



PUBLIC SCHOOL DARBHANGA

SESSION (2020-21)

CLASS-IV

TEETH AND MICROBES

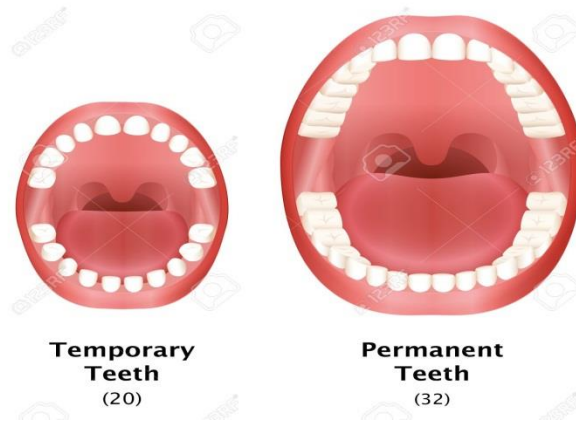
Teeth perform a very important function. We bite and chew food with the help of teeth and this makes digestion easy. Without teeth you will not be able to eat tough and hard food items like nuts. Teeth also give proper shape to your face and help us to speak clearly. We cannot pronounce words clearly without touching out teeth.



Teeth are vital to our daily life and therefore need to be taken care of. Let us understand more about them.

TWO SETS OF TEETH:

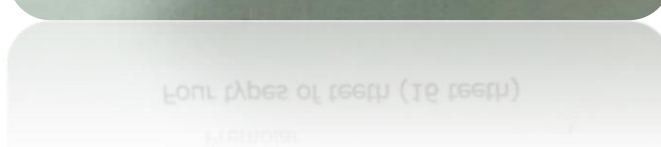
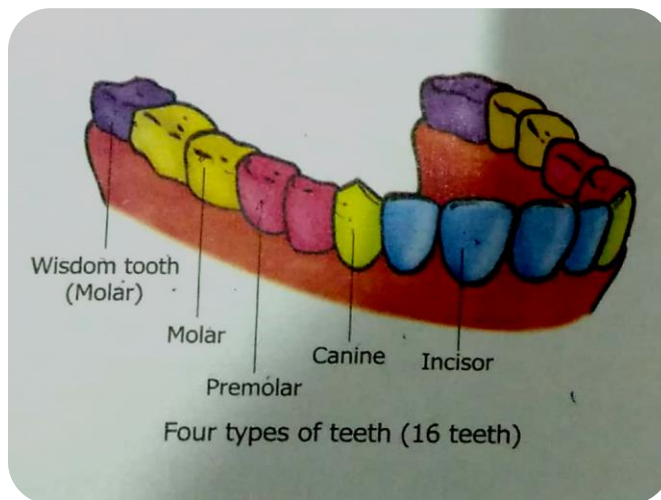
Humans have two sets of teeth in their lifetime. A newborn has no teeth. Therefore, he or she cannot eat food. A baby takes only milk and liquid food. The first tooth appears when a baby is about six-seven months old. A baby has twenty teeth when he or she is two and a half years old. This is the first set of teeth. They are temporary teeth and are also known as **milk teeth** or baby teeth.



Between the ages of 6 to 10 years the temporary teeth start falling out one by one. This helps to make room for longer and stronger teeth. New teeth grow in place of the milk teeth between the age of six and twelve. These are called **permanent teeth**. This new set of teeth has 14 teeth in the upper jaw and 14 teeth in the lower jaw. Then, four teeth appear between 12 to 21 years of age. These are called wisdom teeth. An adult person has a complete set of 32 teeth.

TYPES OF TEETH

If you observe your teeth in the mirror, you will notice that they all are not alike. There are four types of teeth, namely **incisors, canines, premolars and molars**. They differ in size, shape and number.



The set of four front teeth each in upper and lower jaws are **incisors** or **cutting teeth** (total 8). These flat, thin teeth help in biting or cutting the food.

