



TEETH

Our teeth cut up and crush food into tiny pieces so that we can swallow it.

Incisors Incisors are at the front of our mouths and are used for **cutting** food.

Canines These long, sharp and pointed teeth are at the side of our mouths. They **grip and tear** food.

Molars Molars are back teeth that **crush and grind** food into very small pieces so we can swallow it.

Sugar left in our mouths is eaten by bacteria which forms plaque, so:

- * Brush your teeth at least twice a day,
- * Have your teeth checked by a dentist regularly,
- * Eat healthy foods and not too many sweets!

