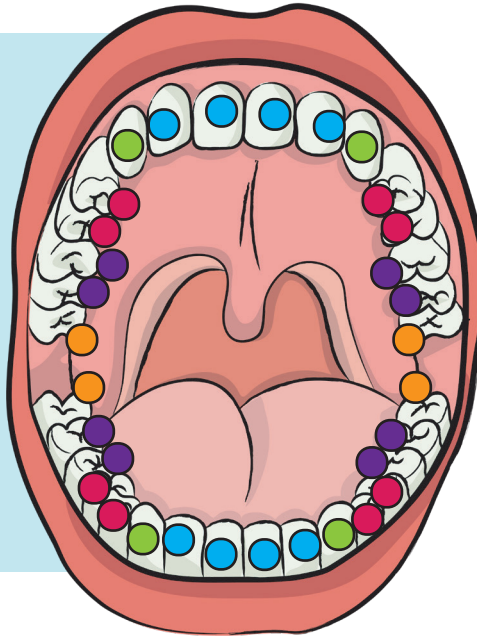


TEETH

Non-chronological report

COMPREHENSION
CRUSHERS

Like many other vertebrates in the animal kingdom, humans have teeth which they rely on for eating. Teeth are a vital part of the digestive system: humans use them to bite, tear and chew food. Every individual's set of teeth is unique – like a fingerprint – and they must be cared for.



Key:

● incisors ● canines ● premolars ● molars ● wisdom

20 milk teeth (first set)

4 types of teeth

32 adult teeth (second set)

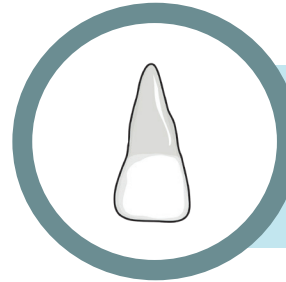
The first tooth is usually visible between 6-12 months.

Over a lifetime, an average of 85 days is spent brushing teeth!

Only 1/3 of each tooth is visible: the rest sits under the gum line.

THE DIFFERENT TYPES OF TEETH

There are four types of teeth. They each vary in shape and size and are responsible for a variety of functions:

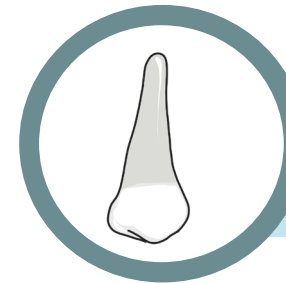
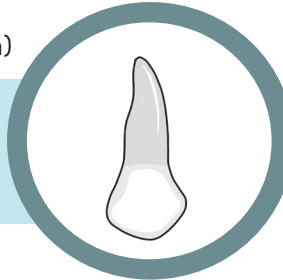


INCISORS 8 in total (4 at the top and 4 at the bottom)

Flat, with a spade-like shape, these teeth – which are found at the front of the mouth – are used first when eating. Working together, the eight incisors bite into food to cut it into pieces.

CANINES 4 in total (2 at the top and 2 at the bottom)

Sometimes given the nickname 'fangs', these sharper, pointy teeth are used to tear and rip food.



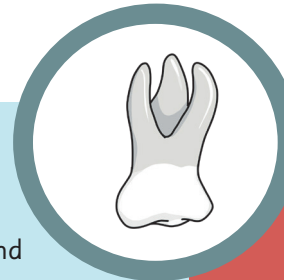
PREMOLARS 8 in total (4 at the top and 4 at the bottom)

Premolars are positioned next to the canines. Their job is to hold food and their flat, wide tops to crush it.

