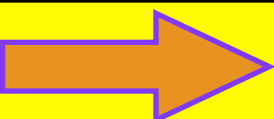


# Eating and Digestion

Learning Objective:

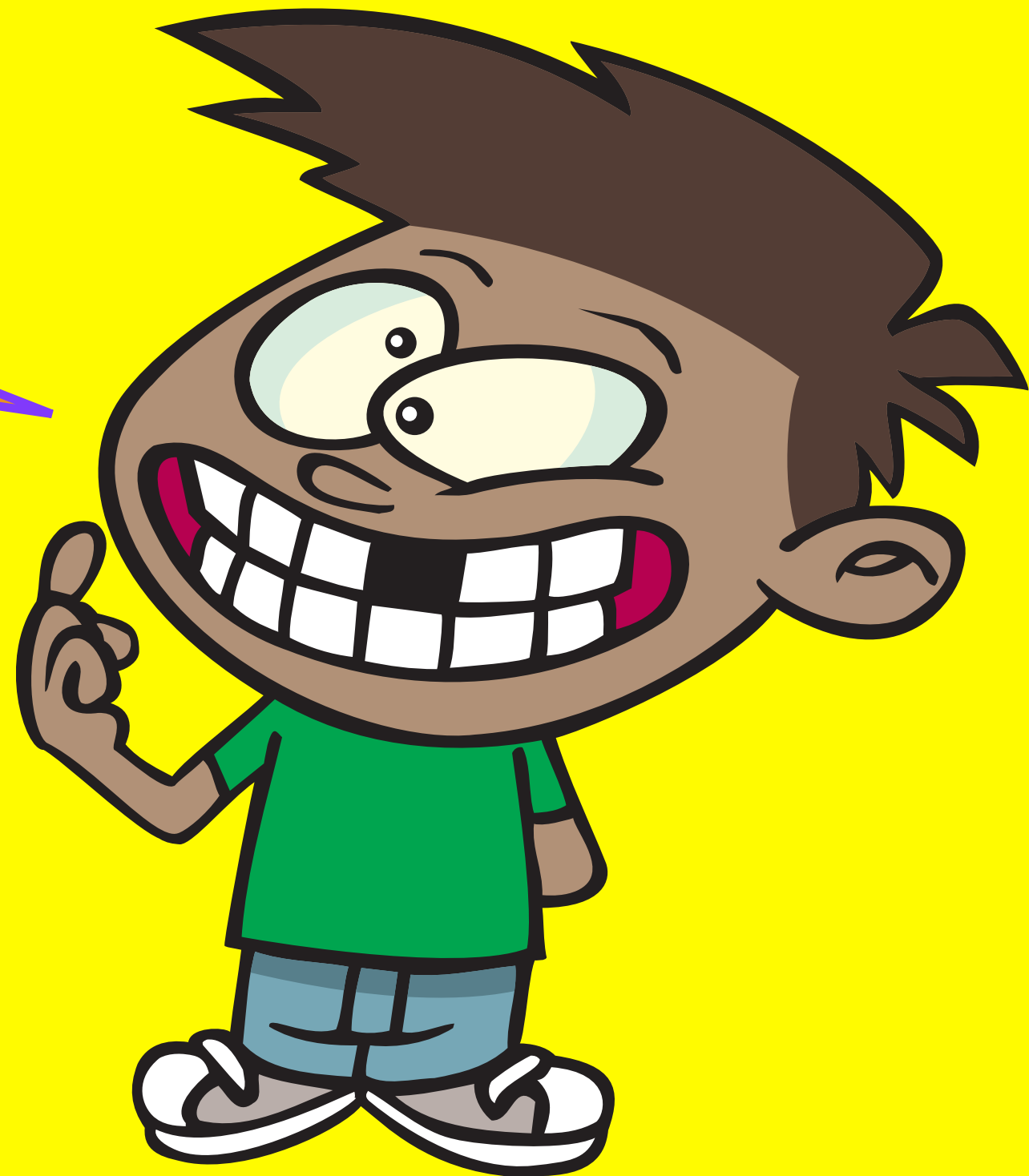
To explore ways of keeping teeth healthy.



# Count your teeth with your tongue!

How many teeth  
do you have?

Do you  
know how many  
teeth you are  
supposed to  
have?



