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Human Body: The Teeth



All living things need food. Eating healthy food keeps our body strong and healthy. Human beings take in food through the mouth. The teeth in our mouth help us to bite and chew food. Let us now learn about our teeth and how to take care of them.

Learn about

- Teeth
- Types of teeth
- Parts of a tooth
- Care of teeth and gums

► Teeth

Human beings have two sets of teeth: temporary (milk teeth) and permanent.

*The process by which teeth emerge from the gums is called **teething**.*

Temporary set The first set of teeth is called the temporary set or milk teeth. Most children start developing these teeth from the age of six months. At the age of three years, they usually have a set of about 20 teeth.

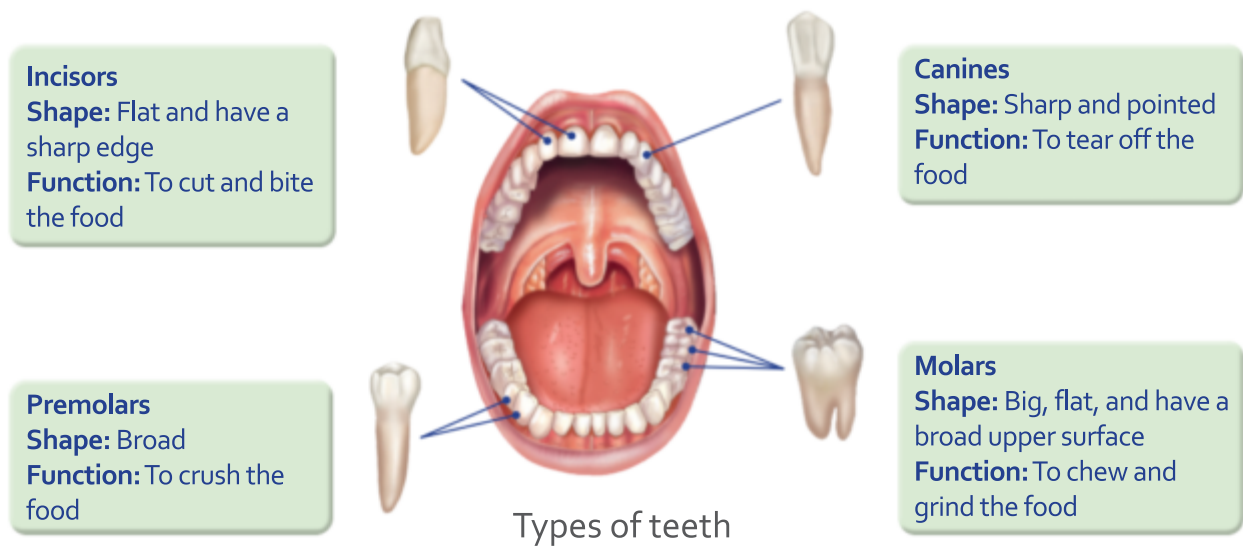
Permanent set Around the age of six, the milk teeth start to fall out. A new set of bigger teeth starts appearing in their place. This second set of teeth is called the permanent set of teeth. An adult usually has 32 permanent teeth.

► Types of Teeth

According to the shapes and functions, teeth are of four types: **incisors** (four in each jaw), **canines** (two in each jaw), **premolars** (four in each jaw), and **molars** (six in each jaw).

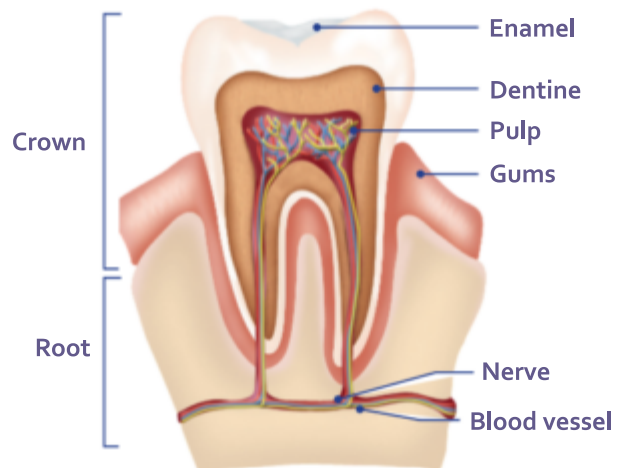
In children, there are only three types of teeth. They have incisors, canines, and molars. They do not have premolars. There are eight incisors (four in each jaw), four canines (two in each jaw), and eight molars (four in each jaw). Thus, they have 20 teeth in their mouth. In an adult, all the four types of teeth are present.

The structure, function, and number of each kind of tooth is shown in the diagram given below.



