

**GOD IS WISE**

**Keeping healthy**

**Term 3**

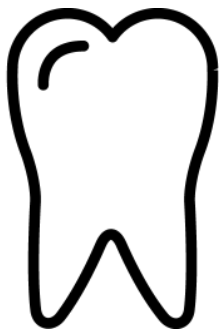
# God is Wise – caring for our teeth and our bodies

## Teeth (1)

### What are teeth made of?

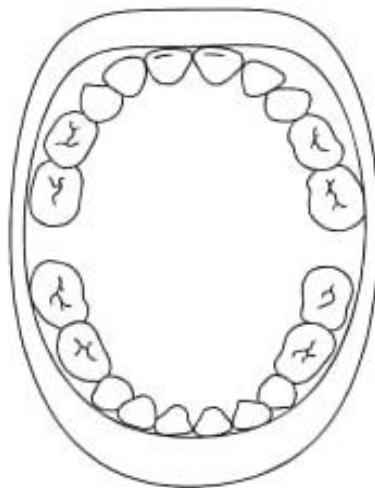
Teeth are covered in a material called enamel. This is harder than most rocks! Teeth are fixed to your jaw bones by roots.

### What do roots look like?



The roots and the pointy, lower parts of the tooth that sit in your gum. In your book, draw a tooth with roots. Colour around the root in pink to show where the gum would be.

**Make a model of a set of teeth. You could use cardboard and playdough.**

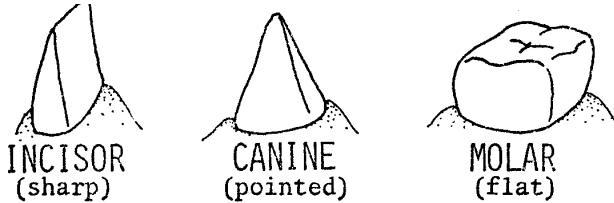


## Teeth (2)

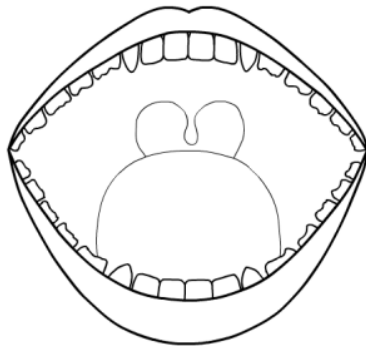
### What kinds of teeth are there?

- Sharp front teeth called incisors bite food into small pieces.
- Tall, pointy teeth called canines tear and pull food.
- Flat back teeth called molars chew food to a mush.

### Draw the three different types of teeth.



### Draw this picture of a set of teeth. Label the three types of teeth.



*Count the teeth on the drawing above and copy the following sentences into your book:*

**How many teeth does an adult have?**

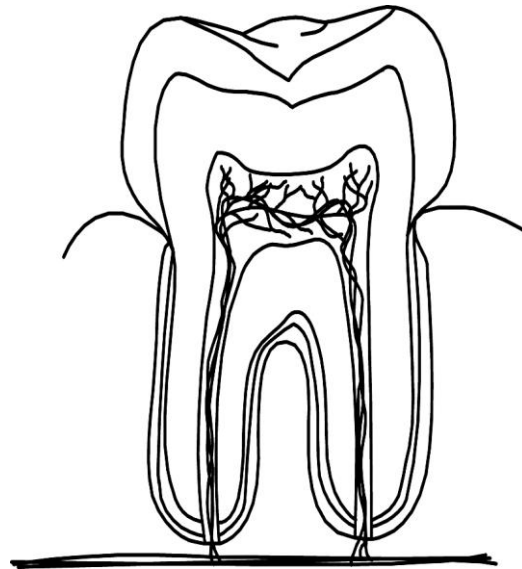
**An adult has \_\_\_ on the top and \_\_\_ on the bottom. That makes \_\_\_\_.**

### Teeth (3)

#### Parts of a tooth

1. Enamel is the hard outer layer.
2. Dentin is the next layer under the enamel. It has tiny tubes leading to the next layer which is...
3. The pulp, which is very soft. This is where there are nerves and blood vessels. If a hole (decay) goes this deep then there is pain.

