

This Dental Work Book belongs to:

Series 2



Oral Health Promotion



How many teeth do we have?

Deciduous Teeth

We start to grow these teeth when we are about 6 months of age up to 2½ years.

| | |
|---------|-----------|
| Incisor | 8 |
| Canines | 4 |
| Molars | 8 |
| Total | <u>20</u> |

Permanent Teeth

We start to grow these teeth when we are 6 years of age up until we are an adult.

| | |
|-----------|---------------------------------|
| Incisor | 8 |
| Canines | 4 |
| Premolars | 8 |
| Molars | 12 (including the wisdom teeth) |
| Total | <u>32</u> |



Incisor



Canine



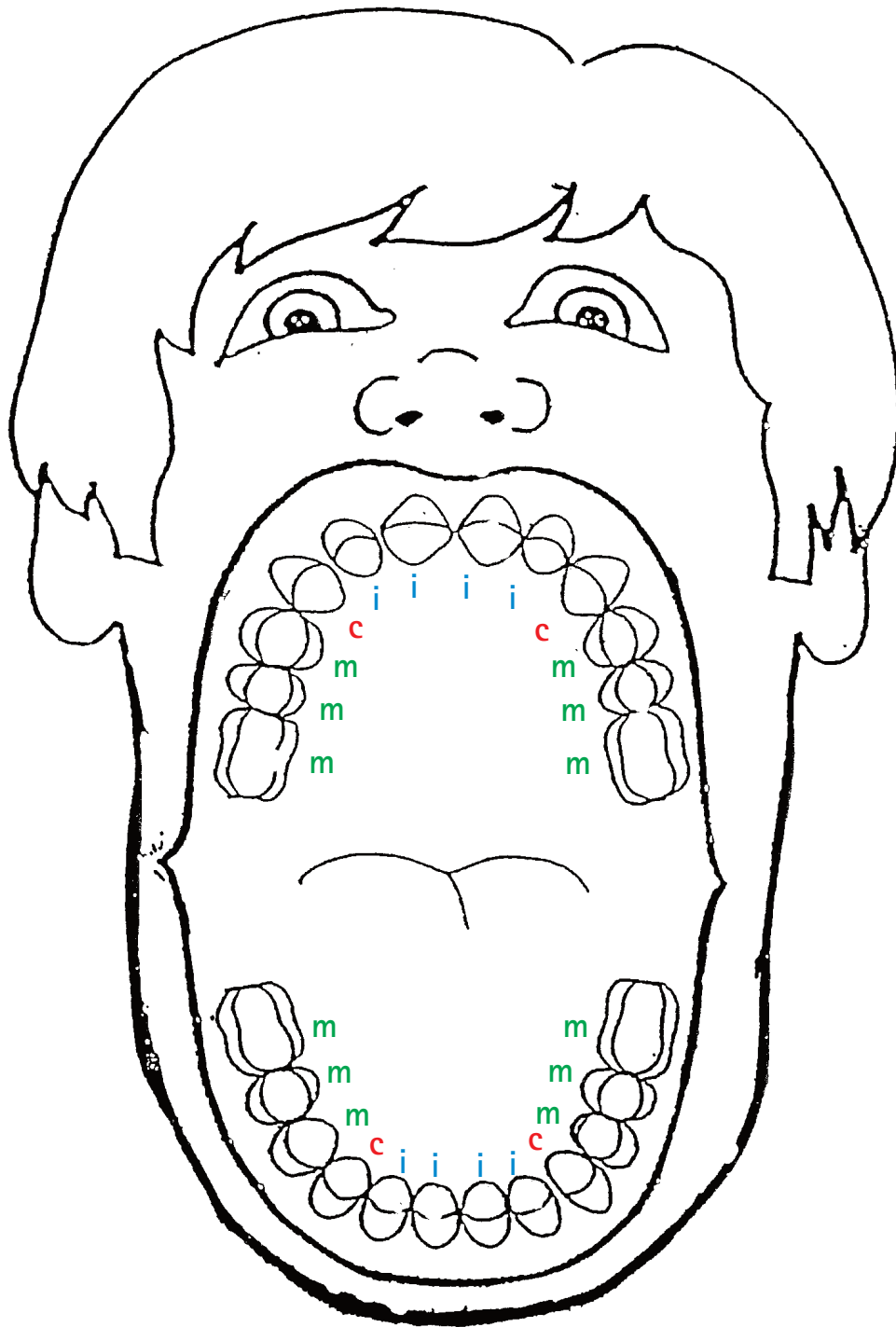
Premolars



Molar



Types of Teeth



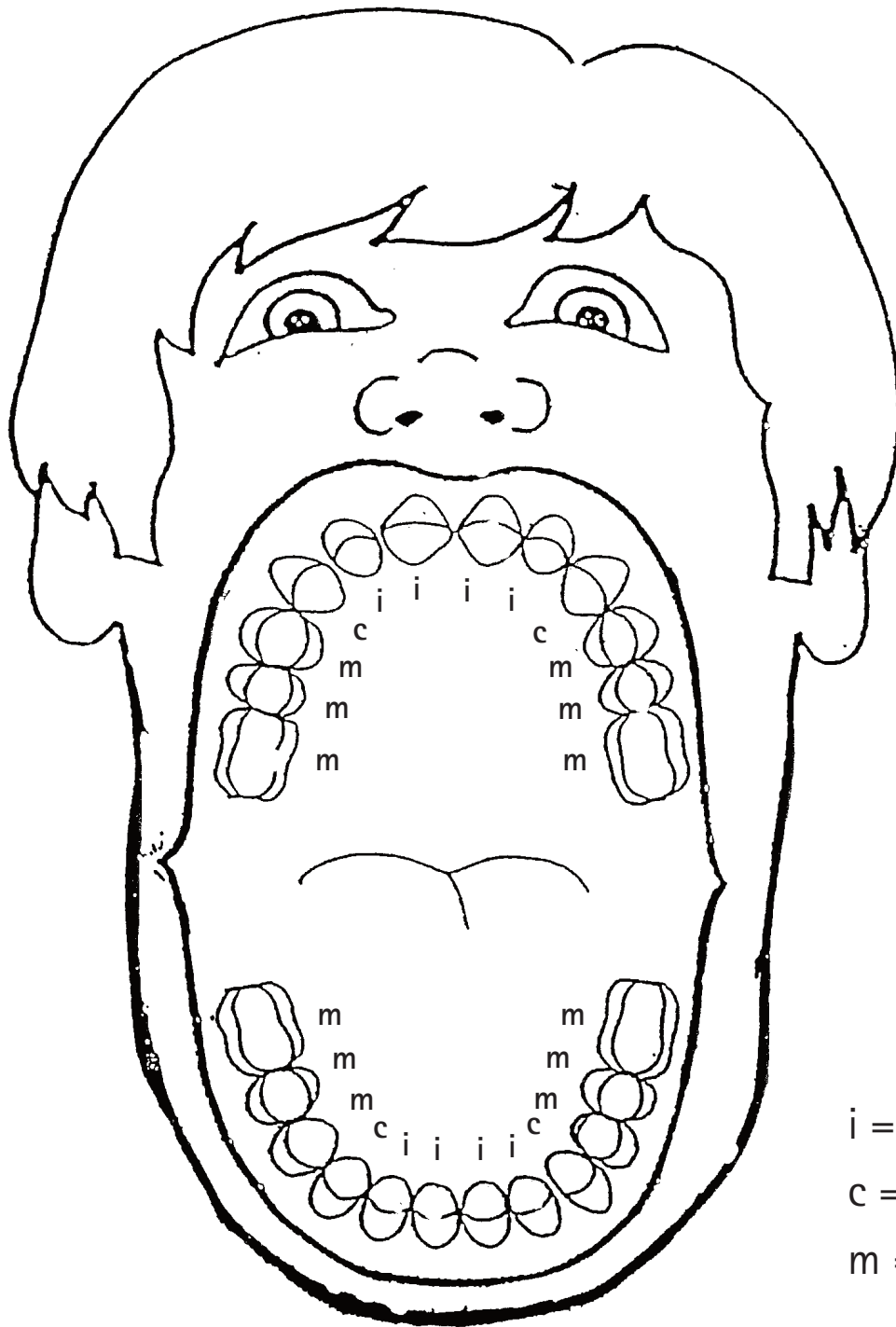
1.) Mark the 8 incisor teeth with the colour **blue**.
(these teeth are flat and sharp).

2.) Mark the 4 canine teeth with the colour **red**.
(these teeth are sharp and pointy).

3.) Mark the 12 molar teeth with the colour **green**.
(these teeth are flat and blunt).



Completed Mouth Chart



i = incisor teeth
c = canine teeth
m = molar teeth

Use the words at the bottom to help you fill in the missing spaces.

The incisor teeth are used to _____ food.

The canine teeth are used to _____ food.

The molar teeth are used to _____ food.

tear

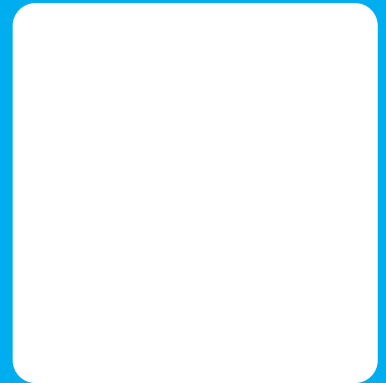
cut

chew



Healthy Snacks

Place a ✓ against healthy snacks and drinks and a ? against unhealthy snacks and drinks.

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Quiz

What is the name of the big teeth at the back of the mouth?

What do they do?

How can we keep our GUMS healthy?



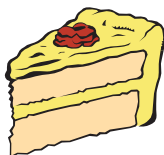
What are the front teeth called? What do they do?

Blank box for answer to: What are the front teeth called?

Blank box for answer to: What do they do?

When is the best time to eat sweets and food containing sugar?

Blank box for answer to: When is the best time to eat sweets and food containing sugar?



Draw or write down two snacks that would be safe for teeth

Blank box for answer to: Draw or write down two snacks that would be safe for teeth



Should you rinse your mouth out after brushing your teeth ?

What is in toothpaste that helps to make teeth strong?



What is the sticky stuff that grows on the teeth called?



When should you clean your teeth?



Is it a good idea to eat 5 or more portions of fruit and vegetables every day ?

How long does acid stay in your mouth after you eat sugar?



Remember

- Brush your teeth and gums for at least 2 minutes last thing at night and on one other time during the day.
- Use a pea-sized amount of fluoride toothpaste.
- A gentle scrub method is the most effective way of plaque removal.
- If you wish you can brush your tongue.
- Spit do not rinse your mouth with water after brushing.

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Our Values
Service Teamwork Ambition Respect

