

حفظ الأسنان - - tooth

If we do not brush, the bacteria changes the sugar in food to a substance called acid.

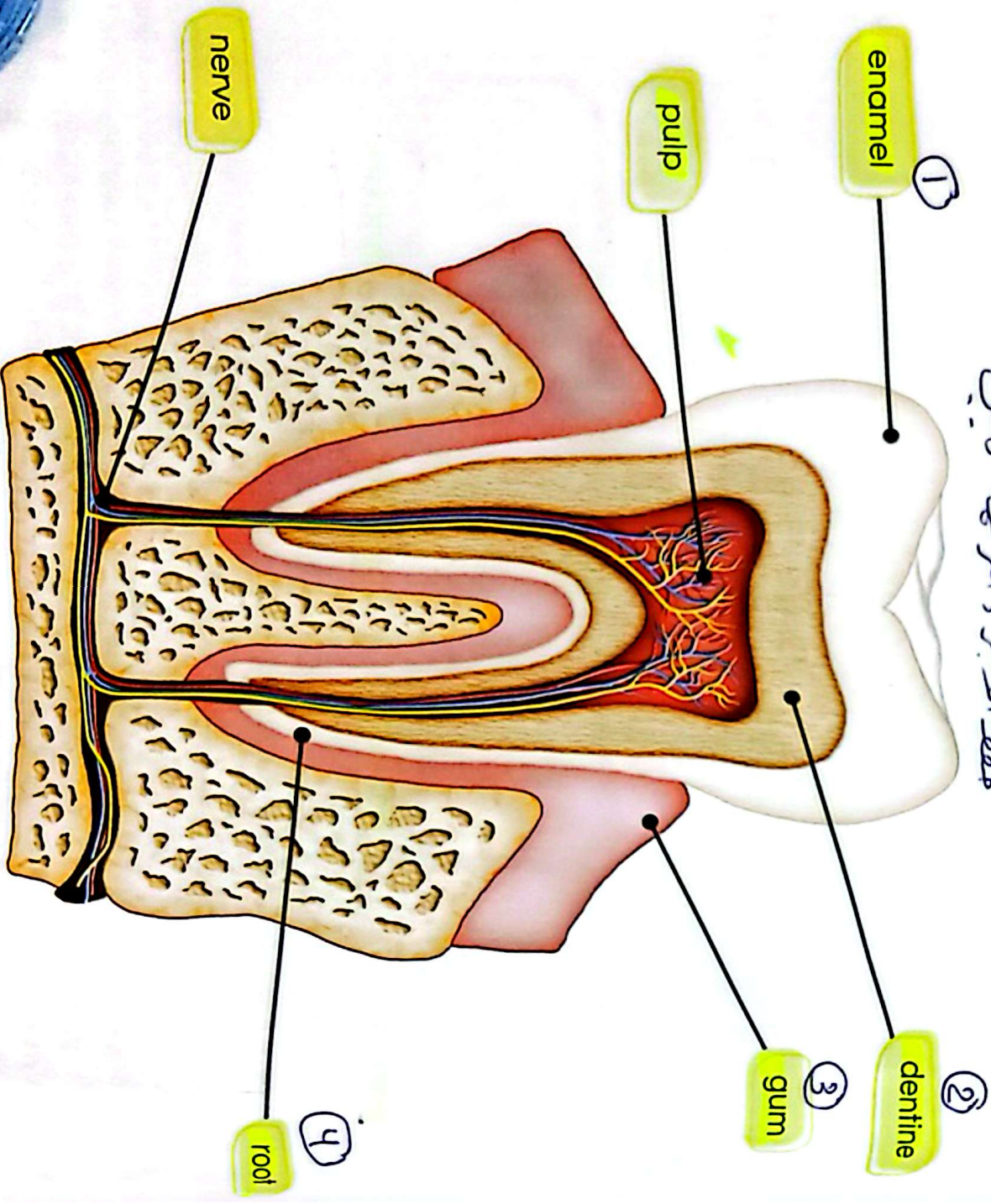
This acid sticks to our teeth as paste-like material called plaque. It can weaken the hard parts of the tooth and make small holes or cavities in it.

Once there are holes in the hard part, it becomes easy for germs to attack the teeth.

The cavities become bigger. When they reach the softer part of a tooth, we get a toothache.

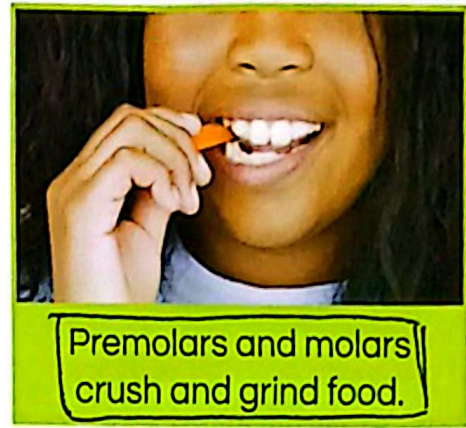
If you notice cavities in your teeth, you must ask your parents to take you to a dentist. The dentist can stop the cavities from growing by filling them up.

حفظ الأسنان، المرئية نصيب



## Kinds of Teeth

The teeth cut, tear and grind food. Teeth have special shapes to do these jobs. Feel your teeth with your tongue. Do they have different shapes?



**Incisors:** Our front teeth are our cutting teeth. These are called incisors. They have a sharp edge and are good for cutting. We have eight incisors, four above and four below.

**Canines:** Next to, the incisors are the tearing teeth, called canines. They are slightly pointed and are used for tearing and biting. We have four canines.