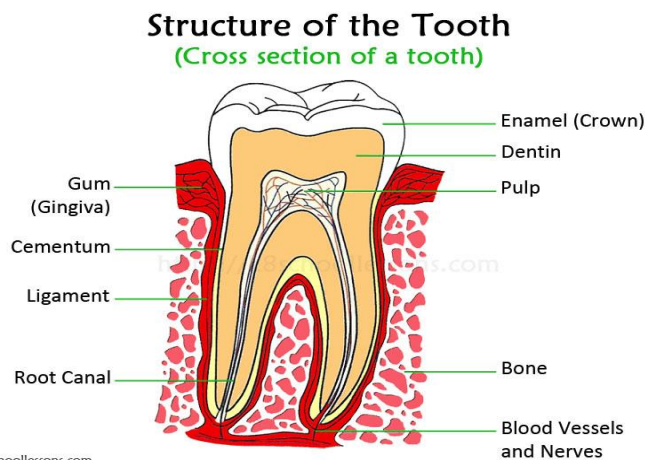
These are followed by **canines** or **tearing teeth** which are present on each side of the incisors, two in each jaw (total 4). They are sharp and pointed and help in tearing the food. Animals like tigers and lions that feed on flesh has very sharp canines.

Premolars or **cracking teeth** are next to the canines. These are four premolars in each jaw (total 8). These are broad, flat and thick and help in crushing the food. They are like nutcrackers.

Molars and **grinding teeth** are used for grinding the food. There are six molars in each jaw (total 12). Molars are broader than the premolars.

STRUCTURE OF A TOOTH

When you smile you see white shiny teeth fixed in soft pink gums. A tooth has three parts: the crown, the neck and the root. The part of the tooth above the gum is called the **crown**. Just below the crown is the **neck**. The part of the tooth just deep inside the gum is known as the **root**. The root holds the tooth in the jaw.



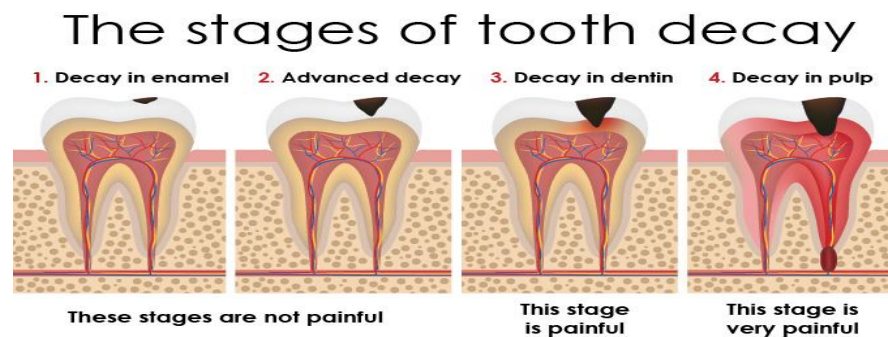
The outer covering of a tooth is white in colour and very hard. It is called **enamel**. Another hard layer is called **dentine** is found below the enamel. Dentine protects the soft pulp inside it. The pulp has nerves and blood vessels, and it continues down to the root connects the nerves to the gums.

CARING FOR OUR TEETH

Teeth are an important part of our body. We should take care of them and from decaying. Bad breath, toothache, bleeding gums and cavities are caused due to tooth decay.

How do we get a cavity in our teeth?

A cavity is like a hole formed in the tooth due to decay. When we eat something, tiny bits of food material get stuck in our teeth. This causes the growth of bacteria in the mouth. The bacteria produce an acid that sticks to the teeth and forms **plaque** over it. This slowly makes the hole in the tooth and bacteria get the passage to attack the dentine and pulp. When the cavity goes deep and reaches the nerves inside the pulp, it hurts and causes toothache.



If there is a cavity in your teeth, visit a dentist. He or she will clean the cavity and close it by applying filling on it.

How can you prevent cavities?

