

## LITTERA PUBLIC SCHOOL

CLASS 4

CHAPTER 6

SCIENCE

### Teeth and Microbes

The pair of bones that form the framework of the mouth are together called the jaws. The lower movable jaw is called mandible and the upper fixed jaw is called maxilla. The jaws contain teeth. When a baby is born, it does not have teeth. By the age of two years children have a set of 20 teeth. This set of teeth is called milk teeth or temporary teeth. This is because these teeth start to fall by the time. Between the age of 6 to 12 temporary teeth are replaced by permanent teeth. There are 28 teeth in this set. Finally, between the ages of 12 and 21 four wisdom teeth come out. Every adult has a set of 32 teeth.

#### Types of teeth

- Cutting teeth or incisors
- Tearing teeth or canines
- Grinding teeth or Premolars and Molars



#### Cutting Teeth or incisors

There are eight incisors in all. They are four in each jaw which we use for biting. They have sharp edges on them.

#### Tearing teeth or canines

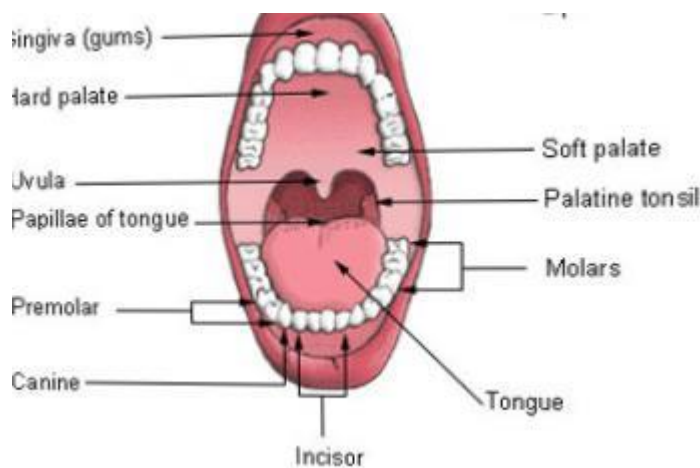
The teeth next to incisors are sharp and pointed. They are on either side of incisors. They are used for grabbing and tearing food. There are four canines two each in the upper and lower jaw.

Grinding teeth or Premolars and Molars .

Grinding teeth-helps up to break up the food into smaller pieces before it is swallowed.

Premolars- The two teeth next to the canines on each side of a jaw are known as premolars. There are eight premolars in all, four in each jaw.

Molars- The set of three teeth next to the premolars on each side of a jaw have a broader surface than the premolars. These are called the molars. There are twelve molars in all, six in the upper jaw and six in the lower jaw.



	Incisors	Canines	Premolars	Molars
Upper jaw	4	2	4	6

Lower jaw	4	2	4	6
Total	8	4	8	12=32

## Structure of a Tooth

A tooth has three parts: the crown, the neck and the root. The outer cover of a tooth is very hard. It is called an enamel. Enamel is the hardest substance in our bodies. Below it lies the dentine. This is also quite hard. Inside the dentine is the pulp. This is soft and has blood vessels and nerves are connected through a hole in the root.

## Tooth Decay

When we eat food, tiny bits of food particles stick to our teeth. Bacteria grow in these places and damage the hard covering or enamel of the teeth. They form a sticky coating called plaque. Then they attack the dentine and finally the pulp. When the bacteria reach the nerves within the pulp, they cause pain. Tooth decay results in bad breath, cavities, toothache, bleeding gums and indigestion.

## Care of Teeth

- Calcium and vitamin C are important for healthy teeth and gums. Foods like milk, cheese and cottage cheese are rich sources of calcium. We should also eat rough, coarse food which will exercise our teeth, gums and muscles of the food canal. Chew food well.
- Do not eat too many sweets. They cause our teeth to decay easily.
- Wash mouth well after each meal.

- Brush teeth in the morning and before going to bed at night. Make sure we brush both upwards and downwards.
- Use a dental floss to clean between two teeth.
- Visit dentist re for check-ups.

### Tooth Brushing Methods

- Place toothbrush at 45 degrees angle to gums
- Brush gently in a circular motion.
- Brush the outer, inner and chewing surfaces of each tooth.
- Use the tip of brush for the inner surface of front teeth.

### Microbes

Microbes are tiny living things. They are an extremely small living thing that we can only see with a piece of equipment and that can cause disease. They may grow in soil, in water inside or outside our body and in the bodies of other animals. There are different kinds of microbes such as bacteria, viruses, protozoa and fungi. Some microbes cause diseases in human beings. Disease causing microbes are called germs. Our mouth is under attack all the time from bacteria. Bacteria are a type of microbes. The bacteria turn the sugar from our food into acid which cause teeth decay.

Brushing regularly reduces the number of bacteria.

### Useful microbes

Some microbes are useful. Some bacteria

- Change milk into curd.
- Produce vitamins in our body.
- Help in the decaying of dead plants and animals.
- Help in digestion of roughage in animals.