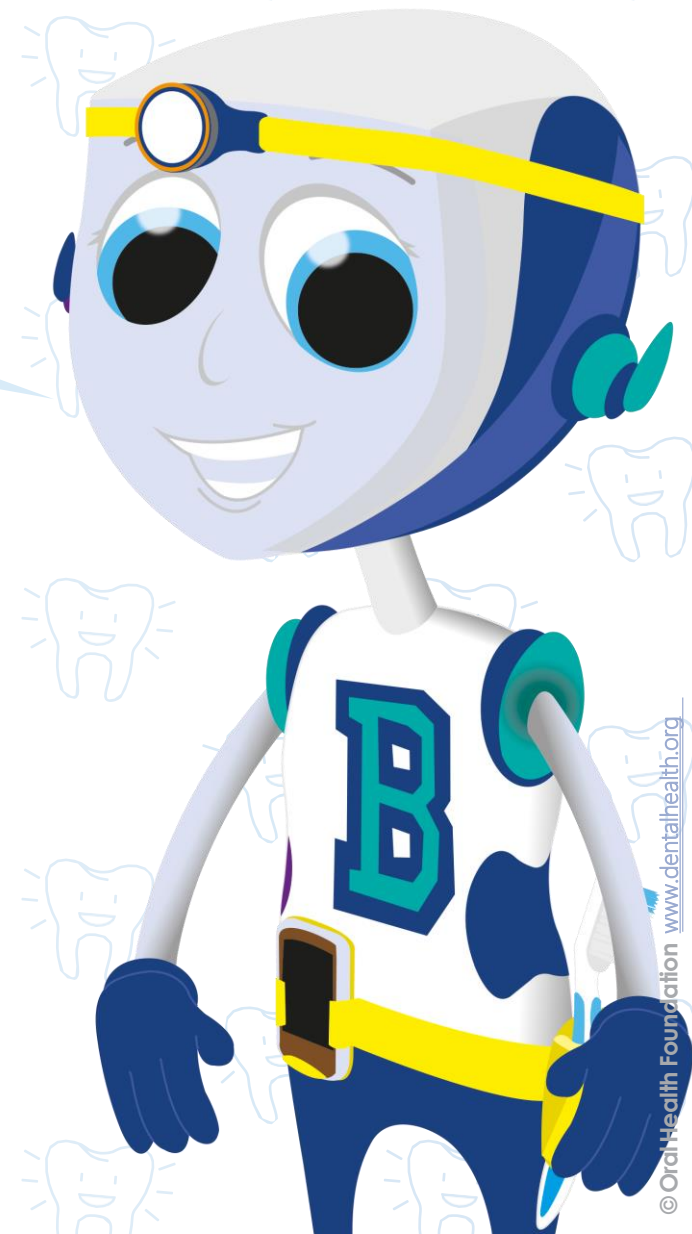




Animals that only eat plants are called **herbivores** and have large, flat teeth to grind the vegetation before they can swallow it.



There are also creatures that only eat meat and they are called **carnivores**. They have large sharp, pointed teeth to rip and tear the meat.

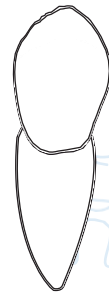




Animals, like humans, that eat both vegetables and meat are called **omnivores**. They have a mixture of teeth that can cut and tear but can also grind food too.



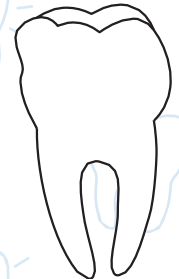
**Incisors**  
(bite)



