

Teeth and Digestive System



Let's Learn About

- Teeth
- Taking care of our teeth
- Digestive system
- Microbes

We eat food with the help of our mouth. We bite and chew food with our teeth.



Activity Time

Look at the pictures below and complete the sentences.

Jack is biting
an apple with
his _____
(teeth/feet/tongue).



Jim is brushing
his _____
(teeth/hair/clothes).



Teeth

Teeth are present in our mouth on the upper jaw and lower jaw.

Sets of Teeth

Human beings have two sets of teeth — **temporary teeth** and **permanent teeth**. A baby, when born, does not have any teeth. By the time a child is about two-and-a-half years old, he or she has twenty teeth. This first set of teeth in a child is called **temporary teeth** or **milk teeth**. These teeth begin to fall off when a child is about six years old. Milk teeth fall one by one and new

teeth grow in their place. New teeth are bigger than milk teeth. The set of teeth that takes the place of milk teeth is called **permanent teeth**. There are thirty-two permanent teeth in an adult, sixteen in the upper jaw and sixteen in the lower jaw.

Types of Teeth

Our teeth are of different shapes and sizes. On the basis of their functions, there are four types of teeth.

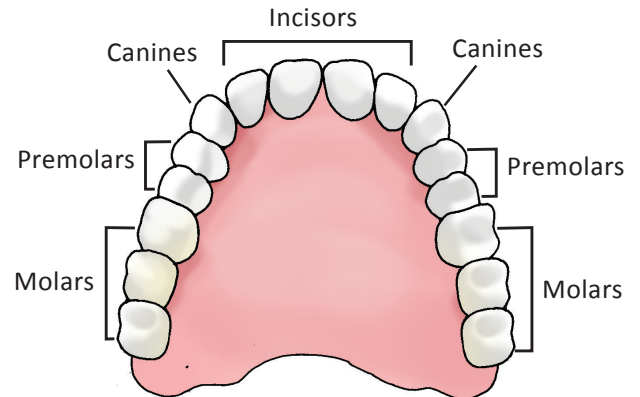
M Incisors **M** Canines **M** Premolars **M** Molars

Incisors: Sharp, flat teeth in the front of each jaw used for cutting and biting the food are called **incisors**. There are eight incisors, four in each jaw.

Canines: Sharp, pointed teeth present on both sides of the incisors are called **canines**. Canines are used for tearing food. There are four canines, two in each jaw.

Premolars: Flat and broad teeth present next to the canines are called premolars. They crush and chew the food. There are eight premolars, four in each jaw.

Molars: At the back of each jaw, there are flat and broad teeth called molars. Molars are broader than premolars. They help in chewing and grinding the food well. There are twelve molars, six in each jaw.



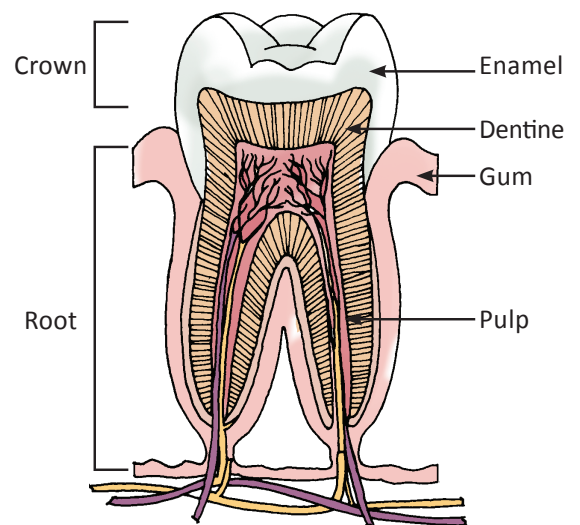
PERMANENT TEETH

Parts of a tooth

A tooth has two parts — a crown and a root. The **crown** is the part that we can see outside the gum. The **root** is the part of a tooth inside the gum.

The outermost white part of a tooth is called the **enamel**. It is the hardest substance in our body.

Below enamel is the hard **dentine**. Inside dentine lies the soft **pulp**. It forms the central part of a tooth. It has blood vessels and nerves.



