



The Teeth

Junior Certificate Home Economics

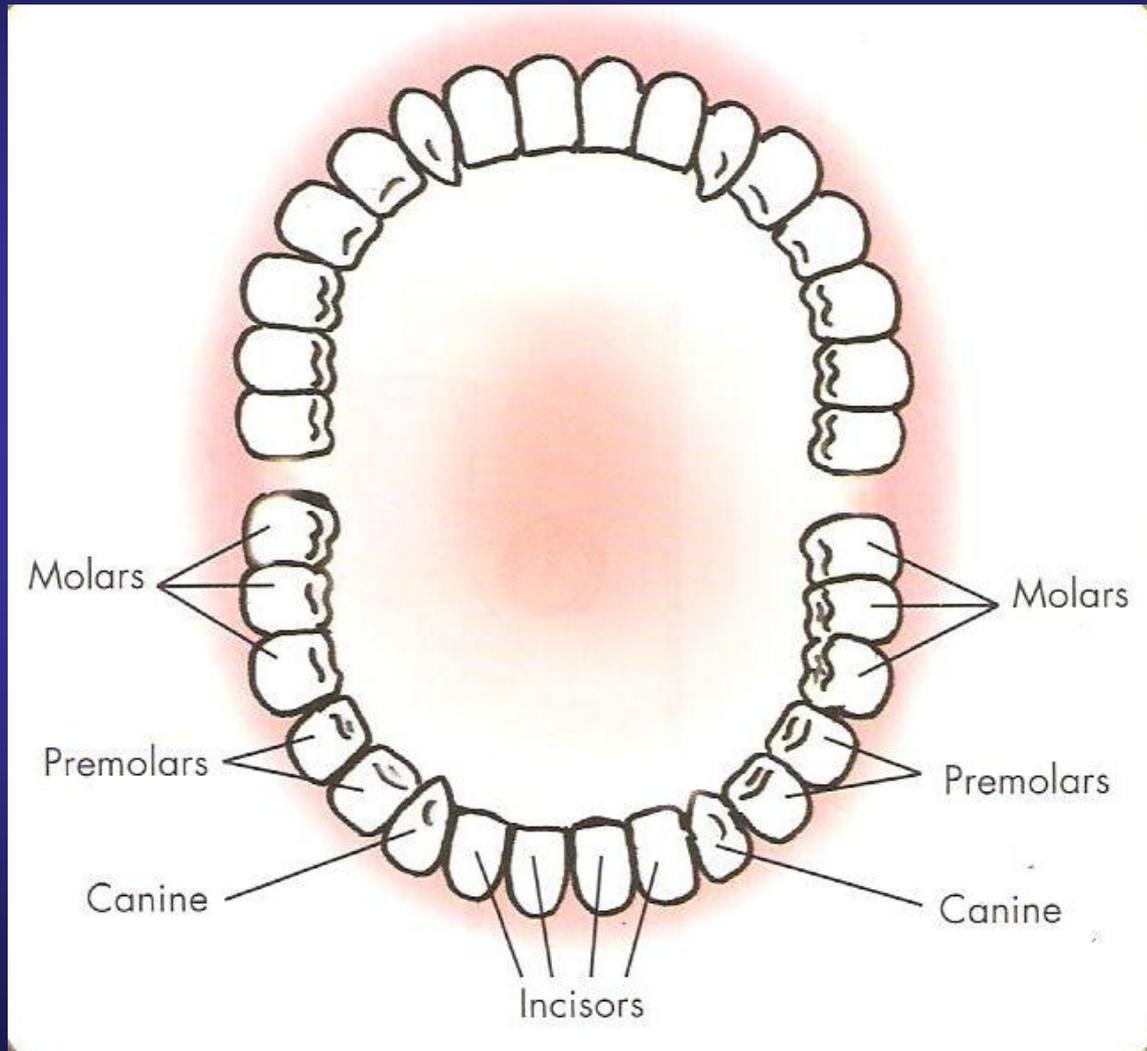
Ms. Barry



The Teeth

- Our first teeth begin growing when we are a few months old. They are **temporary** or **milk teeth** (20)
- These fall out around the age of seven and are replaced by **permanent teeth**.
- By the age of twelve we should have all our teeth except four wisdom teeth.
- An adult has 32 teeth