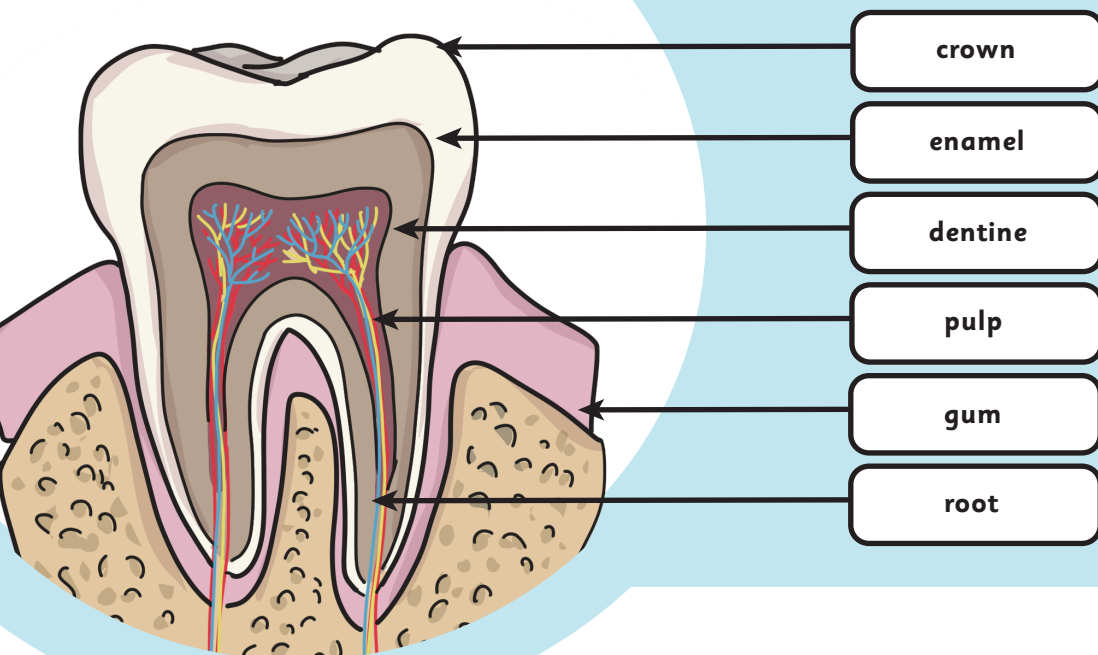
MOLARS 8 in total (4 at the top and 4 at the bottom)

The largest teeth sit towards the back of the mouth. The molars work to grind food into smaller pieces before it is swallowed.

Wisdom teeth – which usually surface when a person is between 17 and 25 years old – are also molars. Scientists believe they are left over from our ancestors, whose ancient diet included tougher food like leaves and nuts. However, they aren't really necessary today; many people have them removed.



WHAT ARE TEETH MADE OF?

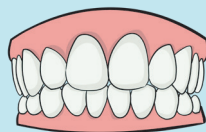


Teeth are coated with the body's strongest material: **enamel**. Unfortunately, this is not living tissue; this means that damaged enamel cannot repair itself.

Beneath the enamel is a hard, bony layer called dentine. About 22% of dentine is made up of water and it has a natural yellow colour. Consequently, teeth can start to look yellow when the enamel wears away.

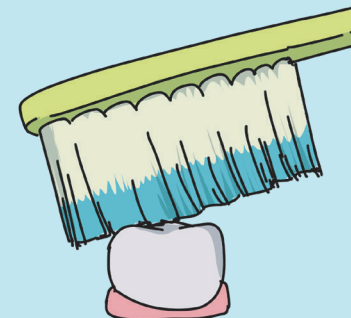
Pulp is a jelly-like part of the tooth containing blood vessels, nerves and connective tissues. This area protects against bacteria, produces dentine, senses temperature and even moisturises the tooth to keep it alive and healthy!

The **gums** surrounding teeth are a seal; they act as a barrier between the tooth and the deeper tissues. Healthy gums shouldn't hurt, bleed or swell.



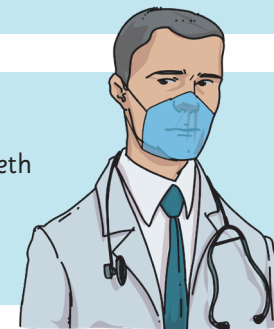
KEEPING TEETH HEALTHY

It is essential that teeth are brushed thoroughly for two minutes at a time, twice a day. Dentists also suggest that flossing the area between teeth is the best way to remove bacteria sufficiently. Bacteria is caused by trapped food and is fed by sugars in sweets, fizzy drinks and fruit juices.



Although enamel and dentine are tough substances, holes and cracks can occur through a build up of bacteria and plaque. These can expose the pulp. This can cause toothaches, sensitive teeth (where hot and cold temperatures cause pain) and infections. Without treatment, this can lead to serious dental problems!

Visit the dentist every six months to help keep teeth healthy and identify any problems early.



% OF UK WITH DENTAL ISSUES:

84% of adults have at least one filling!

31% adults and up to 25% of children have tooth decay