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TEETH: YOU ONLY GET TWO SETS



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TEETH?

What's so interesting about teeth? You think they're a bit of a bother, as they forever need cleaning - every day, rain or shine, no exceptions, even on holiday at Gran's! Worse still, for the sake of your teeth your parents stop you eating yummy sweets and cakes, and they keep checking them. Where's the fun in that?



It's not about fun, though, it's about necessity. Our teeth are valuable to us. Unlike crocodiles and sharks, we don't get to grow one set after another. We only get two sets in our lifetime: our milk teeth and our permanent ones. If we lose a permanent tooth, it NEVER gets replaced! We must take really good care of our teeth, to stop them from falling out. Life is long: to go through it toothless is unthinkable!



So, how about it? Shall we get to the root of the tooth? There's much more to teeth than cleaning ...



HI, I'M TOOTH

My home is your mouth. I share it with plenty of others - a whole family, in fact. Some of us live up top, some down below. We are all tough and resilient - as you well know, as we're in your mouth ... But perhaps you don't know what we look like inside. What you see in your mouth is just a small part of us.



CROWN - part of the tooth you see when you open your mouth, protected by enamel

ROOT - hidden part of a tooth with a crucial function - it holds the tooth in the bone, so that it doesn't fall out

NECK - hidden in the gum, it divides the crown from the rest of the tooth

ENAMEL - covers and protects the crown. Between 1mm and 3mm thick, it is extremely hard and highly resilient. Once damaged, however, it does not self-renew

DENTINE - yellowy-white, bone-like substance that makes up most of the tooth

PULP - soft tissue inside the tooth that houses the nerves and blood vessels. These nourish the tooth and cause it to feel hot and cold, for instance

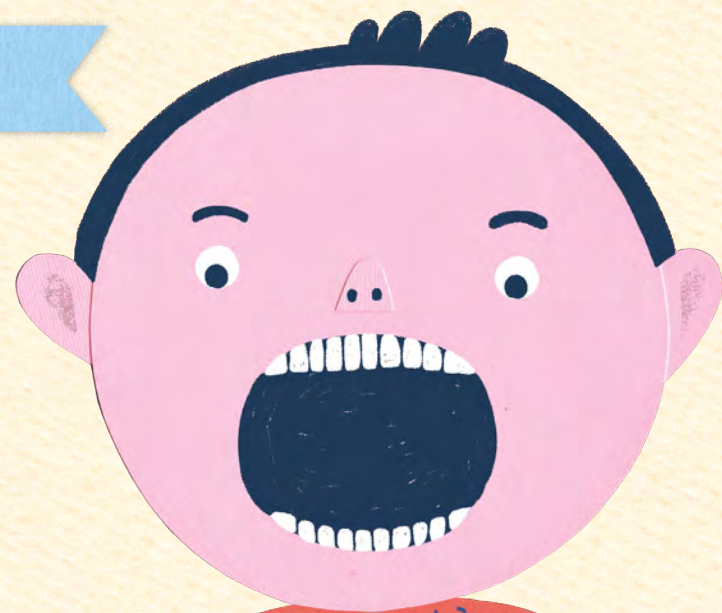
DENTAL CEMENT - thin cover over the root, helps to hold the tooth in place

JAW - bone in which the tooth is set by its root. The lower jaw is movable, enabling us to chew

GUM - mucous membrane around the teeth

MILK TEETH

Though these are formed when you are still in Mum's tummy, they come through the gums when you are about six months old. Mostly, the first teeth to appear are the lower incisors, and the last the upper molars. Once all your milk teeth are in, you will have 20 of them. When you are about six, they start to fall out one by one, to be replaced by your permanent teeth.