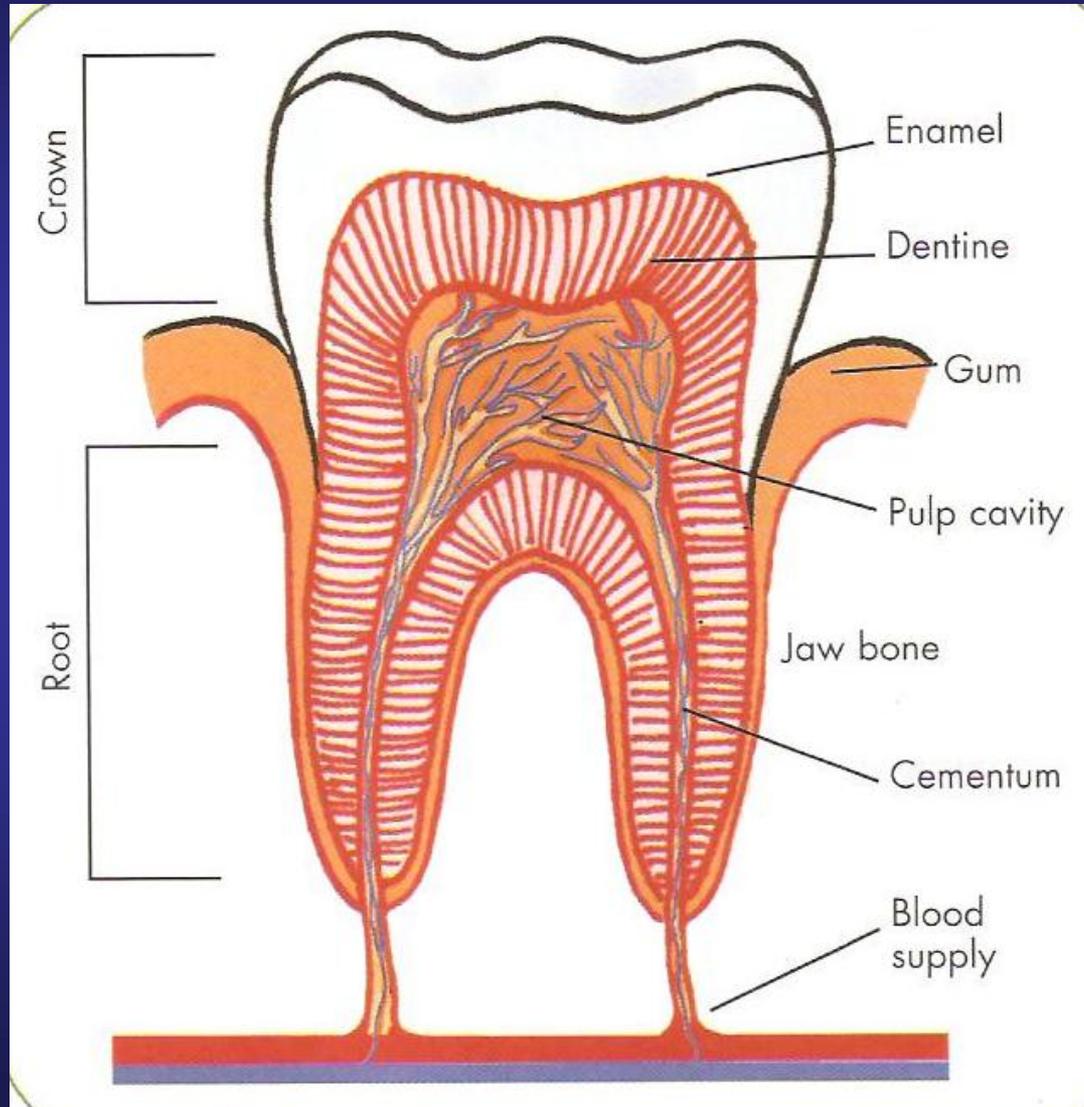
Types of Teeth



Types of Teeth

Type	Number	Functions
Incisors	8	Cut & Bite Food
Canines	4	Tear Food
Premolars	8	Chew & Grind Food
Molars	12	Chew & Grind Food

Structure of a Tooth



Structure of a Tooth

- The tooth is made up of two main parts:
 1. **Crown** (visible, above the gum)
 2. **Root** (not visible, below the gum)
- The point where the crown and root meet is called the neck of the tooth

Structure of a Tooth

- The main part of the tooth is a hard substance called ***dentine***
- The crown is covered with ***enamel*** (this is the hardest substance in the body). It protects the tooth
- In the centre of the tooth is the ***pulp cavity***. This contains nerves and blood vessels.
- The root is held in the jaw and gum by ***cementum***