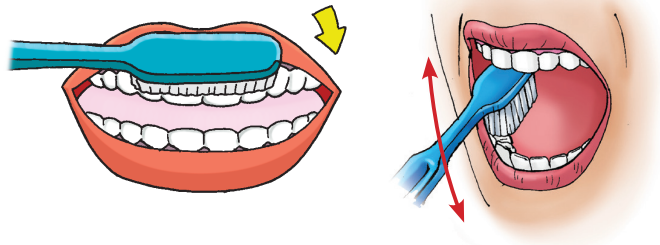
PARTS OF A TOOTH

Taking care of our teeth

Teeth help us to cut, tear and chew food. When we eat, food particles get stuck in the gaps between our teeth. These food particles need to be removed. If teeth are not cleaned properly germs can grow on them and form a yellow sticky layer called **plaque**. These germs change the sugar present in food particles into an acid. This acid attacks the enamel and makes a hole called **cavity**. When the cavity reaches the pulp, the tooth starts paining. Tooth decay results in bad breath, toothache and indigestion.

Ways to protect our teeth

- M** Brush your teeth twice a day, in the morning and at night.
- M** Clean both the inner and outer surfaces of teeth properly.
- M** Brush the upper teeth downwards and lower teeth upwards.
- M** Brush the chewing surface of premolars and molars.
- M** Rinse your mouth after every meal with water to remove food particles stuck between teeth.
- M** Avoid eating too many chocolates, sweets and sticky food. These may stick to teeth and cause teeth decay.
- M** Eat fruits and raw vegetables like carrot and radish, and drink milk every day for healthy teeth.
- M** Visit a dentist in every six months.



Digestive System

We eat a variety of food every day. The food we eat is broken down into simpler substances so that the nutrients in food can be absorbed by our body. The process of breaking down of food into simpler substances is called **digestion**. Many organs work together to digest the food. These organs form a system called **digestive system**.

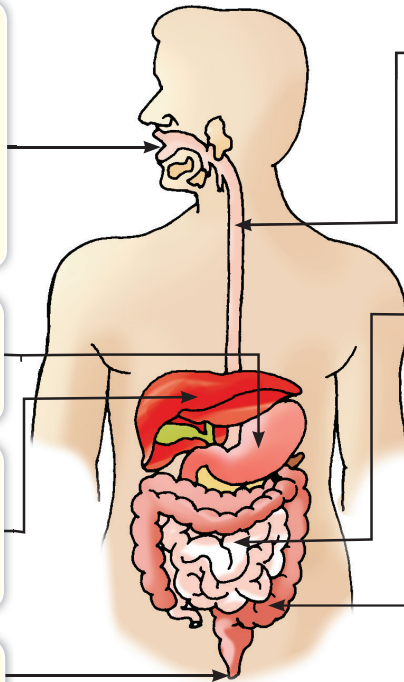
Process of digestion

1. Mouth : The process of digestion starts in the mouth. In the mouth, teeth chew and grind the food into small pieces. During chewing, a liquid called **saliva**, mixes with the food. It makes the food soft and moist and helps in digestion.

3. Stomach : The stomach is a sac-like organ where digestive juices break down the food further.

5. Liver: It produces a digestive juice, called bile, that helps in the digestion of food. Bile moves into the small intestine for digesting the food.

7. Anus : Faeces pass out of the body through the anus.



DIGESTIVE SYSTEM

2. Oesophagus or food pipe: The food from the mouth goes down the food pipe and reaches the stomach.

4. Small intestine : From the stomach, the food passes into the small intestine. Digestive juices completely digest the food. Useful nutrients present in digested food are absorbed through the walls of the small intestine into the blood. Blood carries these nutrients to all parts of the body.

6. Large intestine : Food that cannot be digested in the small intestine comes into the large intestine. It absorbs water from the undigested food and forms faeces.

Healthy Eating Habits

- M** Always chew the food well.
- M** Eat a balanced diet to stay healthy.
- M** Eat fruits and vegetables every day.
- M** Drink plenty of water.
- M** Always wash your hands before and after meals.

