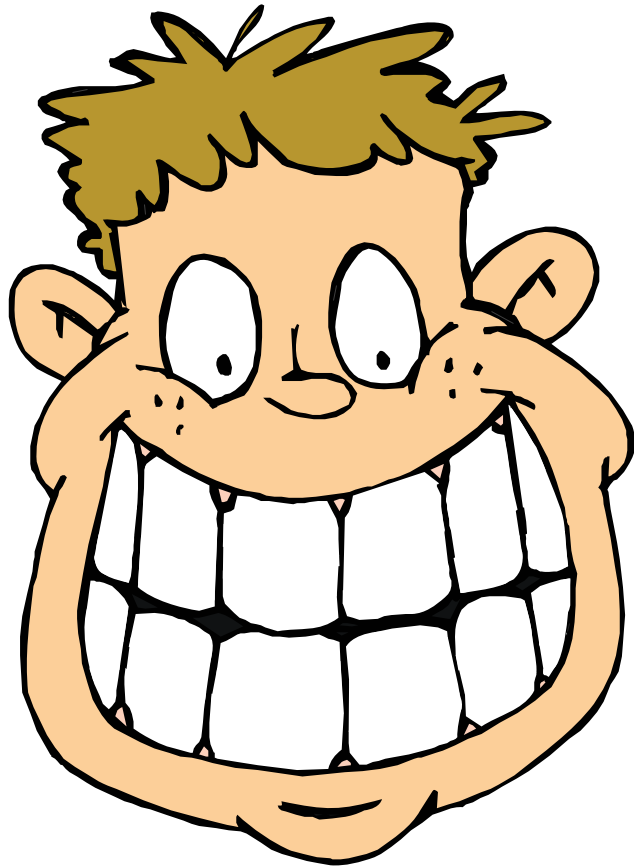


# Looking after your teeth



It is very important that you look after your teeth. They are there to help us chew and bite.

There are three types of teeth

**MOLARS ... FOR GRINDING**

**CANINES.... FOR CUTTING**

**INCISORS....FOR TEARING**



*Please remember to recycle this activity*

It is very important that you keep your teeth clean.  
Tick the ways you can keep your teeth clean.

- ☐ Brushing your teeth,
- ☐ Eating an apple,
- ☐ Visiting the dentist,
- ☐ Eating lots of cakes and sweets,
- ☐ Drinking lots of sweet drinks.  
(remember there are various types of cola and lemonade)
- ☐ Using floss.



**Underline the correct word in each bracket.**

We have two sets of teeth. The first which are called our milk teeth fall out when we are very (young, old). It is important that we keep our teeth (clean, dirty), if not they will get attacked by (decay, animals), this will make holes in them. Too many (sugary, tasty) foods can cause decay. It is important to clean your teeth every (day, week).