

Nova's Guide to Brilliant Bites: Your Amazing Teeth!

Keep your smile sparkling and your bite bright – learn the science behind your teeth with Nova the Owl!

- **Incisors** are our sharp, front teeth. Why do you think their shape is perfectly adapted for slicing through food like apples or carrots?
- **Canines** are pointed teeth designed for tearing. Compare this to the broad, flat surface of molars; how does their structure change the way they handle food?
- The human mouth contains a set of primary teeth followed by permanent adult teeth. Explain why it is vital to care for both sets even though the first set falls out.
- **Plaque** is a sticky film of bacteria that builds up on teeth. Justify why brushing twice a day is essential to prevent this layer from damaging your enamel.
- Human beings are omnivores. How does having a variety of tooth types allow us to eat a diverse range of plant and animal-based foods?

Did you know? Did you know? Your teeth are harder than any other part of your body! The outer layer, called enamel, is the toughest substance in the human body, acting like a suit of armour to protect the sensitive inner parts of your tooth from decay.

Key vocabulary: Incisors · Canines · Premolars · Molars · Enamel · Dentine · Plaque · Herbivore · Carnivore · Omnivore