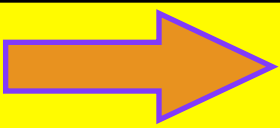
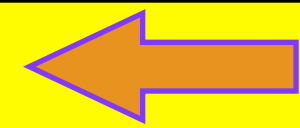
**Babies' teeth start to come through when they are about six months old. The first set of teeth children have are called milk teeth. Children have twenty milk teeth - ten on the top and ten on the bottom.**



**As children get older, their milk teeth get wobbly and fall out and are replaced with their adult teeth. Adults have thirty two teeth altogether - sixteen on the top and sixteen on the bottom. Adult teeth are permanent.**



**Why do you think children have teeth that fall out but adults have teeth that are permanent? Why don't humans have just one set of teeth during their lifetime?**





Milk teeth fall out as we grow. Adult mouths are much bigger than children's mouths so children have fewer teeth that are smaller than adult teeth. As children get bigger, their milk teeth fall out and are replaced by larger adult teeth. If an adult (or a child with their second set of teeth) loses a permanent tooth, it will not grow back.



These two people have each just lost a tooth.



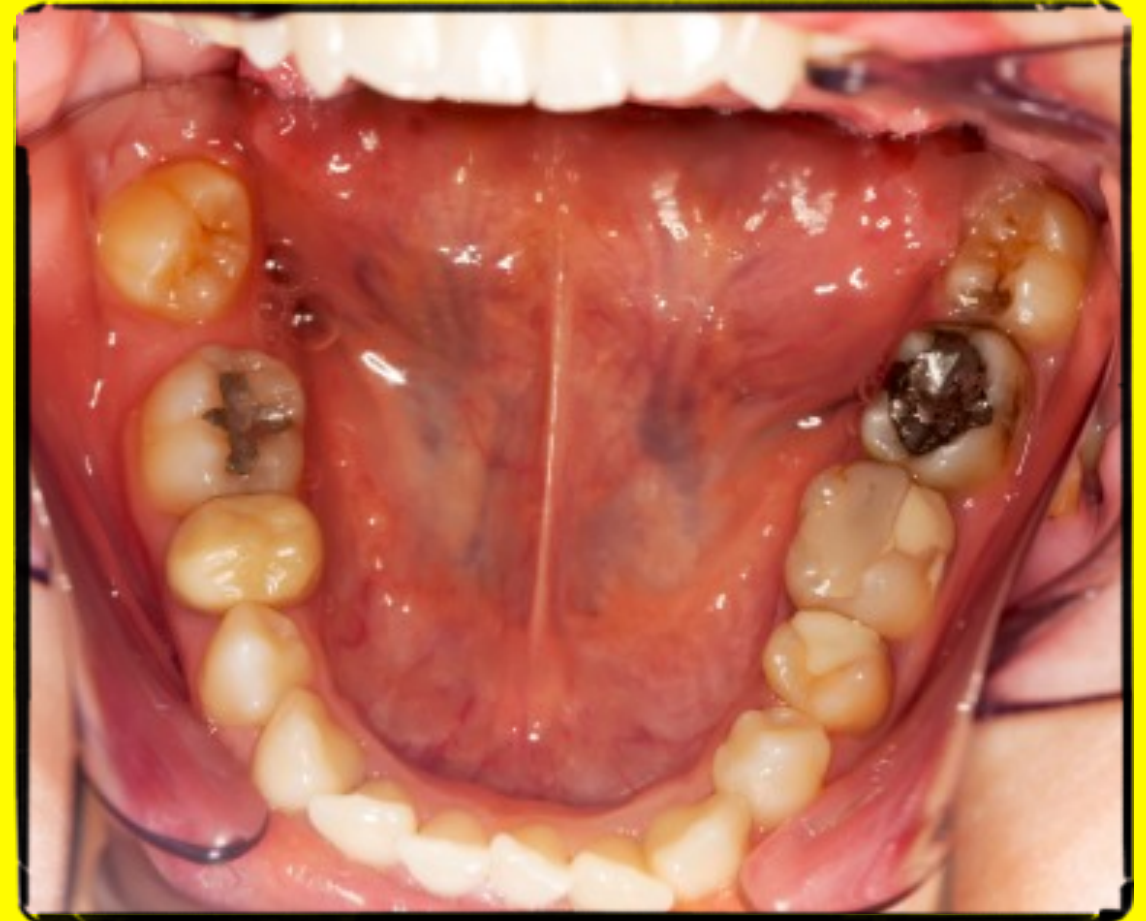
How do you think the tooth loss will affect each person?

**Children are supposed to lose their milk teeth. It is natural and another tooth will grow in its place. Adults are not supposed to lose their adult teeth because another one will not grow back. This is why it is so important to take good care of your teeth, whatever age you are.**





**If you do not take care of your teeth properly they can start to rot. Your teeth can start to develop cavities (holes) which will need a filling from the dentist. If rotting teeth are not treated, they can fall out. It is also important to take care of your gums as gum disease can cause many different health problems.**



How do you think people can make sure that their teeth stay healthy?

