PART 1: TEETH

Complete this worksheet to better understand more about your teeth.

Part 1: Can you identify which type of teeth the label is talking about?

Word bank: Molars, Premolars, Canines, Incisors

We have eight of these teeth in our mouth.
These teeth help us cut our food.

_____

There are four of these types of teeth, at the very front of your mouth.
They help us grasp and tear our food.

_____

These teeth are at the very back of your mouth.
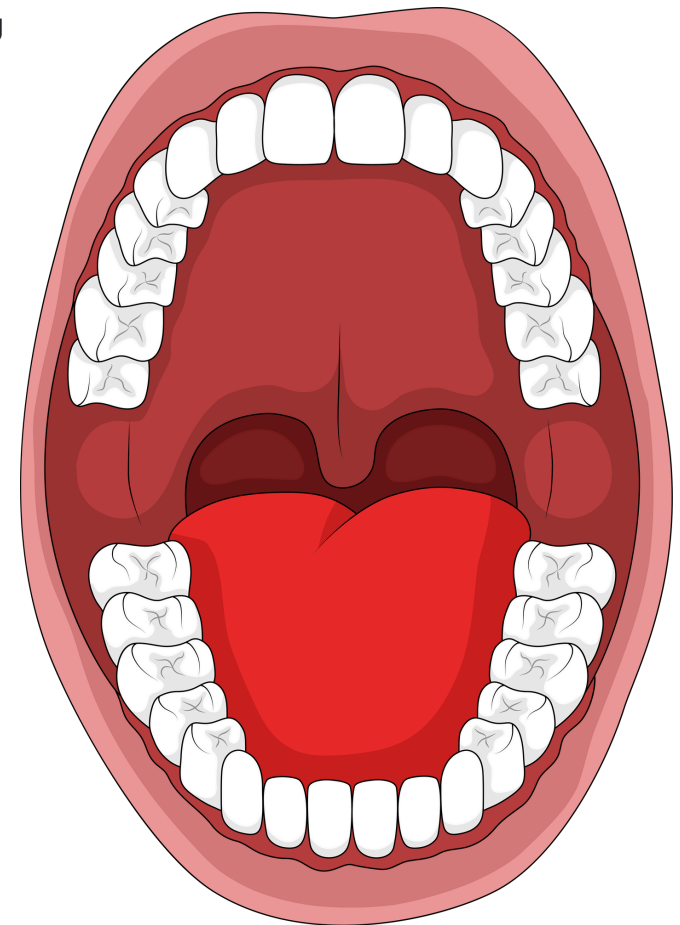They help us crush and tear our food.

_____

These teeth are towards the back of our mouth (not the very back).
They help us crush and tear our food.

_____

Part 2: Can you colour in the different types of teeth on the picture below?

My Colour Key

☐ Canines

☐ Incisors

☐ Premolars

☐ Molars

PART 1: TEETH

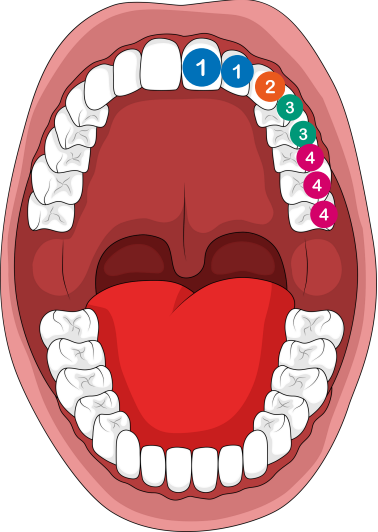Complete this worksheet to better understand more about your teeth.

Part 1: Can you answer the questions about teeth?

Which of the following would also help to reduce tooth decay? (circle)

Eating less bread   *Drinking orange juice*   *Eating less sugar*

Eating calcium rich foods   *Avoiding fizzy drinks*

Regularly visiting the dentist   *Regularly snacking throughout the day*

Part 2: Can you label the different types of teeth?

Word bank: pre-molar, canines, incisors, molars

1 _____

2 _____

3 _____

4 _____

Part 3: Can you describe the different teeth in a human mouth? Make sure to use descriptive sentences...

