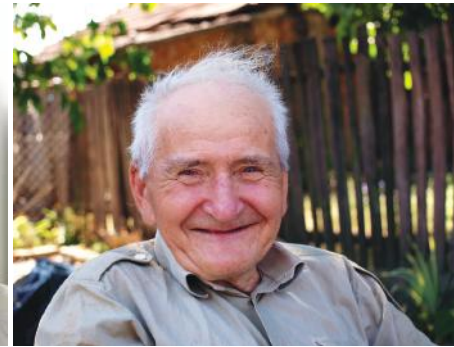


Teeth bite and chew food and make it small enough to be swallowed. A toothless person, let's say a two month baby cannot eat an apple or a chapati. Teeth help us to speak properly. Teeth also give proper shape to our face.



*Young man*



*Old man*

## TEMPORARY AND PERMANENT TEETH



*Temporary teeth fall off*

A new born baby does not have teeth. The teeth of a new born baby are hidden below the gums. So, he/she drinks only milk and liquid food. A baby gets its first tooth when he or she is around six months old. A baby has twenty teeth when he or she is about two and a half years old. This is a first set of teeth. They are temporary teeth and are also called as milk teeth or baby teeth.

At the age of six, the temporary teeth of a baby start falling out one by one. Every time a milk tooth falls off, a new tooth grows in place of old tooth. So by the age of twelve a child has twenty-eight teeth. These are called permanent teeth. Next, four teeth appear between the age of twelve to twenty one. These are called **wisdom teeth**.

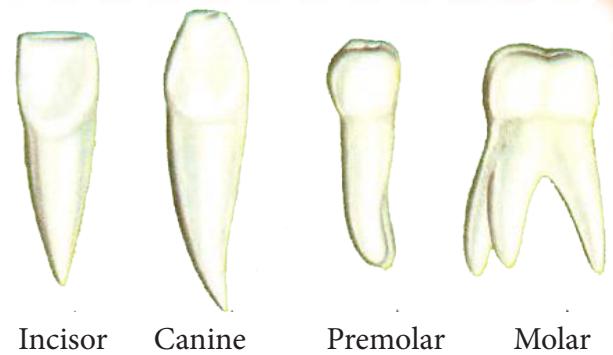
Now the person has the complete set of thirty-two teeth sixteen each in the upper and the lower jaw.

## KINDS OF TEETH

Everyone has several different types of teeth. Each type has a unique name and a different purpose.

## Incisors

The teeth in the front of your mouth are called **incisors**. There are four incisors on the top and four at the bottom. Incisors are shaped like tiny chisels with flat ends that are sharp. These teeth are used for cutting and chopping food.



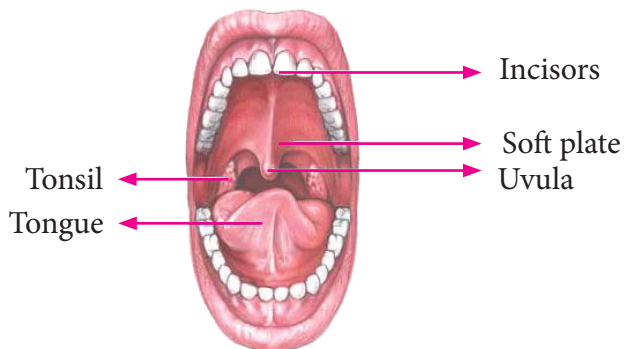
*Kinds of Teeth*

## Canines

The pointed teeth on either side of your incisors are called **canine** teeth. People have a total of four canine teeth, two on top and two at the bottom. Because they are pointed and sharp, they are used to tear food.

## Premolars

Next to your canine teeth are the **premolars**. You have eight premolars in all, four at the top and four at the bottom. They have a completely different shape than both the incisors and canines. That is because premolars are bigger, stronger and have ridges—all of which makes them perfect for crushing and grinding food.



*Molars*

## Molars

Molars are bigger, flatter and broader than the premolars. These help to grind and crush the food. There are a total of six molars present next to premolars, in each jaw.

## STRUCTURE OF THE TOOTH

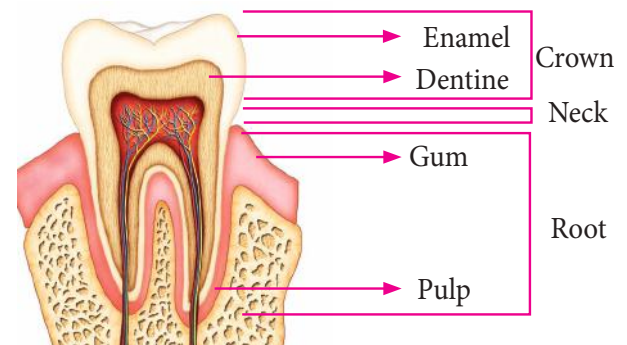
A tooth is fixed to the gums by its root. The part of the tooth above the gum is called crown.

The structure of a tooth has three parts :

**Enamel** : Enamel covers the entire tooth. It is the uppermost layer and is white in colour. It is the hardest substance in the body.

**Dentine** : Dentine is the next layer. It is bony but not as hard as enamel. It is yellowish in colour.

**Pulp** : Pulp is the soft tissue inside. It has nerves and blood vessels in it.



*Structure of tooth*

## TOOTH DECAY

Tooth decay begins when the tooth enamel is harmed by the action of acids produced by certain bacteria that live in our mouth. These bacteria are present in the plaque that is a soft substance and develops naturally on our teeth. Just like we eat and discharge the waste, the bacteria also do the same thing in our mouth. When we eat sugar-containing foods (such as candy and sweets), food bits get stuck in our teeth and remain there if we do not clean the teeth.