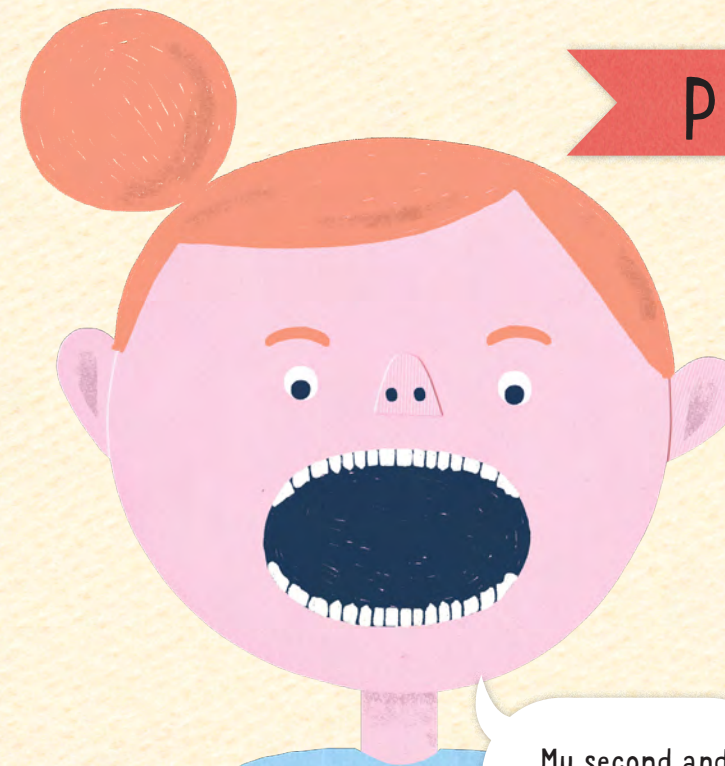


My first teeth.



PERMANENT TEETH

The first of these appears when you are about six. They grow in one by one over several years. Permanent teeth wait impatiently under the smaller milk teeth, gradually pushing them out and taking their place. Before all your milk teeth have been exchanged for permanent ones, you will be about thirteen - although the third molars (wisdom teeth) grow in even later. Permanent teeth are bigger, and there are 12 more of them. The adult mouth has 32 teeth. Let us count them for you.



My second and last teeth.



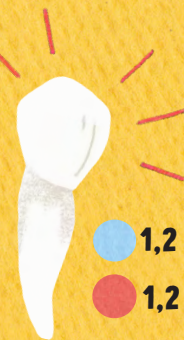
Note:

Some teeth have more roots than others.

SET OF TEETH This refers to all the teeth in a person's mouth. Your teeth differ in shape and size depending on what you need them to do when you eat. Are they biters or chewers? We have the same types of teeth left and right, and the upper teeth are similar to the lower ones. These are:

INCISORS

are sharp, and so good for biting food.



● 1,2
● 1,2

CANINES

help break up large pieces of food.



● 3
● 3

MOLARS

are the largest teeth, with a biting surface and small cusps whose task is to grind the food.



● 4,5
● 6,7,8

PREMOLARS

grow as permanent teeth only: in the milk teeth, their place is taken by molars. Premolars are very like molars, but with fewer roots and cusps.



● 4,5

'THIRD' TEETH?



Our teeth age along with the rest of us. Very old people have 'third', artificial teeth, known as dentures.



Cakes, sweets, fizzy drinks – things most of us enjoy. The problem is, these goodies can damage our teeth. All contain lots of sugar, which is Enemy No 1 for teeth. But don't worry – this doesn't mean you can't have them in moderation. Besides, lots of other goodies are good for the teeth.

WHAT IS GOOD FOR TEETH

MILK

It neutralizes acids in the mouth, so that they cause less damage to teeth.



DAIRY PRODUCTS

Milk, cheese and yogurt give teeth calcium, which makes them strong and their enamel resilient.

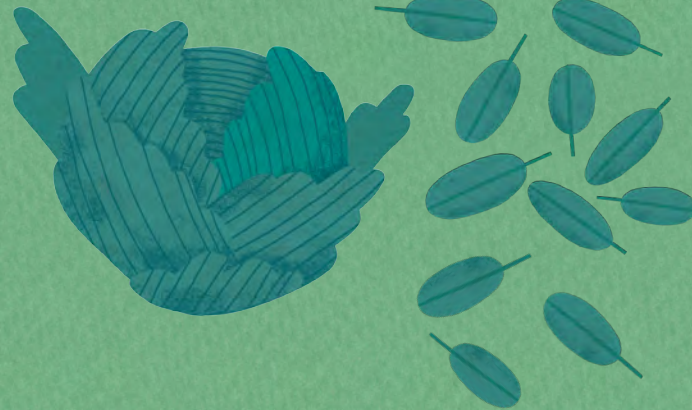
WATER

The best thing you can drink. Tooth enamel loves water, one of few drinks that poses it no threat.