**Draw a tooth showing the three layers and label them.**



## Teeth (4)

### When do babies get their teeth?

A baby is born without teeth. A new born baby does not need teeth because it drinks milk from its mother. But when the baby is six months old teeth start to push through the gums.

By the time a baby is two or three years old it has 20 teeth. This is a full set of *first* teeth. These teeth fall out when the child is about seven years old.

But don't worry! Underneath each of the first teeth there is another tooth waiting to push through. These are the *permanent* teeth. That means that these are the teeth that you are going to keep for the rest of your life! You must look after them because you will not get any more new teeth. By the time you are a teenager you will have 32 teeth.



### Answer these questions in your book:

1. When does a baby start to get teeth?
2. What happens to a child's first teeth around the age of seven?
3. What are permanent teeth?
4. Why is it important to look after them?

## Teeth (5)

### The Dentist

Even though our teeth are protected by a surface layer of hard material called enamel, it can be damaged. When we eat starchy or sugary food, a slippery layer left on our teeth. This layer is called plaque. Bacteria (germs) turn the plaque into acid. Acid can eat through the enamel and make little holes in our teeth. The holes are called cavities. Cavities are also called tooth decay. Little holes become bigger holes and finally, you can have a toothache. When a hole in a tooth becomes really big the dentist will have to take the tooth out. But this does not have to happen!

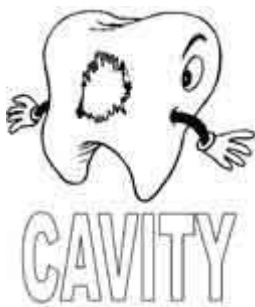
If we clean our teeth twice a day and eat the right foods then our teeth should stay strong and healthy. The bacteria will not make holes in our teeth if the teeth are clean.

But what if we do get a hole in a tooth?

If the hole is very small, it can be filled by a dentist who uses hard stuff like enamel. This is called a “filling”. It is therefore best to visit the dentist once or twice a year for a “checkup”. He will check your teeth to see if there are any tiny holes. And if a tooth does have a tiny hole, he can fill it before the hole becomes a big hole. By doing this he can save your tooth from being taken out.

#### **Answer these questions in your book:**

1. What happens when bacteria eat through the hard outer layer of your tooth?
2. What causes bacteria to do this?
3. What can we do to stop the bacteria making holes in our teeth?



## Teeth (6)

### Look after your teeth!

To stop our teeth getting holes in them, (cavities), we should clean our teeth after meals. If you can't clean your teeth after some meals, because you do not have your toothbrush, then you can munch on an apple, a piece of raw carrot or coconut. This will help to remove the sugary plaque that the bacteria on your teeth love so much.

If little pieces of food get stuck in our teeth, bacteria love this too. You can remove little pieces of food with dental floss. If you do the bacteria will have nowhere to live. Your teeth will then stay healthy and you will not need to have fillings.

If we try to eat less sugary foods, then there will be fewer bacteria to cause tooth decay. People who do not eat sugar have healthier teeth.

Remember that once you get your second set of teeth, these teeth have to last you for the rest of your life!



### Answer these questions in your book:

1. What can we do if you can't clean your teeth after a meal?
2. What do bacteria love to eat?
3. What foods contain sugar?

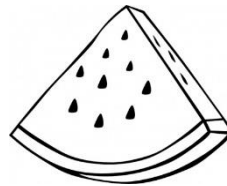
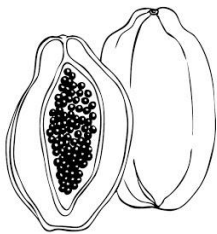
## Where our Food comes from (1)

### Foods from God's creation

When we eat a fresh pineapple, or an egg from a chicken, we are eating food as God made it. These are the best foods.

