

# GROWTH DEVELOPMENT AND FUNCTION

**LESSON TOPIC**    *Why do we have teeth?*

## CURRICULUM FRAMEWORK

**Learning Area:**            Health and Physical Education

**Learning Outcomes:**    Knowledge and Understanding, Attitudes and Values

## OUTCOMES

- Students demonstrate knowledge of the importance of teeth.
- Students understand that different teeth have different functions.

## RESOURCES/MATERIALS REQUIRED

1. A variety of foods, such as, carrot/celery sticks, pieces of apple, nuts or seeds and bread are required for the practical demonstration.
2. Worksheet '*The Types of Teeth in My Mouth*'. These are included in this document.

## SUGGESTED LESSON PLAN

1. **Discussion – Why are teeth important?** (See 'Background Information for Students' below).
2. **Carry out Activities 1, 2 and 3.** Activity 1 - '*To speak clearly*' and Activity 2 – '*Bright Smile*' and Activity 3 - '*Teeth to Eat*'. (See 'How to conduct Activity' sections' below.)
3. **Discussion – What types of teeth do we have in our mouth? '** (See 'Background Information for Students' below).
4. **Carry out Activities 4.** (See 'How to conduct Activity 4 – *Teeth Types and uses*' sections' below.)
5. **Students complete worksheet '*The Types of Teeth in My Mouth*'.**
6. **Discussion - Conclusion:** Your teeth have different shapes because each kind of tooth has a different job to do. You need all these teeth for eating. Your teeth also help you to speak clearly, and to keep your smile healthy and happy every day. Look after your teeth . . . they're special!

## **BACKGROUND INFORMATION FOR STUDENTS**

### ***Why are teeth important?***

**To speak clearly.** Different teeth work with your tongue and lips to help you form sounds and say letters. For example, if you don't have any teeth you can't say the word 'teeth'

**For a bright smile.** Shiny, healthy and clean teeth make you look good, and this makes you feel good about yourself.

**To allow us to eat.** Teeth allow us to cut, tear and chew a variety of foods thus making it easier for us to swallow and help prevent choking. People who have no teeth, e.g. babies, can only eat some foods like mushy fruit and vegetables.

### ***What types of teeth do we have in our mouth?***

If you look in the mirror or in a friend's mouth you will notice that not every tooth looks the same. Every person's mouth has several different types of teeth, each with its own function.

**Incisors** To bite our food we have sharp cutting teeth in the front just like a rabbit. Without incisors we would not be able to cut and bite into apples and sandwiches.

**Canines** To hold and tear food we have strong, pointy corner teeth like lions, crocodiles and dogs that have large canines for tearing meat.

**Molars** To grind and chew our food we have bumpy back teeth, like cows and horses that have large molars for grinding grasses.

### ***Interesting Facts.***

There are 20 teeth in the deciduous (primary) dentition and of these, 8 are incisors, 4 are canines and 8 are molars.

There are 32 teeth in the permanent (adult) dentition and of these, 8 are incisors, 4 are canines, 4 are premolars and 12 are molars. The final molars to erupt into the mouth are the 'wisdom' teeth.

## **HOW TO CONDUCT ACTIVITY 1 – TO SPEAK CLEARLY**

This activity is designed to help students understand how teeth are needed to help form words and to speak.

Ask the students to say the word 'tooth' slowly and to feel how the tongue presses against the top front teeth to produce the hard 't' sound and then goes in between the upper and lower teeth to make the 'th' sound. Without teeth it would be impossible to try and say the word without letting your tongue near your teeth. Try phrase like 'tooth fairy', 'sea shells on the sea shore' or singing 'la la la la la'.

## HOW TO CONDUCT ACTIVITY 2 – BRIGHT SMILE

This activity is about self esteem - a healthy clean smile makes you feel good.

1. Ask students to turn to the person nearest them and make a big smile!
2. Ask students 'How do you feel?'

## HOW TO CONDUCT ACTIVITY 3 – TEETH TO EAT

This activity is designed to make students aware that teeth are important as they are the first part of the digestive process.

1. Students brainstorm the type and forms of food consumed by babies and people without teeth and ask why?
2. Students compare this food with their favourite foods. List these foods on the board and ask students to identify which foods on the list foods cannot be eaten without teeth.
3. Students conduct a practical activity to demonstrate that teeth are needed for eating. Nominate a few students to cover their teeth with their lips and try to eat a carrot/celery stick. Ask them to describe how their eating habits would change if they had no teeth.
4. Ask them to describe how their eating habits would change if they had no teeth.

## HOW TO CONDUCT ACTIVITY 4 – TEETH TYPES AND USES

This practical demonstration will make students aware that we have different types of teeth to help us eat a variety of foods.