Why Healthy Teeth & Gums are Important

- Help you **digest food properly**
- **General appearance** – a healthy smile is attractive
- **Good health** – bad teeth may cause other problems such as stomach upsets, bad breath, abscesses
- Help you to **speak clearly**

Caring for your teeth

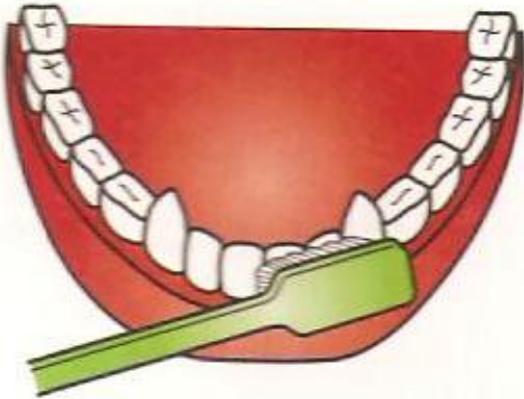
- Eat foods rich in calcium, phosphorus and Vitamin D such as dairy products.
- Eat healthy foods such as raw, crunchy vegetables. These help to clean teeth
- Avoid foods high in sugar and acid as these form plaque
- Avoid eating between meals

Caring for your teeth

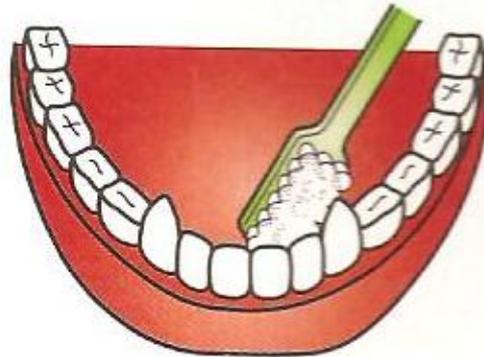
- Brush your teeth after each meal, or at least twice a day
- Use a toothpaste with fluoride
- Replace toothbrush every three months
- Visit the dentist every six months
- Never abuse your teeth eg opening bottles with your teeth



Brushing Your Teeth



1. Brush from gum to edge of teeth (front).



2. Brush back of teeth.



3. Brush grinding surfaces of teeth.

Flossing & Mouthwash

- After brushing, it is important to *floss* your teeth every day using dental floss
- This is a waxy nylon cord which you use between your teeth to remove any food stuck there
- You may rinse your mouth with *mouthwash* also to help kill bacteria which form plaque and cause bad breath

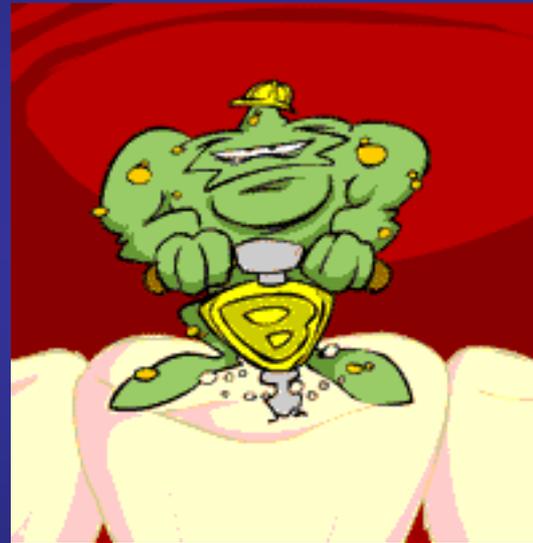
Fluoride

- Fluoride is a **mineral** which **strengthens tooth enamel**
- Resists plaque & reduces the risk of decay
- Added to the water supply
- Found in most toothpaste & mouth wash

Dental Health Problems

The two main dental health problems are:

1. Tooth Decay
2. Gum Disease



The main cause of these diseases is *plaque*

Plaque

- This is the sticky coating on the teeth which occurs when saliva, food and bacteria combine in the mouth
- When foods (especially sugary foods) are broken down in the mouth they form an acid. This acid and bacteria together form plaque

Tooth Decay

- If plaque is not removed it will attack the enamel of the teeth
- If a hole is formed this is called a ***cavity***
- Bacteria will enter this hole and continue to destroy the tooth
- If nothing is done, the decay will reach the dentine and then the pulp cavity
- This is called a ***toothache***

Tooth Decay