Let's Know More



Small intestine is the longest part of our digestive system. It is about 6 metres long!



Let's Recall

Fill in the blanks with the correct words.

1. We should brush our teeth _____ (twice/ once) daily.
2. The process of digestion starts in the _____ (mouth / stomach).
3. _____ (Liver/ Stomach) produces a digestive juice called bile.
4. Faeces pass out of the body through the _____ (anus/small intestine).
5. We should chew our _____ (food/water) well.

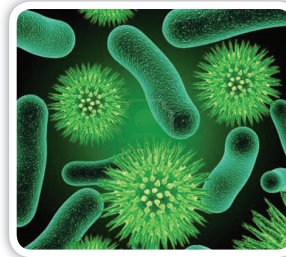
Microbes

Microbes are very tiny living things. They cannot be seen through naked eyes. They can be seen only through a **microscope**. Microbes are found everywhere. Some microbes are useful and some are harmful.

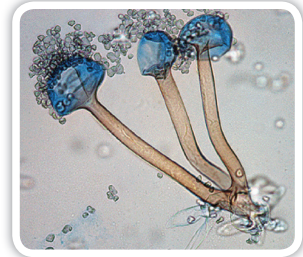
Types of Microbes

Microbes are of four types — bacteria, viruses, fungi and protozoa.

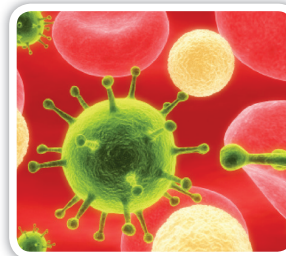
- M** Some bacteria cause diseases like typhoid and tuberculosis.
- M** Some fungi cause skin diseases like ring worm and athlete's foot
- M** Some viruses cause diseases like polio and common cold.
- M** Some protozoa cause diseases like malaria and dysentery.



BACTERIA



FUNGI



VIRUS



PROTOZOAN

Uses of microbes

- M** Some microbes are used to make bread and bun.
- M** Some microbes are used to make curd from milk.
- M** Some microbes help in decaying of dead plants and animals.



Let's Memorise

Temporary teeth

The first set of teeth in a child is called **temporary teeth** or milk teeth.

Permanent teeth

The set of teeth that takes the place of milk teeth is called **permanent teeth**.

Enamel

The outermost white part of a tooth is called **enamel**.

Plaque

A yellow sticky layer formed by germs on teeth is called **plaque**.

Digestion

The process of breaking down of food into simpler substances is called **digestion**.

Microbes

Very tiny living things that can only be seen with a microscope are called **microbes**.



Let's Revise

- T** Human beings have two sets of teeth — temporary teeth and permanent teeth.
- T** There are four types of teeth — incisors, canines, premolars and molars.
- T** There are eight incisors, four canines, eight premolars and twelve molars in a set of permanent teeth.
- T** A digestive system consists of mouth, oesophagus, stomach, small intestine, liver, large intestine and anus.
- T** Bacteria, viruses, fungi and protozoa are four types of microbes.



Let's Answer

A. Tick (3) the correct answer.

1. How many permanent teeth are there in an adult?
a. thirty-two b. sixteen c. twenty d. twenty-two
2. Which of the following is not a type of tooth?
a. Crown b. Incisor c. Canine d. Molar
3. How many molars are there in the upper jaw?
a. Twelve b. Sixteen c. Six d. Eight
4. The hardest substance in our body is
a. crown b. root c. dentine d. enamel
5. What carries food from the mouth to the stomach?
a. Oesophagus b. Small intestine
c. Large intestine d. Liver

B. Write T for true and F for false statements.

1. Bacteria cause diseases like malaria and dysentery.

2. Microbes can be seen through a microscope only.
3. We should chew the food well.
4. Bile makes food soft and moist.
5. We should drink milk every day for healthy teeth.

C. Name the following.

1. Different types of teeth.
2. Teeth which help in tearing the food.
3. The process of breaking down of food into simpler substances.
4. Number of sets of teeth found in humans.
5. A machine through which we can see microbes.