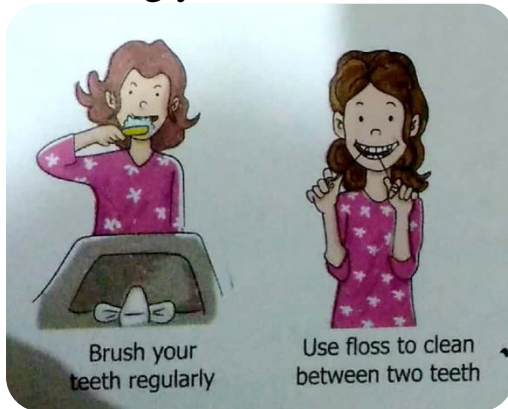
Cavities can be prevented by the following simple healthy habits:

- Brush your teeth two times in a day, i.e., in the morning and at night.
- Use dental floss to clean between two teeth.
- Wash or rinse your mouth after every meal.
- Do not eat too many sweets or drink colas.

Teeth can be made strong and healthy by :

- Eating food items like apples and carrots. They contain lots of fiber and provide exercise for the teeth.

- Eating fish , butter , eggs and drinking milk. They are rich sources of vitamin D. They make teeth strong and healthy.
- Visiting your dentist for a thorough regular check-up of teeth.



If you look after your teeth well, these will last for a lifetime. If you do not bother about them , you can loose them. No new teeth will grow in the place of permanent teeth. There is no third set of teeth!

MICROBES

While studying about dental care, we read a term bacteria. Do you know what bacteria are ?

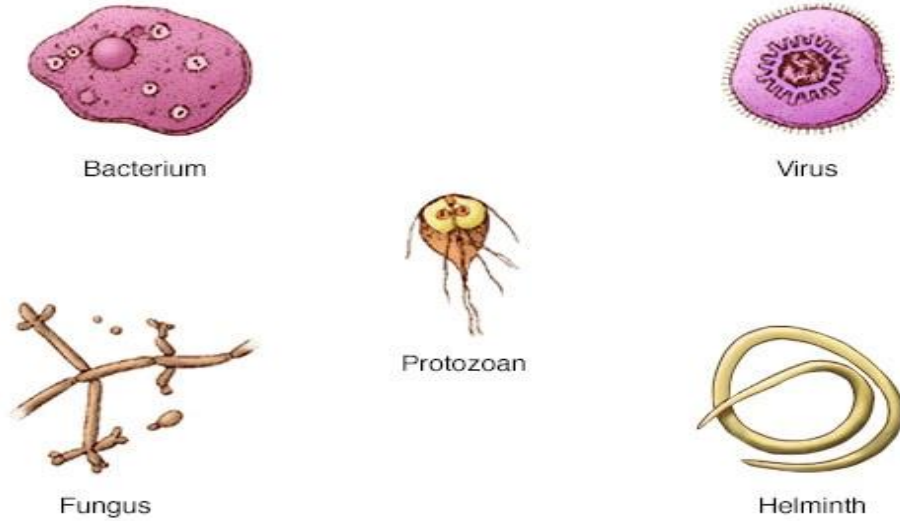
Bacteria are a type of microorganism or microbes. Microbes are very tiny living things , which can be seen only under a microscope. Some microbes are beneficial while some are harmful. Microbes that are harmful and cause diseases are called germs.

Microbes are present everywhere, including inside and outside bodies of the animals. They grow when they get favourable conditions, like moisture, warmth , food , and air(oxygen).

There are mainly four types of microbes namely bacteria , viruses , fungi and protozoa.

- 1) **Bacteria** : Some bacteria causes diseases such as typhoid , pneumonia and tuberculosis.

On other hand , some bacteria are useful also. They help to convert milk into curd. Some bacteria present in our stomach help us in digestion.



- 2) **Viruses** : These are found everywhere and are always harmful. They cause diseases like common cold, chickenpox, smallpox ,etc.

- 3) **Fungi** : These can be both useful as well as harmful to us. Some useful fungi we come across in everyday life are mushroom and yeast. Besides many of them are used in medicines. On other hand some harmful fungi can cause diseases like ringworm and eczema.

- 4) **Protozoa** : Protozoa are bigger in size than bacteria. They are harmful as they cause diseases , like dysentery , malaria and sleeping sickness.