



### Types of teeth and their functions

Our teeth are one of the strongest parts of our body. They are made from proteins such as collagen, and minerals such as . In addition to helping us chew the toughest foods, they also help us speak clearly. Most adults have  teeth, called permanent or secondary teeth; 8 incisors, 4 canines, also called cuspids, 8 premolars, also called bicuspids, 12 molars, including 4 wisdom teeth whereas children have  teeth.

All eight of our  teeth are located in the front part of our mouth. We have four of them in our upper jaw and four in our lower jaw. They have sharp edges that help us  into food. Whenever we sink our teeth into something, such as an apple, we use our incisor teeth. The very first teeth we grow are incisors, around  months old.

are four teeth which sit next to the incisors. We have two canines on the top of our mouth and two on the bottom. Canines have a sharp, pointy surface for  food. Canines are also called cuspids.

are eight in number and sit next to your canines. There are four premolars on top, and four on the bottom.  are bigger than canines and incisors. They have a flat surface with ridges for crushing and grinding food into smaller pieces to make it easier to swallow. Infants and young children do not have premolars because these teeth do not start to come in until around age  Pre molars are also called bicuspids.

are 12 in number and are our biggest and strongest teeth. We have six on the top and six at the bottom. The large surface area of your molars helps them  food. When you eat, your tongue pushes food to the back of your mouth. Then, your molars break up the food into pieces small enough for you to swallow. The molars include four  teeth, which are the last set of teeth to come in. They usually come in between the ages of 17 and 25.  teeth are also called third molars.