



# Key Stage 1

## Lesson Three

### Types of Teeth

#### Oral Health Foundation KEY MESSAGE for this lesson

- Brush your teeth for two minutes last thing at night, and at least one other time during the day using a fluoride toothpaste.
- Have less sugary foods and drinks.

#### KS1 LINK for this lesson

SCIENCE - Animals Including Humans

Names of body parts: mouth, teeth.

Grouping animals according to what they eat including humans!

Growing, eating the right amounts of different types of food.

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## WHY DO WE HAVE TEETH?

We have teeth because

- They help us to eat
- They help us to speak
- They shape our face
- They allow us to be confident in our smile

**DISCUSSION:** Anything else we might use them for?  
Whisper, chew, bite, laugh, shout, blow a kiss...

We have **20** 'baby' teeth, when these 'wobble' out they are replaced by our 'adult' teeth.

We have **32** adult teeth (including 4 wisdom teeth)

We have **4** different types of teeth; each do a different job:

- **Incisors** – these are front teeth and they bite into food and cut it into smaller pieces
- **Canines** – these are sharp, pointed teeth and are used to tear food.
- **Premolars** – these are bigger than incisors and canine teeth, they grind up the food.
- **Molars** – these are the biggest teeth, they have a large, flat surface to grind the food.



Animals that only eat plants are called **herbivores** and have large, flat teeth to grind the vegetation before they can swallow it.

There are also creatures that only eat meat and they are called **carnivores**. They have large sharp, pointed teeth to rip and tear the meat.

Animals, like humans, that eat both plants and meat are called **omnivores**. They have a mixture of teeth that can cut and tear but can also grind food too.

**We use our teeth to cut, tear and chew food to break it down so we can swallow it.**

We need to have a balanced and varied diet to help us keep us healthy and to protect our teeth:

- Fruits and vegetables
- Potatoes, bread, rice, pasta and other starchy carbohydrates
- Beans, pulses, fish, eggs, meat and other proteins
- Dairy and alternatives
- Oils and spreads

We should try to avoid foods and drinks that are high in fat and sugar. These are not needed in our diet and include:

- Cakes
- Biscuits
- Chocolate
- Sweets
- Puddings
- Pastries
- Ice cream
- Jam
- Honey
- Crisps
- Sauces
- Butter
- Cream
- Mayonnaise

## ACTIVITIES

- Match the animal, whether carnivore, herbivore or omnivore and the foods that they eat.
- DISCUSS which teeth in our mouths are used for cutting, tearing, chewing

## EQUIPMENT

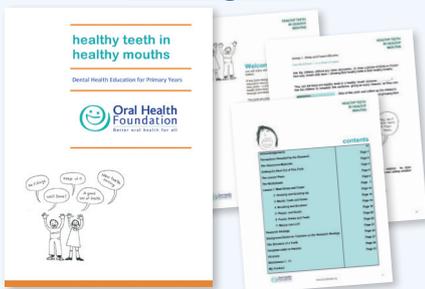
- Matching cards – printable pdf provided

## RESOURCES

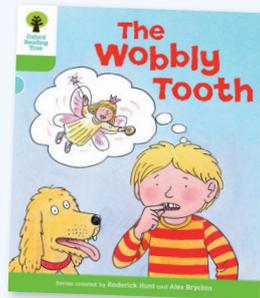
The Oral Health Foundation has a comprehensive range of teaching resources to support teachers delivering oral health education. These include leaflets, posters, wall charts, story books, models, educational games and demonstration puppets. To browse our complete range of resources please visit [www.dentalhealthshop.org](http://www.dentalhealthshop.org)

To deliver the lesson outlined above, the following resources are particularly relevant:

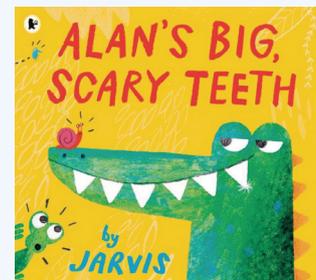
### Healthy Teeth in Healthy Mouths Teaching Pack



### The Wobbly Tooth



### Alan's Big Scary Teeth



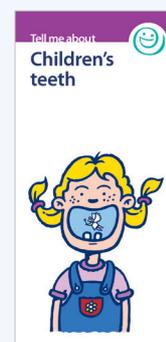
### Types of Teeth Poster



### Dentition Poster



### Children's Teeth Leaflet





**CARNIVORE**

**TIGER**

**Meat**



**CARNIVORE**

**SEA LION**

**Fish**



**CARNIVORE**

**POLAR BEAR**

**Fish**



**CARNIVORE**

**CAT**

**Meat & Fish**



**OMNIVORE**

**BADGER**

**Plants  
& Meat**



**OMNIVORE**

**DOG**

**Plants  
& Meat**



**OMNIVORE**

**GRIZZLY  
BEAR**

**Plants  
& Meat**



**OMNIVORE**

**HEDGEHOG**

**Plants  
& Meat**



**HERBIVORE**

**PIG**

**Plants**



**HERBIVORE**

**CAMEL**

**Plants**



**HERBIVORE**

**COW**

**Grasses**



**HERBIVORE**

**GIRAFFE**

**Leaves**



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