*Tooth Decay*

The bacteria feast on these sugars and within minutes start discharging acids as waste. The acids attack the enamel, which is the beginning of the tooth decay. If not checked, the decay may create a hole in the tooth called cavity.

Tooth decay can be prevented by regular cleaning, flossing and brushing of teeth. The tongue should also be cleaned because bacteria are also present on the tongue.

## CARE OF TEETH

The teeth are very important for us. So, we must take good care of our teeth. To prevent tooth decay, you must follow the tips given below :

- Brush your teeth in the morning and at night before going to bed.
- Rinse your mouth after every meal.
- Massage your gums everyday to make them strong.
- Do not eat too many sweets and chocolates. They spoil the teeth.
- Eat raw fruits and vegetables like radish, carrot, apple, etc.



*Flossing Teeth*



*Follow doctor's advice*

- Use dental floss for cleaning between the two teeth.
- Calcium and vitamin C are necessary for healthy teeth and gums. So make sure you have milk, cheese, etc. which are rich sources of calcium.
- Don't forget to visit your dentist once in every six months.

## MICROBES

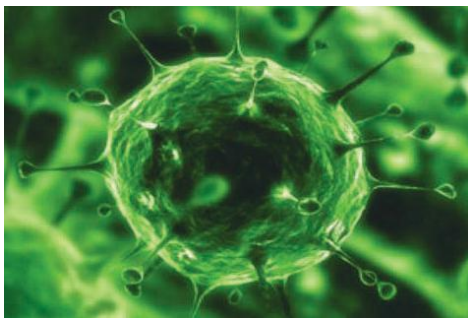
Microbes are tiny living things that can only be seen under a microscope. Microbes are found everywhere. Microbes that cause harm are called germs. They cause diseases by entering our bodies. Diseases caused by germs are called infectious diseases.

There are four kinds of microbes.

**Bacteria** : They are single-celled and have different shapes. They cause diseases like tuberculosis, typhoid and pneumonia.



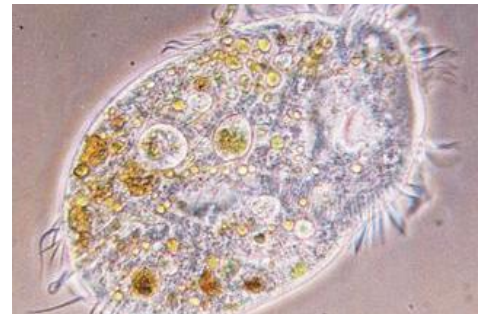
*Bacteria*



*Virus*

**Virus** : They are smaller than bacteria and cause diseases like common cold, polio and influenza. They enter the cells and increase in number inside the cells.

**Protozoa** : They are single-celled animals. Diseases like malaria and dysentery are caused by protozoa.



*Protozoa*



*Fungi*

**Fungi** : They are plants that grow on decaying matter and cause diseases like ringworm. Some fungi are useful to men.

### Useful Microbes

- Some bacteria change milk to curd, some change sugar to alcohol.
- Some bacteria help in the decay of dead plants and animals, hence help in keeping our surroundings clean.
- Some bacteria help animals to digest food.
- A fungus called yeast helps in making cakes and bread fluffy.

- We eat mushroom, which is a fungus.
- We get a medicine, penicillin, from a fungus called penicillium.



### Know the Keywords :

Enamel : The outermost layer of a tooth.

Dentine : The layer below the enamel.

Microbes : The organisms that can be seen only under microscope.

Cavity : A hole in the tooth.

### Point to Remember

- Teeth give shape to face, help to chew food and to speak properly.
- There are two sets of teeth - temporary teeth and permanent teeth.
- There are four different kinds of teeth - incisors, canines, premolars and molars.
- A tooth has three different parts - crown, neck and root. It is made of three layers: enamel, dentine and pulp.
- Teeth can develop cavities due to the action of bacteria. Regular dental check-ups prevent tooth decay.
- Microbes are very small living organisms that cannot be seen with the naked eye.
- Some microbes are harmful to us while some of them are useful.

## EXERCISE TIME

### A. Multiple choice questions (MCQs).

Tick (✓) the correct option :

1. The milk is converted into curd by :

a. bacteria  b. virus  c. fungi

2. A set of permanent teeth consists of \_\_\_\_\_ teeth.

a. 33  b. 32  c. 27

3. \_\_\_\_\_ is a doctor of teeth.

a. Cardiologist  b. Ophthalmologist  c. Dentist

4. \_\_\_\_\_ is the outermost part of a tooth.

a. Dentine

b. Enamel

c. Root

**B. Fill in the blanks :**

1. There are \_\_\_\_\_ types of teeth. (four/three)
2. We have \_\_\_\_\_ canine teeth in our mouth. (eight/four)
3. Teeth can develop cavities due to the action of \_\_\_\_\_. (protozoa/bacteria)
4. If there is a cavity in your teeth, visit a \_\_\_\_\_. (dentist/physician)

**C. Write 'T' for true and 'F' for false :**

1. There are mainly five types of microbes.
2. Molars help us to bite food.
3. Proper brushing and flossing prevents cavities.
4. The plaque coating harms our teeth.

**D. Answer the following questions :**

1. What are temporary and permanent teeth?
2. What are the four different types of teeth?
3. Explain the structure of a tooth with the help of a labelled diagram.
4. What is tooth decay?
5. Mention a few ways to protect teeth from decaying.
6. What are microbes? Name different kinds of microbes.



## Creative Work

- Visit a dentist and understand and learn the correct way of brushing teeth.