GREEN VEGETABLES

Cabbage, cauliflower, spinach and broccoli all nourish the gums and give the body calcium.



THOROUGH CHEWING OF FOOD

Careful chewing cleans the teeth, massages the gums and promotes saliva production.

Fluoride Plus

FLUORIDE

Fluoride makes teeth stronger. Use a paste with the right amount of fluoride for your age; this is always written on the tube.

APPLES

Eating apples gives gums a good massage.



WHAT IS BAD FOR TEETH



TEETH-GRINDING

This wears off tooth enamel and can cause jaw ache.

SUGARY FOOD

The more sugar, the greater the attraction for bacteria. Bacteria bring cavities.



CANDY

A menace for teeth. Soft candy will stick to your teeth and cling on. As for hard candy, it rolls about in the mouth, attracting ever more bacteria.



CHEWING GUM WITH SUGAR

Choose sugar-free gum instead.

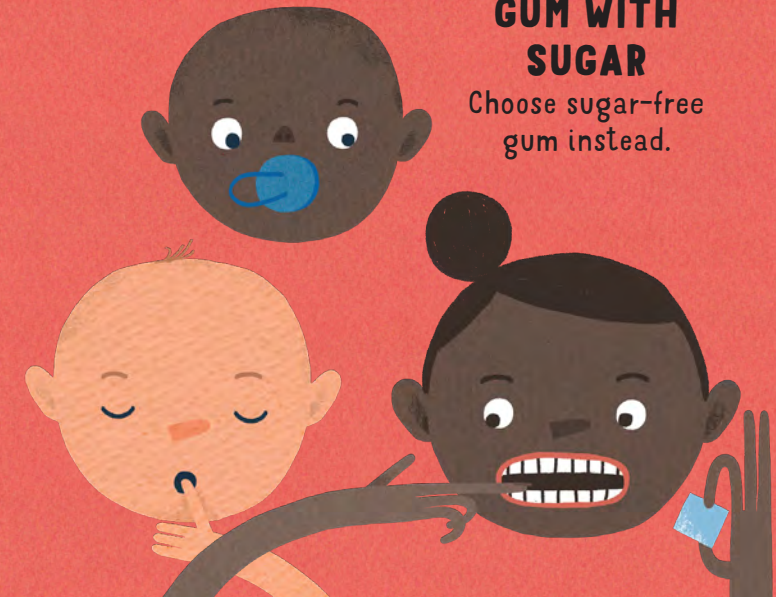
SWEET BEVERAGES

The biggest eaters of enamel. And this includes sugar-free fizzy drinks.



NIBBLING AND OBJECTS IN THE MOUTH

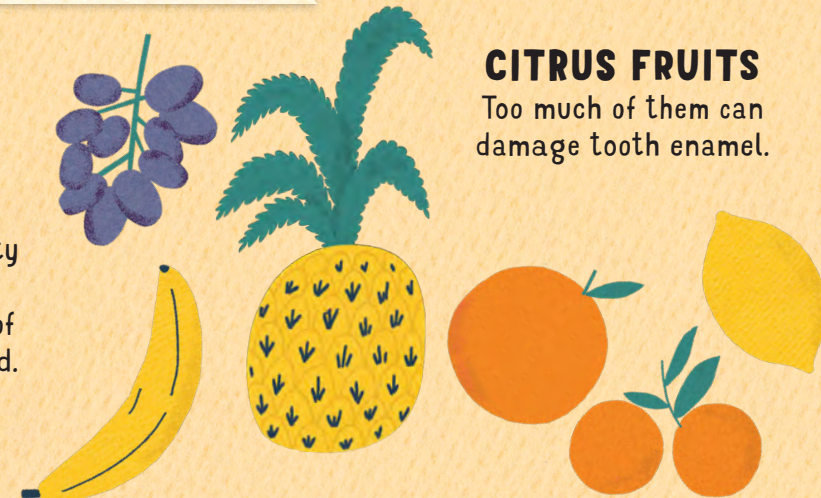
Nail-biting and objects in the mouth (e.g. ice cubes) can wear down and deform the teeth, as can a baby's pacifiers and thumb-sucking. They make an obstacle that encourages young teeth to grow in crooked.