1. Nominate students to stand in front of the class. In turn, ask each student to eat one piece of food, such as, a piece of apple, carrot/celery stick, nut/seed or bread. (The bread crusts will help demonstrate tearing by the canine tooth.) Students will need to eat slowly and exaggerate their eating for this demonstration.
2. Whilst observing, the class will chant what teeth they use to eat the food. For example, as they bite the carrot the whole class will chant: 'Incisors cut and bite', and as the student chews the carrot before swallowing, the class will chant: 'Molars chew and grind'.

## ADDITIONAL STUDENT ACTIVITIES

1. Take home activity. Students complete the worksheet '*Why Do We Have Teeth?*' with a parent and return the worksheet to school. The teacher can discuss the responses with the class. The worksheet is included in this document.
2. Students can pair up and draw each other's teeth or build models of teeth out of clay or play-dough.

# TYPES OF TEETH IN MY MOUTH WORKSHEET



TYPE: \_\_\_\_\_

What foods do we use these teeth for?

USE: \_\_\_\_\_

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TYPE: \_\_\_\_\_

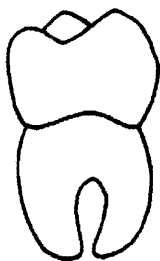
What foods do we use these teeth for?

USE: \_\_\_\_\_

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TYPE: \_\_\_\_\_

What foods do we use these teeth for?

USE: \_\_\_\_\_

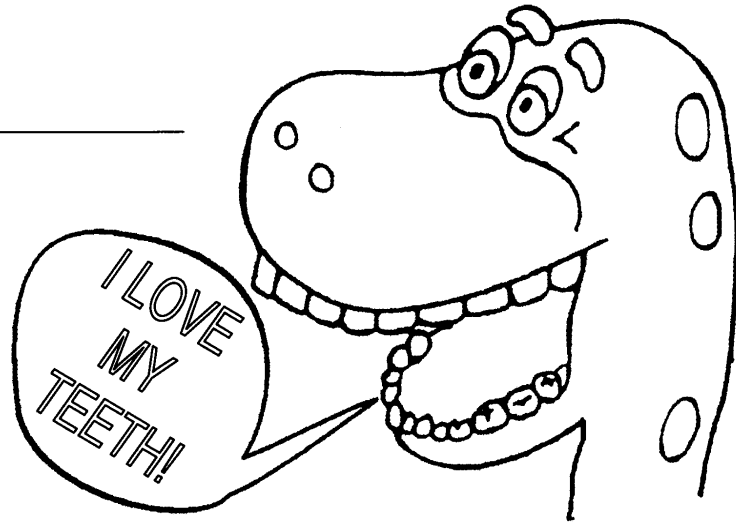
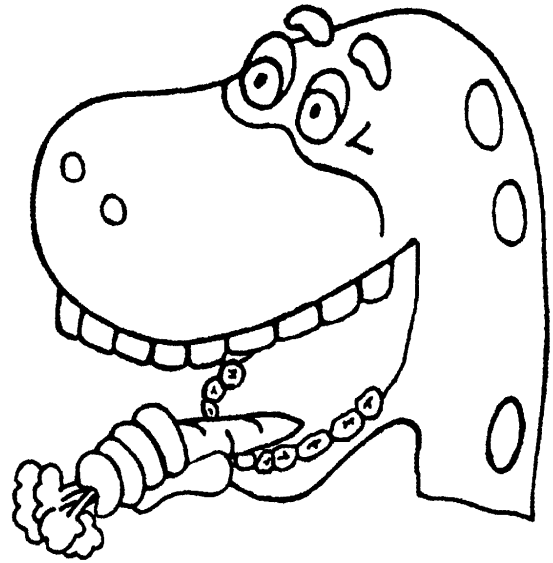
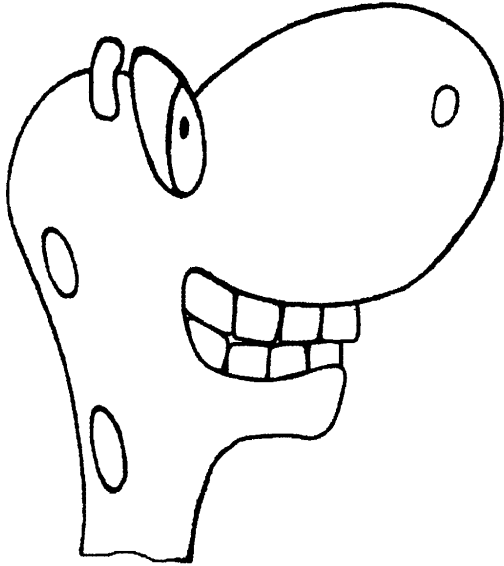
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# WHY DO WE HAVE TEETH WORKSHEET

COLOUR-IN AND TELL WHY TEETH ARE IMPORTANT



How many teeth do we have?

Are all your teeth the same shape?