

TEETH IN HUMAN BEINGS

Before we describe the nutrition in human beings, it is very important to know about the teeth and their care.

In humans, teeth grow twice in their life-time. First set of 20 teeth appears by the age of 2 years. These teeth are called **milk teeth**.

These milk teeth fall off one by one and a new set of 32 **permanent teeth** is formed by the age of 12. These 32 teeth are called permanent teeth and last for the rest of our life.

These 32 teeth (for an adult) can be classified into four types.

Type of teeth	No. of teeth in each jaw	Total no. of teeth of each type	Function
Incisors	4	8	Biting/cutting
Canines	2	4	Tearing
Premolars	4	8	Chewing, Grinding
Molars	6	12	Chewing, Grinding
Total		32	



- ◆ The front teeth which help us in **cutting** or **biting** the food are called **incisors**. There are four incisors in each jaw.
- ◆ Next to each incisor, there is one **canine** on each side. Thus there are 2 canines in each jaw. Canines help in **tearing** the food.
- ◆ Next two teeth on each side of the jaw are **premolars**. There are 4 premolars in each jaw. These are helpful in **chewing** and **grinding** food.
- ◆ At the end, there are three **molars** on each side of the jaw. Thus, there are six molars in each jaw.

These help in **chewing** and **grinding** the food.

Colour your teeth in separate rows with water colour in the positions.

Record the number in the table below.

Observation:

Age of the Student Year

Type of teeth	Role of teeth	Number of teeth	
		lower jaw	upper
Incisors			
Canines			
Premolars			
Molars			

Comment: Compare your observation with that given in

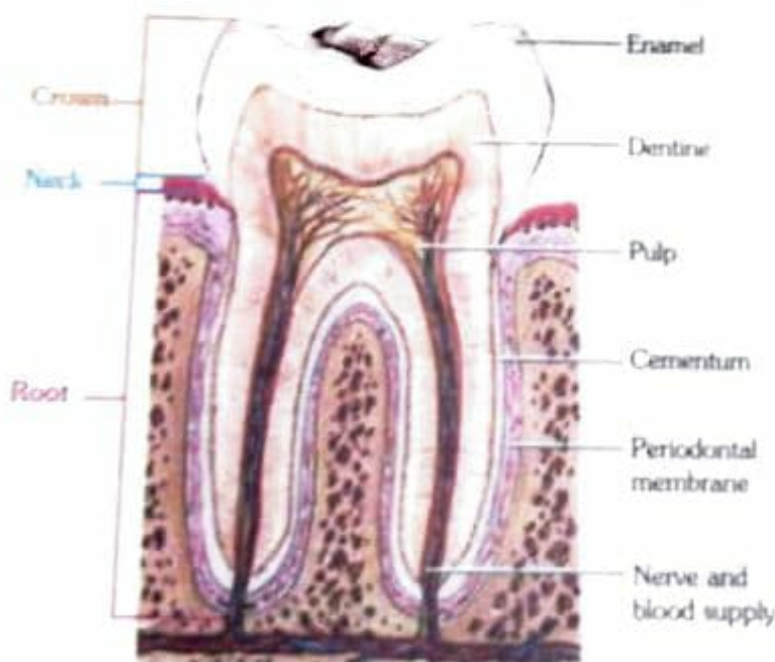
Structure of a Tooth

Teeth are fixed into the gums. Each tooth has the following parts:

- **Root** : The part of a tooth embedded into the jawbone.
- **Crown** : The top part of the tooth outside the gum.
- **Neck** : The part between the root and the crown.

The tooth internally is made up of

- **Enamel** : It is the white part of a tooth and is the hardest substance in our body. It is deposited outside the crown of the tooth and contains calcium salts.
- **Dentine** : Dentine is like a bone structure. It is the middle part of the tooth.
- **Pulp cavity** : Inside the dentine, there is a soft pulp containing blood vessels and nerves.



Structure of a Tooth

CARE OF THE TEETH (OR ORAL HYGIENE)

Healthy teeth are white and healthy gums are pink. If proper care is taken, teeth become yellowish due to the formation of a sticky layer of food particles, saliva and bacteria. This is called **plaque**.



Proper brushing of teeth keeps them healthy

The plaque absorbs sugary and starchy food materials. The bacteria in the plaque convert sugar and starch into acids. The acid so formed dissolves the tooth enamel and leads to the formation of cavity in the tooth.

Gums hold the teeth. The build up of plaque at the place where teeth meet the gums leads to loosening of the teeth. You may now feel the importance of oral hygiene.

Given below are some helpful suggestions for the proper care of teeth and gums :

- ✦ Properly brush your teeth everyday in the morning and again before going to bed. Massage your gums gently with a soft brush.
- ✦ Wash your mouth thoroughly with water after every eating.
- ✦ Eat self-cleaning foods such as raw vegetables, carrot, radish, cabbage, fresh fruits particularly citrus fruit.
- ✦ Avoid eating sticky and starchy foods and sweets, chocolate-ice-cream etc.



Before brushing



After brushing



A soft floss is used between teeth



Correct ways of brushing the teeth