► Parts of a Tooth

Each tooth has a crown and a root. *The part of the tooth that can be seen above the gums is called the **crown**. The part of the tooth that is present inside the gums is called the **root**.* The gums surround the teeth and hold them firmly in their place. A tooth is made up of the following three main layers:



Parts of a tooth

Enamel It is the outermost layer of the tooth and is generally white in colour. It is the hardest part of the tooth.

Dentine It is the layer below the enamel and is generally yellow in colour.

Pulp It is the central layer of the tooth. It is very soft and contains nerves and blood vessels.

► Care of Teeth and Gums

We must take proper care of our teeth. If we do not clean them properly, food particles may get stuck between the teeth, leading to the

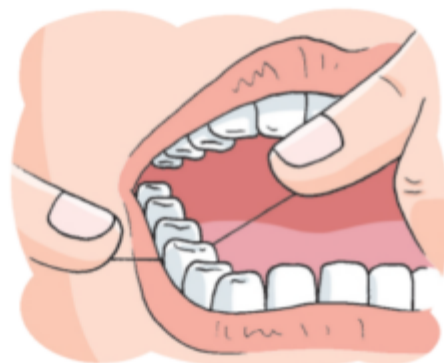


growth of germs in them. These germs form a sticky yellow layer called **plaque**. They release acid that destroys the enamel of the tooth. This results in **tooth decay** and **cavities**.

Personal Care of Teeth

If you take proper care of your teeth, they will remain strong and healthy. So you should develop healthy dental care habits. There are several ways in which you can take care of your teeth.

- You should brush your teeth at least twice a day, once before going to bed at night and once after getting out of bed in the morning.
- You should rinse your mouth well after meals.
- You must floss your teeth under adult supervision to clean the spaces between them. **Floss is a very strong and thin thread.** It easily passes between the teeth and cleans the area between them.
- You should massage your gums regularly.
- You should use a tongue cleaner to clean your tongue.



Floss your teeth under adult supervision.



The best way to keep our toothbrushes free of germs is to keep them clean and dry because bacteria live in moist conditions.

Regular Dental Check-up

To prevent damage to your teeth, you should also visit a dentist¹ regularly. The dentist carries out a proper dental check-up. They can detect the damage to your teeth and give you a proper treatment. This will keep your teeth healthy.

Fact File

- No two humans will have identical teeth.
- On an average, a person spends around 38 days in their entire lifetime brushing their teeth.

Diet for Healthy Teeth and Gums

- The health of your teeth and gums also depends on the food you eat. You should eat a balanced diet to keep your teeth and gums healthy and strong.
- You should avoid too much sugar, sweets, and fizzy drinks.

¹dentist: a doctor for teeth and related diseases

- You should eat a diet that is rich in calcium, such as milk and milk products, so that it helps make your teeth and gums strong.
- Vitamin D also helps in calcium absorption. It is present in milk, eggs, and some type of fish. Sunlight also plays an important role in Vitamin D formation.

Think and Discuss



Visit a nearby dentist. Ask the dentist about the different parameters for ensuring good oral care and dental hygiene at home. Discuss the correct way of brushing and dental care with your friends.

Questions



Choose the correct word to fill in the blank.

1. There are (three/four) incisors in each jaw.
2. The children do not have (permanent/milk) teeth.
3. The hardest part of the tooth is (dentine/enamel).
4. To clean the spaces between the teeth, we use (floss/sugar).
5. Sunlight plays an important role in (water/vitamin D) formation.

Case Study



Vidisha, Gurpreet, and Vikas are friends. All of them have different dental habits. Vidisha brushes her teeth in the morning, but sometimes skips brushing her teeth before going to bed at night. Gurpreet's school is located far away from her home. She is usually in a hurry while brushing her teeth in the morning but brushes her teeth at night. Vikas brushes his teeth properly twice a day and flosses his teeth regularly.

Based on the above information, answer the following questions:

- a. Of the three friends, who has the best dental habit? Why?
- b. What is wrong with the dental care routines of the other two children? What will be the effect on their teeth?
- c. Is regular flossing a good habit? Why?



Wrap Up

- Human beings have two sets of teeth: temporary (milk teeth) and permanent.
- There are four types of teeth, incisors, canines, premolars, and molars.
- The part of the tooth that is present above the gums is called the crown.
- The part of the tooth that is present inside the gums is called the root.
- A tooth is made up of three layers—enamel, dentine, and pulp.
- If we do not clean our teeth properly, germs form a sticky, yellow layer called plaque, which leads to tooth decay and cavities.
- We should develop healthy dental care habits to keep our teeth and gums strong and healthy.
- We should visit a dentist regularly to get a dental check-up.
- We should eat a balanced diet to keep our teeth and gums healthy and strong.

Exercises

SECTION I



A Choose the correct option.

