

Max and Bea's Guide to Terrific Teeth!

Keep your smile sparkling and your teeth chomping – follow the path to a healthy mouth!

- **Incisors** are the sharp, chisel-shaped teeth at the front of your mouth, perfectly designed for biting into crunchy apples.
- **Canines** are the pointy teeth next to your incisors; they act like little hooks to help you tear and grip your food.
- **Molars** are the large, apartment teeth found at the back of your mouth, acting like tiny grinding stones to crush food into smaller pieces.
- **Enamel** is the super-strong, white outer layer of your tooth that protects the sensitive inside from decay and damage.
- **Plaque** is a sticky film of bacteria that builds up on teeth; regular brushing and flossing helps to remove it before it causes holes.
- **As omnivores**, humans have a mix of all three tooth types, allowing us to eat a wide variety of both plants and meats.

Did you know? Did you know? Humans have two sets of teeth in their lifetime! We start with 20 'baby' (deciduous) teeth, which eventually fall out to make room for 32 permanent adult teeth. Bea the bee says: always brush for two minutes to keep those adult teeth healthy!

Key vocabulary: Incisors · Canines · Molars · Enamel · Dentine · Plaque · Omnivore