

This term we will be exploring...

How can we keep  
healthy as we grow?

Remind your partner why  
teeth and gums are  
important.

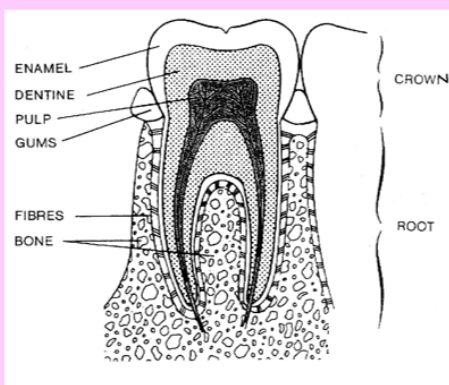


Some photos may be upsetting

## The Structure of a Tooth

It has a crown, the white part above the gum and a root.

The tooth is held in place by fibres.



A tooth is made up of three layers :

Enamel - a protective covering which is the hardest substance in the body.

Dentine - this is the main part of the tooth and is softer than enamel.

Pulp - the soft centre of the tooth containing nerves and blood vessels.

*What can go wrong with teeth?*



- **Cavities**
- **Decay**
- **Abscesses**
- **Discoloration**
- **Misplaced teeth**
- **They could fall out**

There are two main dental disease  
in human beings.

1. Tooth Decay and
2. Gum disease



Both are caused by germs living in  
PLAQUE found on the teeth and gums.

PLAQUE is a sticky almost invisible  
film made up of germs and material  
from the saliva and food.



Most tooth decay happens in children and teenagers.

Tooth decay can destroy a tooth completely.

The main causes of decay are germs and sugar.



The germs turn sugar into **acid** which rots the teeth.

## How to prevent dental decay

The more often you eat sugar and the longer it stays on the teeth, the more acid will be made by the germs in the plaque. This causes tooth decay.

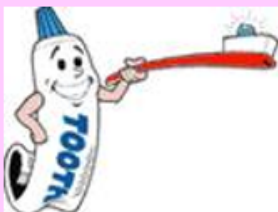
- ☹ Try not to be an all day sweet sucker.
- 😊 Cut out sugary snacks between meals.
- 😊 Save your sweets and eat them all in one go.
- 😊😊 Better still try foods without sugar in them such as nuts, crisps, cheese, fruit and savoury biscuits.



## The Important Dental Health Messages



- Remember to change your toothbrush when the bristles lose their shape.
- Buy a brush with a straight handle and a small head.
- It doesn't matter which way you brush your teeth as long as you clean them thoroughly and carefully.



We have now looked explored how to promote dental hygiene and the effects it has on your teeth if it is not done correctly.

Design a poster using the 'Tooth' template to advise others.

