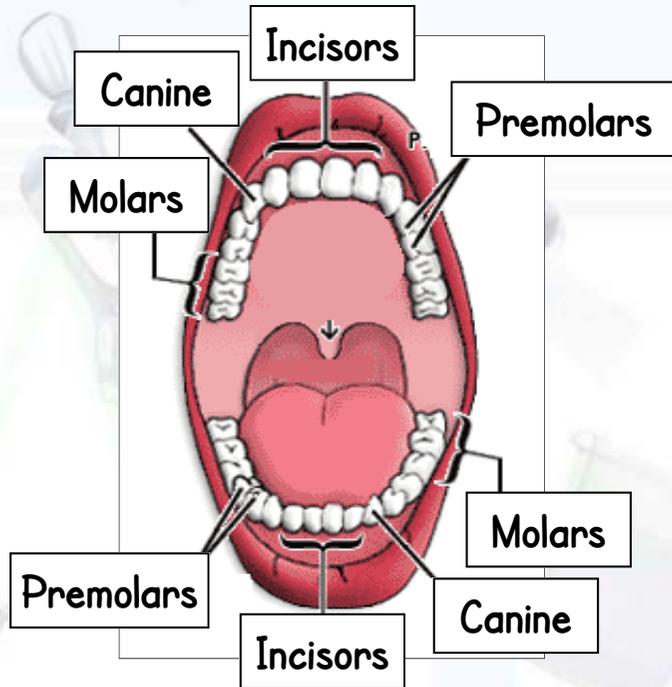


Teeth and Eating Fact Sheet

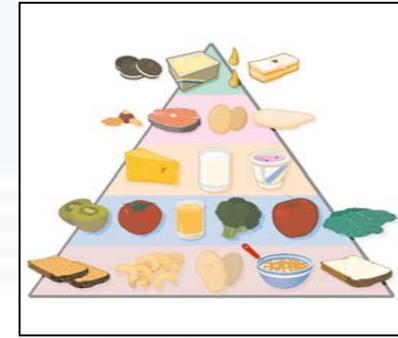
Types of Teeth



Brushing your teeth for 2 minutes, twice a day, gets rid of dirt and plaque.



Dairy products and green vegetables are a good source of calcium. This keeps your teeth strong



Using a food pyramid helps us find out about eating a **balanced diet**.

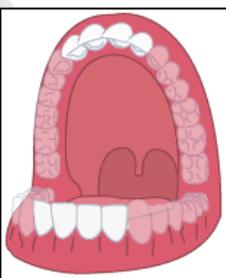


Carnivores eat meat

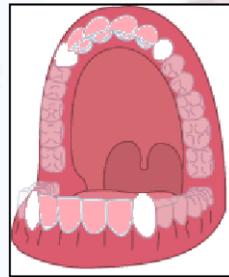
Omnivores eat both meat and plants.



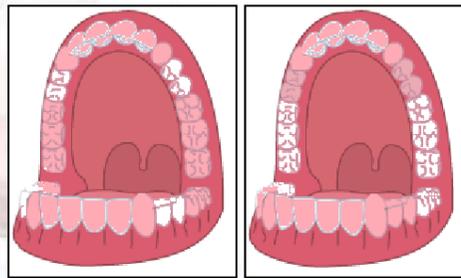
Herbivores eat plants.



Incisors cut your food



Canines tear your food



Premolars and Molars grind and crush your food

Teeth and Eating Glossary

balanced diet - a healthy diet that involves eating foods from all the different food groups

canine - pointed teeth used for ripping and tearing food

carnivore - an animal that eats only meat e.g. tiger, wolf etc.

herbivore - an animal that eats only plants e.g. cow, sheep etc.

incisor - sharp teeth used for biting and cutting food

molars - flat teeth used for crushing and grinding

omnivore - an animal that eats both plants and animals e.g. human, gorilla

plaque - bacteria (germs) that grow on teeth that are responsible for tooth decay

Trevor Tooth

says...

Brush your teeth to get rid of plaque



Use toothpaste to keep teeth strong.



Eat a healthy, balanced diet

