

Nova the Owl's Guide to Healthy Teeth

Keep your smile bright and your teeth strong!

- **Incisors** are the sharp, flat teeth at the front of your mouth. They are perfect for biting into your food.
- **Canines** are the pointy teeth next to the incisors. They are designed for tearing food.
- **Molars** are the wide, bumpy teeth at the back of your mouth. They are used for grinding food into smaller pieces.
- **Enamel** is the hard, white outer layer of your tooth. It protects the inside from damage.
- **Brushing your teeth twice a day** helps remove bits of food and keeps your gums healthy.

Did you know? Did you know? Humans have two sets of teeth in their lifetime: 'baby teeth' and 'adult teeth'. Your adult teeth need to last your whole life, so look after them well!

Key vocabulary: incisors · canines · molars · enamel · dentist · bicuspid