GOOD & BAD

FRUIT

Contains plenty of vitamins but also lots of sugar and acid.



CITRUS FRUITS

Too much of them can damage tooth enamel.

SUGAR-FREE CHEWING GUM

Helps make saliva, which washes away acid. Less helpfully, it contains artificial sweeteners.

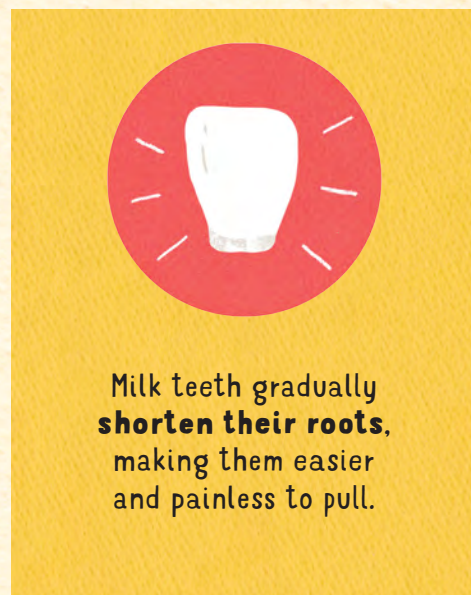


HOW TO PULL OUT A WOBBLY TOOTH

If you have ever had a wobbly tooth, you know how exciting this is. Some come out in no time, but others hang on in there, even though your tongue can't leave them alone ... Here are a few tips on what to do.



Reach into your mouth with **clean hands only**.



Milk teeth gradually **shorten their roots**, making them easier and painless to pull.



Wait for it to fall out on its own.



Tie one end of some string to your tooth, the other to a rock. Drop the rock - away from your foot!



Keep wiggling it until it gives in ...



... or ask Dad to pull it out for you ...



... or the dentist.

Tie one end of some string to your tooth, the other to a door handle. Get your brother to slam the door. Your tooth is out!

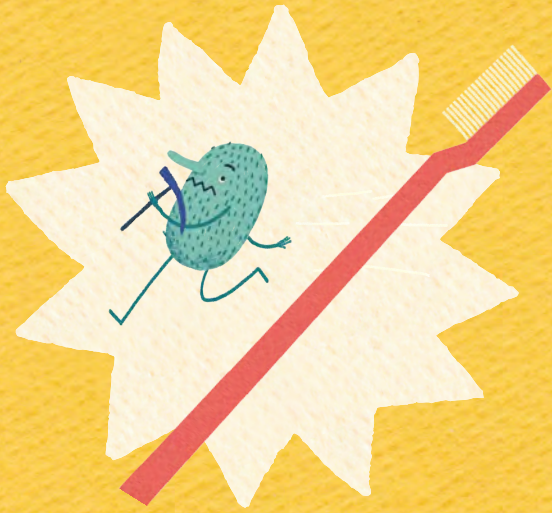
IF WE HAD ANIMAL TEETH

Have you ever wondered what humans would look like with animal teeth? The teeth of a camel or a beaver, say? You haven't? Then look at this - it's great fun! What's more, it proves that each of us has the teeth we need to bite, chew, tear into or spike our food ...



TEETH?

A strange subject for a book, you say... But there are lots of toothy secrets to discover. Such as about where teeth come from, what they look like inside, why they can hurt horribly, why we only grow two sets - so the sooner we learn to look after them, the better. There are many reasons for this book about teeth. It will teach you what, how and - most important of all - why. Plus, believe it or not, you will have lots of fun as you learn. How do you think you would look with the teeth of a bat? No idea? Then let us show you...



Good morning,
teeth!

**ALL YOU NEED
TO KNOW ABOUT
TEETH BUT
NEVER THOUGHT
TO ASK!**



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