D. Answer the following questions.

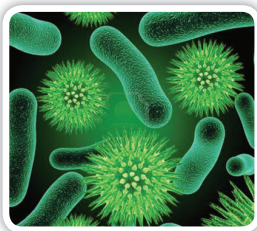
1. What are milk teeth?
2. What are permanent teeth?
3. What is digestion?
4. Name any four organs involved in digestion of food.
5. What are microbes? Name two diseases caused by microbes.
6. Give the uses of different types of teeth.
7. List three ways that help us to protect our teeth.
8. Draw a well-labelled diagram of digestive system.



Let's Do

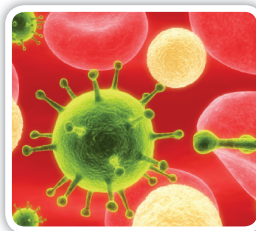
A. Identify the following pictures and write their names.

1.



B _____

2.



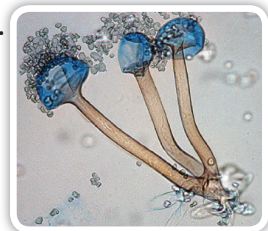
V _____

3.



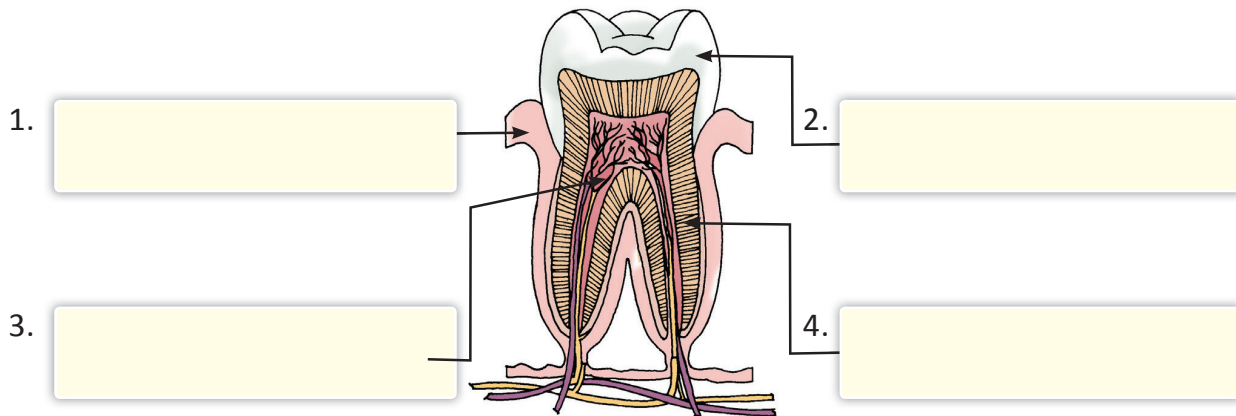
P _____

4.



F _____

B. Label the parts of the tooth below.



C. Make a poster on healthy eating habits and paste it on the wall of your dining room.



Let's Think and Answer **HOTS**

1. Why should we rinse our mouth after every meal?
2. Which teeth would you use to chew an almond and bite a guava?



Let's Acquire

Value Based Question

If your permanent teeth decay, no new teeth will grow in their place. Tick (3) the statement you follow to take care of your permanent teeth.

- | | |
|--|--|
| (a) Brush your teeth once a day. <input type="checkbox"/> | (b) Brush your teeth once a week. <input type="checkbox"/> |
| (c) Brush your teeth twice a day. <input type="checkbox"/> | (d) Do not brush your teeth at night. <input type="checkbox"/> |



Let's Enhance Our Life Skills

Tick (3) the actions that are good for your teeth.

- | | |
|---|---|
| 1. Brushing <input type="checkbox"/> | 2. Eating sweets <input type="checkbox"/> |
| 3. Eating chocolates <input type="checkbox"/> | 4. Eating salad <input type="checkbox"/> |
| 5. Drinking milk <input type="checkbox"/> | 6. Rinsing mouth <input type="checkbox"/> |