

UNIT 02 / 08 • LEARN & TRY

Teeth and Food Habits

Name: _____ Date: _____

Learn

Teeth help break food into smaller pieces before swallowing. Front teeth help bite, while broader back teeth help crush and grind. Children lose baby teeth as permanent teeth develop. Brushing with fluoride toothpaste as advised by a dental professional helps protect teeth. Frequent sugary snacks can increase tooth decay risk. Food choices, clean hands and safe drinking water all contribute to healthy everyday routines.

Worked example

A person bites an apple piece with front teeth and chews it with back teeth.

1. What do broad back teeth help do?

2. Why does chewing help eating?

3. What commonly replaces a lost baby tooth?

Teeth and daily care



Illustrative tooth shape; individual oral-health questions need a qualified professional.