1. The process by which the teeth emerge from the gums is called
a. teething b. flossing c. tooth decay d. dentine
2. An adult has permanent teeth.
a. 44 b. 20 c. 34 d. 32
3. The mineral that is required to make the teeth strong is
a. calcium b. iodine c. iron d. sulphur
4. The layer of tooth that is present below the enamel is
a. dentine b. pulp c. root d. None of these
5. What should we avoid to keep our teeth healthy?
a. Fizzy drinks b. Sugar c. Sweets d. All of these

B Assertion and Reasoning questions.

- Assertion (A):** Temporary teeth start to fall out at the age of six.
Reason (R): A new set of bigger teeth starts appearing in their place.
a. Both A and R are True b. Both A and R are False
c. A is True and R is False d. A is False and R is True
- Assertion (A):** We must floss our teeth daily.
Reason (R): Flossing helps in cleaning the area between the teeth.
a. Both A and R are True b. Both A and R are False
c. A is True and R is False d. A is False and R is True

C Choose the correct word to fill in the blank.

- Milk teeth are (temporary/permanent) set of teeth.
- Big, flat, and broad teeth are (incisors/molars).
- The part of tooth above the gum is called (crown/enamel).
- (Gums/Plaque) formation leads to tooth decay.

D Name the following.

- Part of tooth that is present inside the gum
- The innermost layer of tooth
- The outermost layer of tooth
- Doctor whom we visit for a proper dental check-up

E Give two examples of the following.

- Ways to take care of teeth
- Foods that make your teeth healthy and strong
- Two diseases of teeth due to acid produced by germs
- Foods that usually lead to tooth decay

SECTION II

F Short answer questions.

- What helps us to bite and chew the food in mouth?
- Name the two sets of human teeth.
- What is the function of the canines?



4. Asha wakes up late and, thus, rarely brushes her teeth. Due to inadequate brushing, a yellowish layer starts appearing on her teeth. Give reasons.
5. Why is it important to visit the dentist regularly?



Long answer questions.

1. Describe the shape and function of the four types of teeth in humans.
2. Explain the parts of a tooth with the help of a labelled diagram.
3. Ruhi loves to eat sweets but now finds it difficult to eat them because of toothache. Write a few ways about how she can take care of her teeth and gums.
4. Discuss the role of food for keeping teeth strong and healthy. Which type of food should you avoid?

Picture Study



Identify the two types of teeth shown aside. Write their structure and function.

Name of tooth	Structure	Function
1.
2.



My Learning Corner



A Think about

1. There is a common proverb—"Prevention is better than cure". How does it apply in case of our teeth?
2. Why is the second set of teeth known as permanent teeth, while the first set of teeth is called temporary teeth? (*Hint: What is the meaning of temporary and permanent?*)

B Try out

1. Create a 3D model representing the four different types of teeth. Research and find out the types of materials you would need to make this model, such as clay, cardboard, colours, etc. Label each tooth and measure its size.
2. Count the number of teeth you have. Tell whether they are temporary or permanent. Also, compare them with your best friend's teeth.
3. Organise a group discussion in your class (with the help of your teacher) on taking care of teeth focusing on healthy habit of brushing the teeth for healthy living.



Self-Assessment

Now that you have completed the chapter, score each of the following tasks from 1 to 5 to indicate how well you can do them.

Score 5 = I can definitely do this.

Score 1 = I cannot do this yet.

I can...	My score
• explain the two sets of teeth.	
• explain the types of teeth.	
• explain the parts of tooth.	
• list the ways to take care of teeth and gums.	

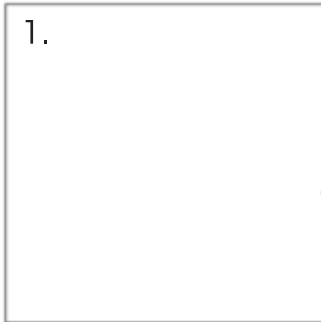


Worksheet

Look at the picture given below. Four pointers are pointing towards different types of teeth in our mouth. Unscramble the jumbled words and find their names. Draw the picture of each type of tooth according to the name.



1.



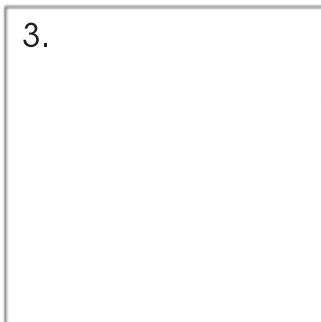
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2.



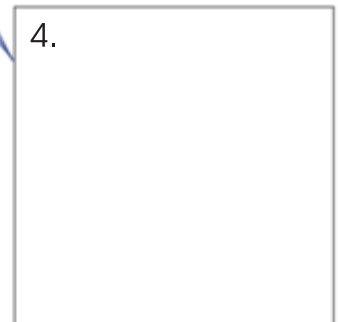
Ancein

3.



Mlorareps

4.



Rolams