**Premolars and molars:** The teeth at the back of the mouth crush and grind food into pieces small enough to swallow. These are the premolars and molars. An adult has eight premolars and twelve molars.

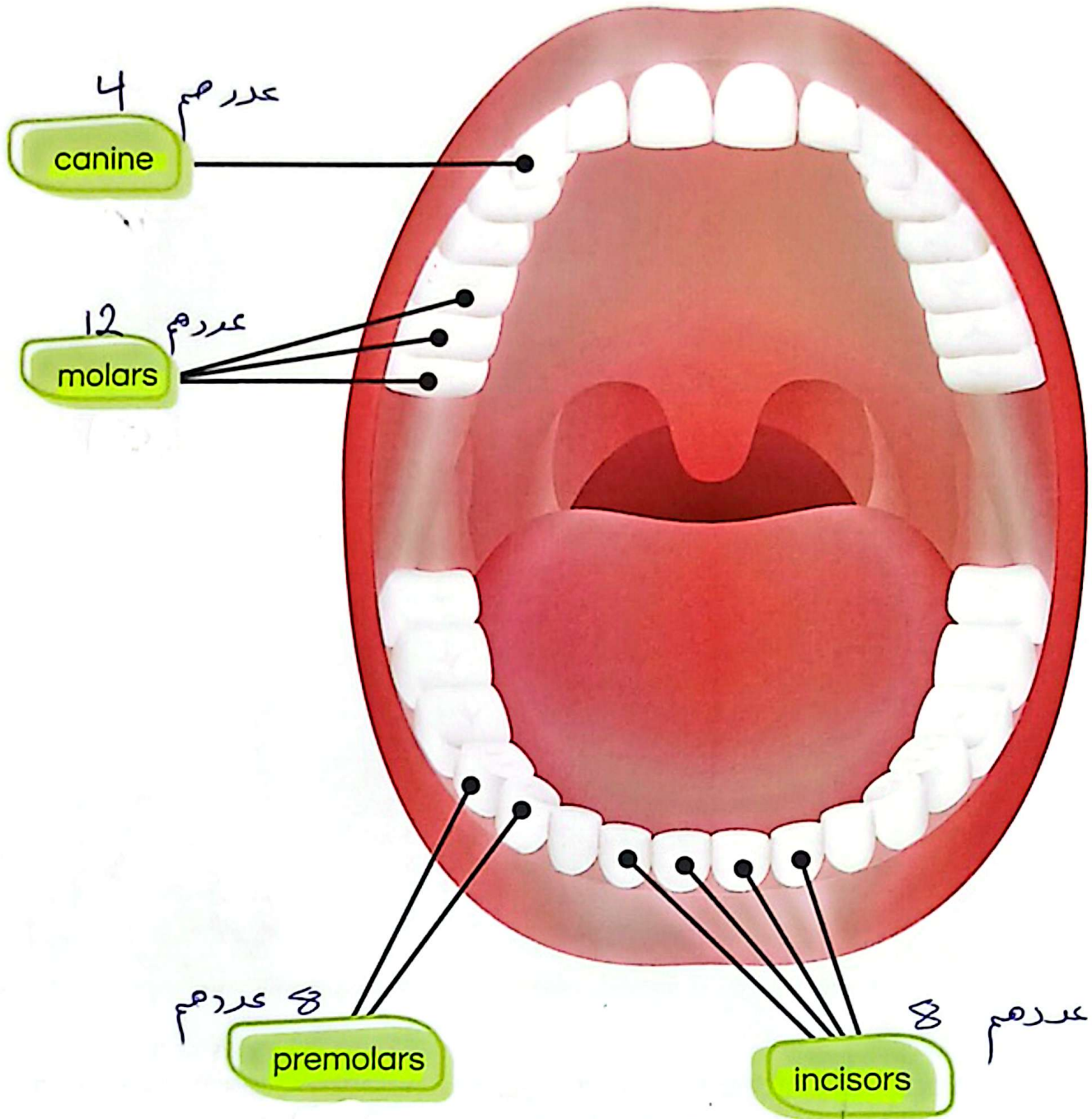


When we eat, small bits of food get stuck between our teeth. Brushing the teeth removes this food as well as germs.



Would you feel any difficulty if the order of your teeth is changed?  
What difference do you feel after cleaning your teeth with a Miswak?  
What kind of material are toothbrushes made up of?  
What is the size of your teeth?

Milk teeth show the adult teeth where to grow. Without them, the adult teeth will not grow properly. We must take care of the milk teeth.



### Permanent Teeth

At the age of six, the milk teeth start falling out. New teeth appear in their place. They are called permanent teeth.

If we take care of them, they will last a lifetime, but if we do not look after them properly we may lose these teeth. No new teeth will appear in their place.

# The Journey of Food

1 The journey of food starts in the **mouth**.  
Food is chewed, broken down, mixed with saliva and swallowed.

2 Food goes into the **oesophagus**, which takes the food to the **stomach**.

3 The **stomach** squeezes the food and makes it very soft by mixing it with gastric juice.

5 Waste food goes to the **large intestine**. Water from the food is absorbed there.

4 Food goes into the **small intestine** from the stomach. There, more digestive juices are added and food is broken down more. Now the food can be used by the body.

6 Solid waste passes through the **anus**.

## Remember

1. Digestion takes place in the mouth, in the stomach and in the small intestine.
2. Food has to be digested before it can be used by the body.
3. The left over waste material in food is passed out of the body through the anus.
4. The right eating habits are important for health.