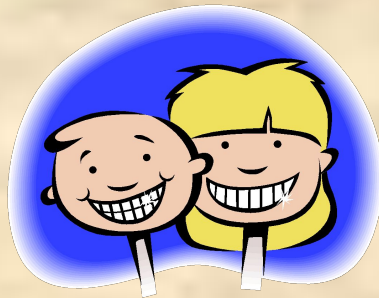


# Teeth and healthy eating



There are **four** different types of teeth.



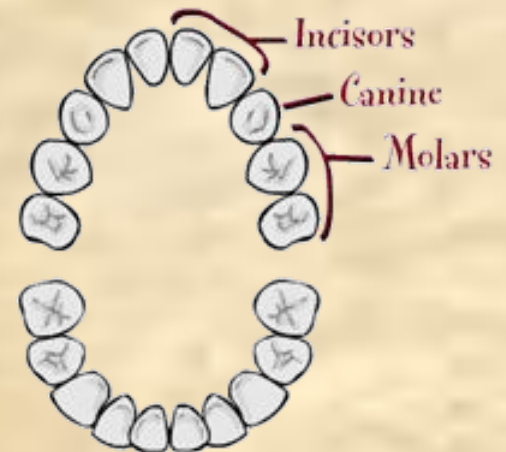
Incisors and canines



molar



pre molar



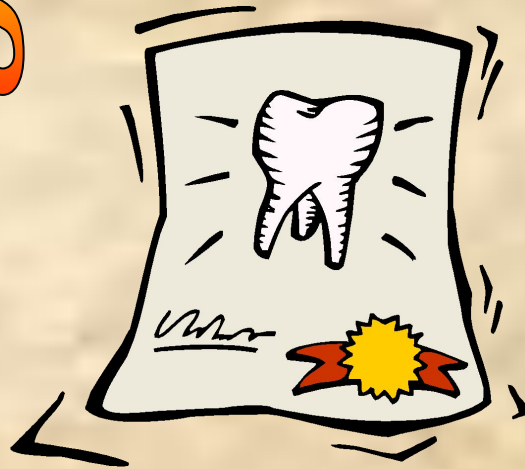
First teeth-sometimes called "Baby Teeth"

**Teeth are made from a hard substance called enamel**

# What do the different teeth do?

incisors  
cut

canines  
tear



pre molars  
rip

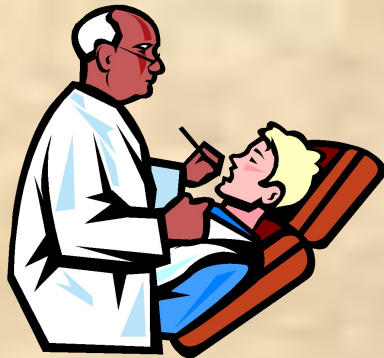
molars  
chew

# How can I look after my teeth?



Brush your teeth twice a day

Try not to eat too many sweets

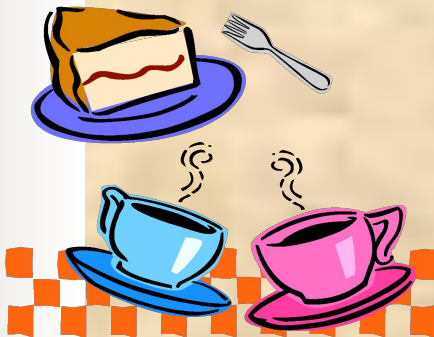


Visit the dentist twice a year

# What foods are good for our teeth?



# Foods that cause tooth decay



# How are cavities caused?



Bacteria causes a build up of plaque.

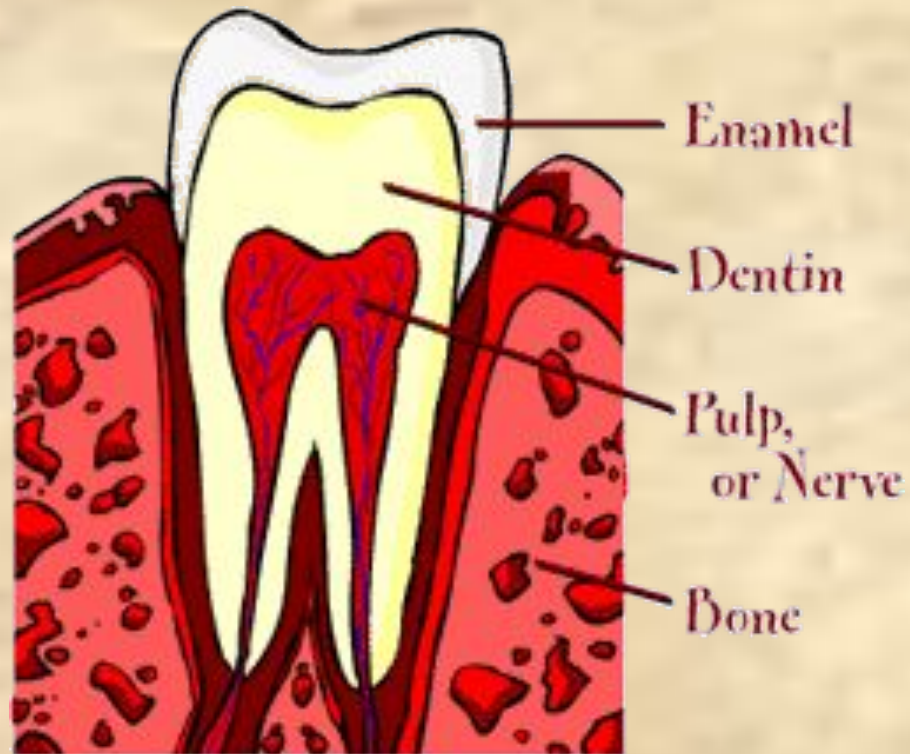


Plaque acid attacks the tooth



The tooth eventually rots away

# What are the parts of a tooth?



Cross-section of a tooth



# So what do I do to keep my teeth healthy?



Brush regularly



Visit the dentist



Floss



Eat sensibly



Look after your gums



Thank you for watching our presentation

