

## Social story - Chewing



**When we eat solid food, we use our teeth to chew.**



**We use our side teeth to chew.**

1	2	3	4	5
6	7	8	9	10

**We should chew at least to the count of 10 and only then swallow.**



**When we chew nicely, a liquid called Saliva comes out in to our mouth.**



**Saliva mixes with the food and makes it mash well when we chew. It makes it easy to swallow.**



**We can chew on cooked food and some raw foods like fruits and salads.**



**We cannot chew on hard things like spoons, wood, stones etc.  
If we try to chew them, our teeth will chip off and cause toothache.**



**We must make sure the things we chew are edible, fit to eat.**



**This will keep our tummy and teeth healthy and happy.**