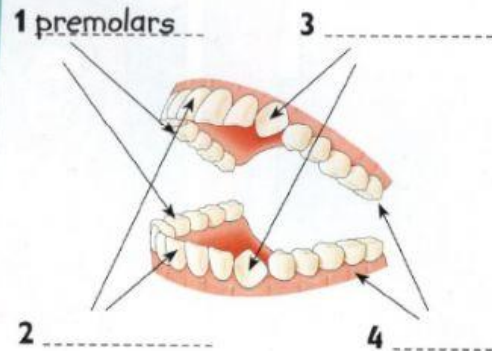


2 Read and label the diagram.

Our different teeth

We have four kinds of teeth which do different things:

- We have eight **incisors** at the front of our mouths. They're the sharpest teeth because they cut our food.
- The four **canine** teeth are next to the incisors. They hold and tear food so they have very long roots.
- Our eight **premolars** are behind our canine teeth. We use them to chew food so premolars are flatter on the top.
- The **molars** are at the back of our mouths. Molars are much bigger than the premolars. Their job is to chew food into smaller pieces so it can be swallowed.

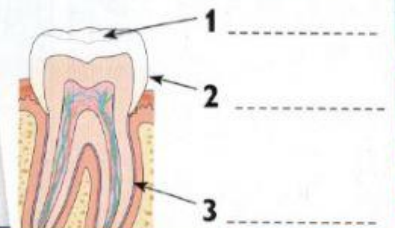


3 Match the sentences with the picture.

Tooth structure

A tooth has two parts: the crown and the root.

- 1 The **crown** is the part we can see when we smile or open our mouth.
- 2 We can't see the **root** because it is in the gums. It is about two-thirds of the tooth's total length.
- 3 The hard white part that covers the outside of the tooth is called the **enamel**.



4 Read and complete.

healthy between finish
after mustn't before hungry
brush dentist better

Tooth care

To have healthy teeth and gums, you must:

- 1 brush your teeth every day after meals and before bed.
- 2 eat a good diet. You mustn't eat sugary foods between meals. If you are hungry, eat an apple, banana or carrot. Don't drink lemonade. Drink milk! If you eat between meals, brush your teeth when you finish.
- 3 visit the dentist twice a year. A dentist can clean your teeth better than you, so that your mouth is healthy.

5 Read and order the text.

How to brush your teeth

- ☐ To finish, rinse out your mouth with water.
- ☐ Always start and finish in the same place in your mouth. A good place to start is the outside of the back molars, which need the most time and brushing. All of that should take two minutes.
- ☐ 1 Brushing your teeth is very important. It cleans your teeth and gums, and helps against cavities. Then repeat all of this on your bottom teeth.
- ☐ 6 Lastly, don't forget the top of your mouth and your tongue.
- ☐ Next brush the inside of your teeth and gums using the same circular movement.
- ☐ When you finish the inside and outside of your top teeth, quickly brush along the chewing part of your teeth.
- ☐ 3 Gently brush the back molars and gums using a small circular movement. Then move slowly around your mouth brushing all your teeth.

