# Nova’s Guide to Your Amazing Teeth

Keep your smile bright and your teeth feeling right!

- **Incisors are sharp, chisel-shaped teeth at the front of your mouth, perfectly designed for biting and cutting into your food.**
- **Canines are the pointed, fang-like teeth located next to the incisors, which help us to tear and grip pieces of food.**
- **Premolars sit between your canines and molars and have a flatter surface, which is ideal for crushing food as you chew.**
- **Molars are the largest, broadest teeth at the back of your mouth, working hard to grind food down into smaller pieces for digestion.**
- **Plaque is a sticky film of bacteria that forms on teeth; if it isn't brushed away, it can lead to tooth decay and cavities.**
- **Adults usually have 32 teeth in total, while children have a set of 20 'baby' teeth that eventually fall out to make room for adult ones.**

*Did you know? Did you know that your teeth are the only part of your body that cannot heal themselves? That is why it is so important to look after your enamel, the hard, protective outer layer, by brushing twice a day!*

**Key vocabulary: incisor · canine · premolar · molar · enamel · dentine · plaque · digestion**