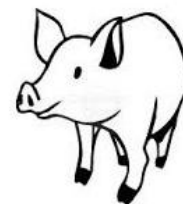
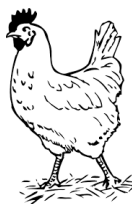
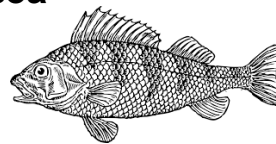
Some foods come from factories. Some foods have added colours and flavours. These may not be so healthy. In your book ...

1. Draw some foods that come from God's creation.
2. Now draw some fruits and vegetables that have seeds inside them. Show the seeds in your drawing.



### Food from gardens, farms and the sea

1. Draw some food from the sea.
2. Draw some foods from the garden.
3. Draw some food from farm animals.





## Where our food comes from (2)

### Foods that are good for you

#### Choose the best supermarket foods

Draw Sniffer's shopping trolley and fill it with healthy food.



Hi. My name is Sniffer.

Sniffer is checking around the supermarket for foods that may not be so good for us. He wants to buy only the fresh foods from the farm, the sea or the garden.

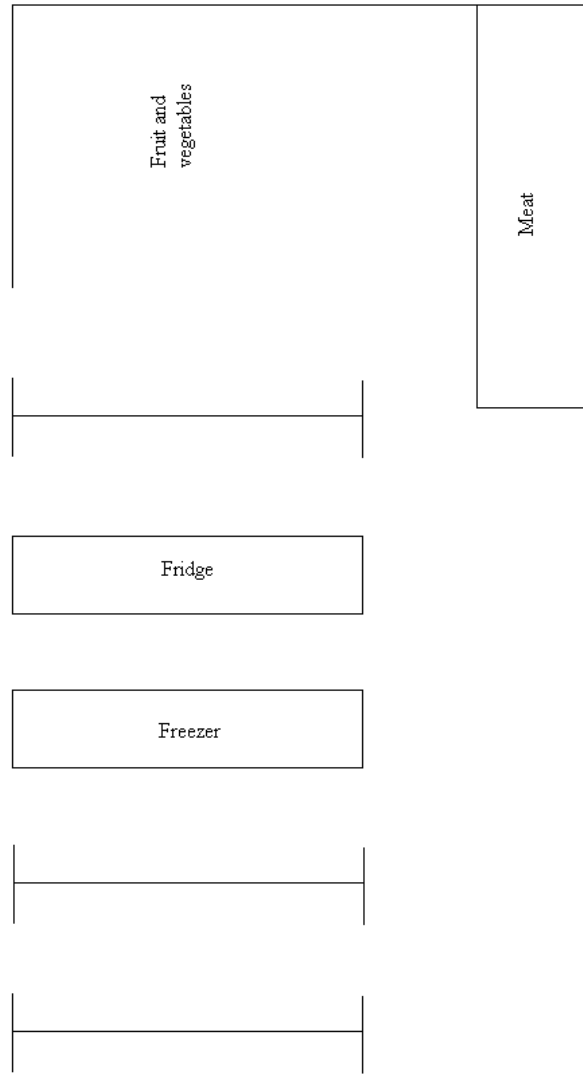
Pick three foods from the farm or garden in this list. Draw them in your book.

- packet of potato crisps
- fresh fruit
- fizzy drink
- meat
- eggs
- sweets
- packet of breakfast cereal

## Where our food comes from (3)

### The Supermarket

Copy this map of a supermarket. Draw the things you might find in each section.



### The Farmer's Market

Draw some of the foods you will find at the farmer's market. Write the names of the foods.

### My home garden

If you grow food at home, draw some of the food your family grows to eat and write a sentence about it.