**Canines**  
(tear)

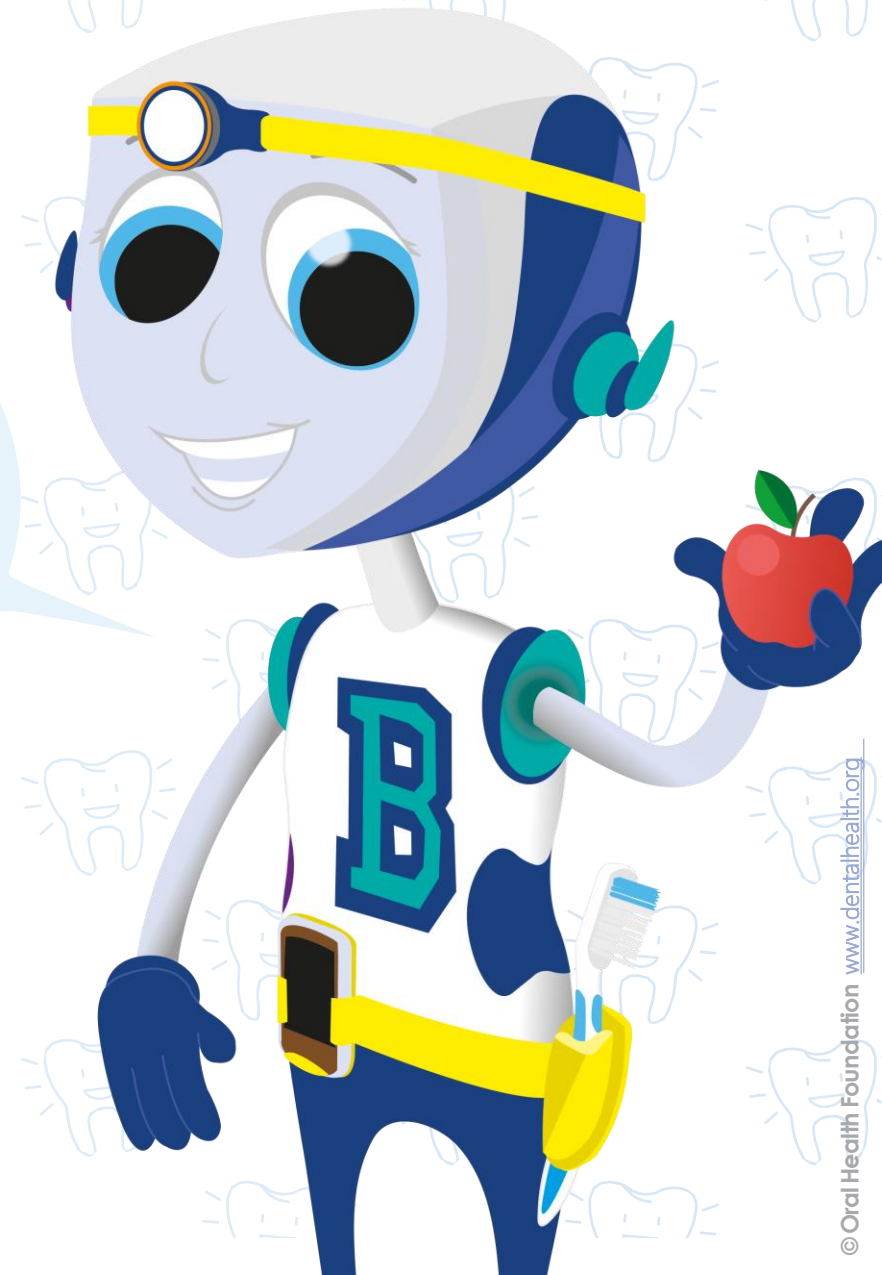


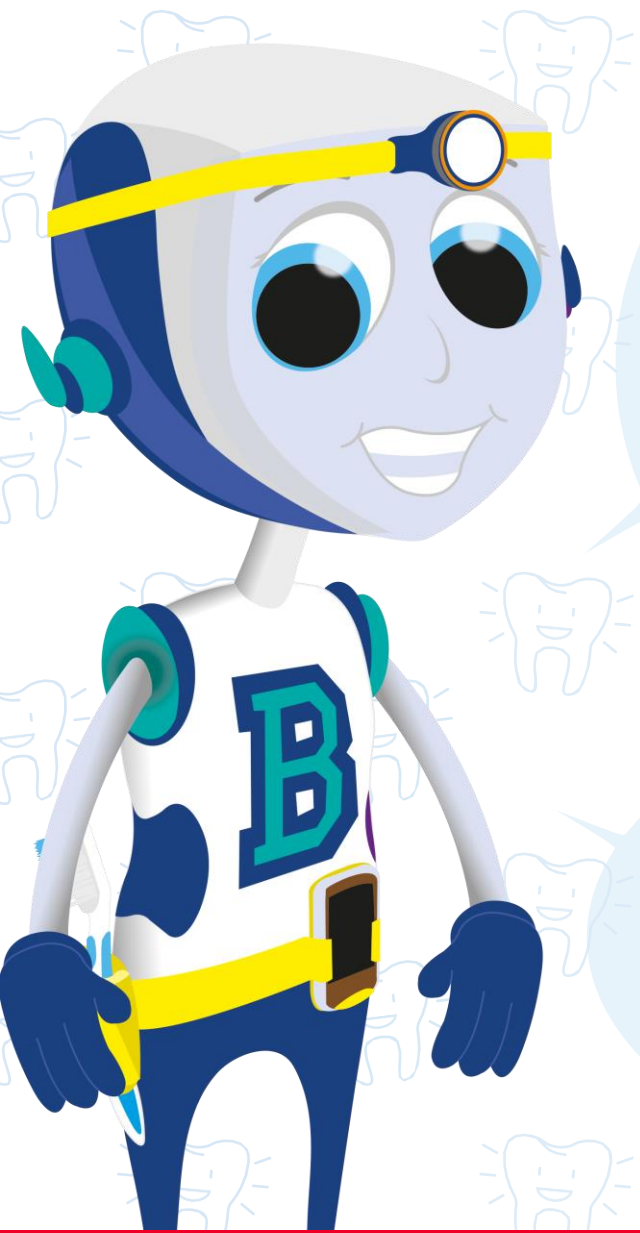
**Premolars**  
(grind)



**Molars**  
(grind)

We need to have a balanced and varied diet to help keep us healthy and to protect our teeth.





We use our teeth to cut, tear and chew food to break it down so we can swallow it:

**Discuss which teeth do we use to eat these?**

- Fruit and vegetables
- Cheese
- Nuts and seeds
- Breadsticks
- Rice cakes
- Protein - meat, fish, beans and pulses
- Carbohydrates - potatoes, pasta, rice

- Sweets
- Biscuits
- Cakes
- Dried fruit
- Cereal bars
- Chocolate
- Puddings
- Pastries
- Ice cream

**Sugary food that we should try to avoid.**

**Discuss which teeth do we use to eat these?**