What shape are they?
Where are they in the mouth?
How to they help us digest our food?

Word bank: Grind, Bite, Cut, Tear, Grasp, Crush, Chew, Tear, Pointed, Large and flat, Thin and sharp

Canines
_____
_____
_____

Incisors
_____
_____
_____

Premolars
_____
_____
_____

Molars
_____
_____
_____

PART 1: TEETH AND TASTE BUDS

Complete this worksheet to better understand more about your teeth and taste buds.

Part 1: Can you describe how the mouth is involved in the digestive process?   **Word bank:** chewing, smaller pieces, first stage

_____
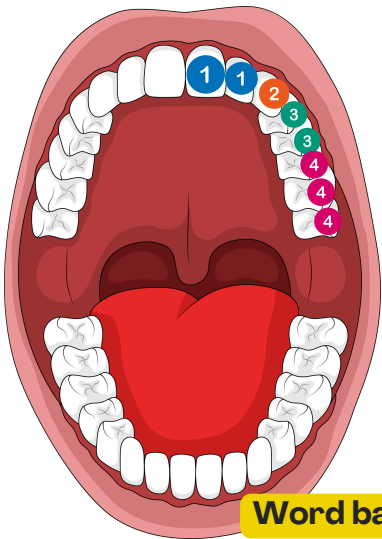_____
_____
_____
_____
_____

Part 2: Can you label the different types of teeth?

1 _____

2 _____

3 _____

4 _____

Word bank: Molars, Premolars, Canines, Incisors

Part 3: We have 5 different tastes, that we can detect using our taste buds... Can you match the foods with the flavour profile?
Hint: Imagine eating this food, what can you taste?

Sweet - words to describe sweet could include, fruity and syrupy.
Salty - Saltiness is the opposite of bland, the food tastes like the ocean (very salty).
Sour - Sourness, or tartness, is the taste of acids. Can be described as sharp and unpleasant.
Bitter - having a sharp, pungent taste or smell in food.
Umami/ Savoury - often can be described as rich, meaty flavours from food.
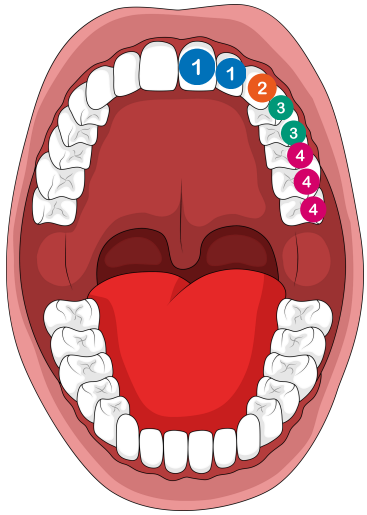
Sweet

Salty

Sour

Bitter

Umami or Savory

PART 1: TEETH AND TASTE BUDS

Complete this worksheet to better understand more about your teeth and senses.

Part 1: Can you label the different types of teeth?

Word bank: Molars, Premolars, Canines, Incisors

1 _____

2 _____

3 _____

4 _____

Part 2: Can you write why teeth are important for digestion, and how we can protect them from cavities and plaque?

_____
_____
_____
_____
_____
_____
_____

Word bank: chewing, smaller pieces, first stage, brushing, tooth paste, calcium, sugary food, fizzy drinks

Part 3: We have 5 different tastes, that we can detect using our taste buds... Below are descriptions of the tastes

Sweet - words to describe sweet could include, fruity and syrupy.
Salty - Saltiness is the opposite of bland, the food tastes like the ocean (very salty).
Sour - Sourness, or tartness, is the taste of acids. Can be described as sharp and unpleasant.
Bitter - having a sharp, pungent taste or smell in food.
Umami/ Savoury - often can be described as rich, meaty flavours from food.

Can you draw a food in each circle that you think matches the description of the flavour profile?

jam

Sweet

yoghurt

Sour

broccoli

Bitter

pretzels

Salty

cheese

Umami