

HUMAN TEETH

A tooth is a hard bone-like structure in vertebrates used for breaking food into smaller pieces.

Sets of teeth

- i) Milk teeth (deciduous teeth)
- ii) Permanent teeth.

N.B: There are 20 milk teeth.

Milk teeth start growing the age of 6 months and at the age of around 7 years, these teeth begin to fall out and are replaced by permanent teeth.

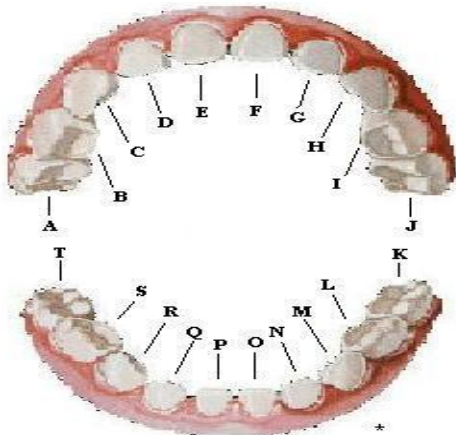
Permanent teeth

- i) This is the second and final set of teeth in mammal's growth.
- ii) They are the ones that replace the milk teeth.
- iii) A person starts developing permanent teeth at 13 years.
- iv) An adult normal person has 32 permanent teeth consisting of incisors, canines, premolars and molars.

Types of teeth

- i) Incisors
- ii) Canines
- iii) Molars (wisdom teeth)

Diagram showing a mouth with teeth



ACTIVITY:

1. Name two sets of teeth.
2. State the first set of teeth in children.

3. How many teeth does an adult have?
4. List down two types of teeth.

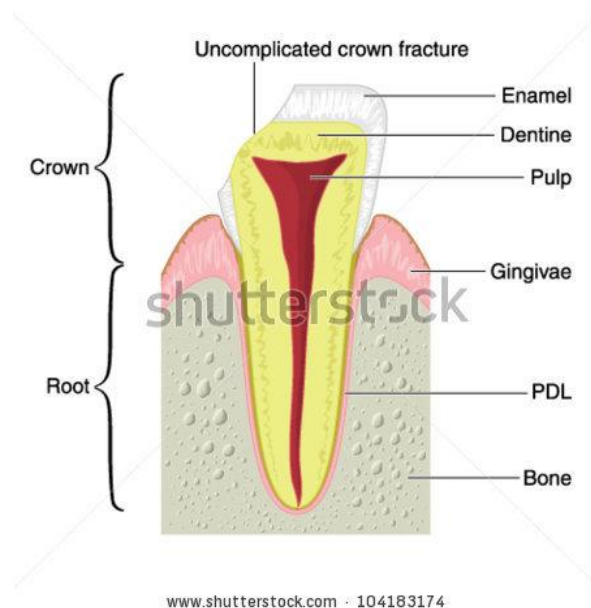
TYPES OF TEETH

INCISORS

- i) They are used for cutting and biting food
- ii) They are chisel shaped.

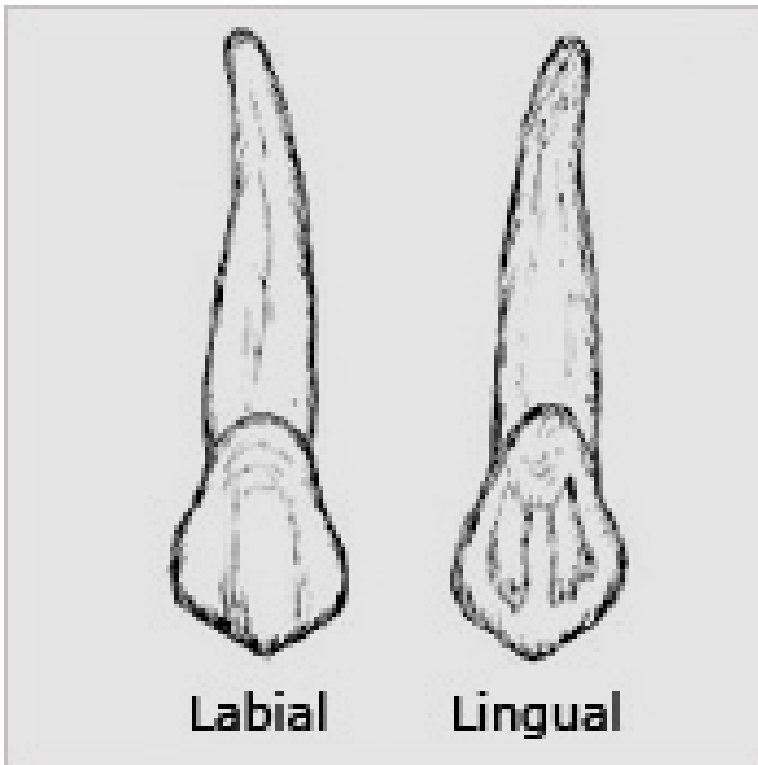
AN INCISOR TOOTH

THE INTERNAL PARTS OF AN INCISOR TOOTH



CANINES

- i) They are used for tearing food.
- ii) They are sharp cone-shaped.



PREMOLARS

- i) They are used for grinding food.
- ii) They are broad, blunt and flat ridged.



MOLARS

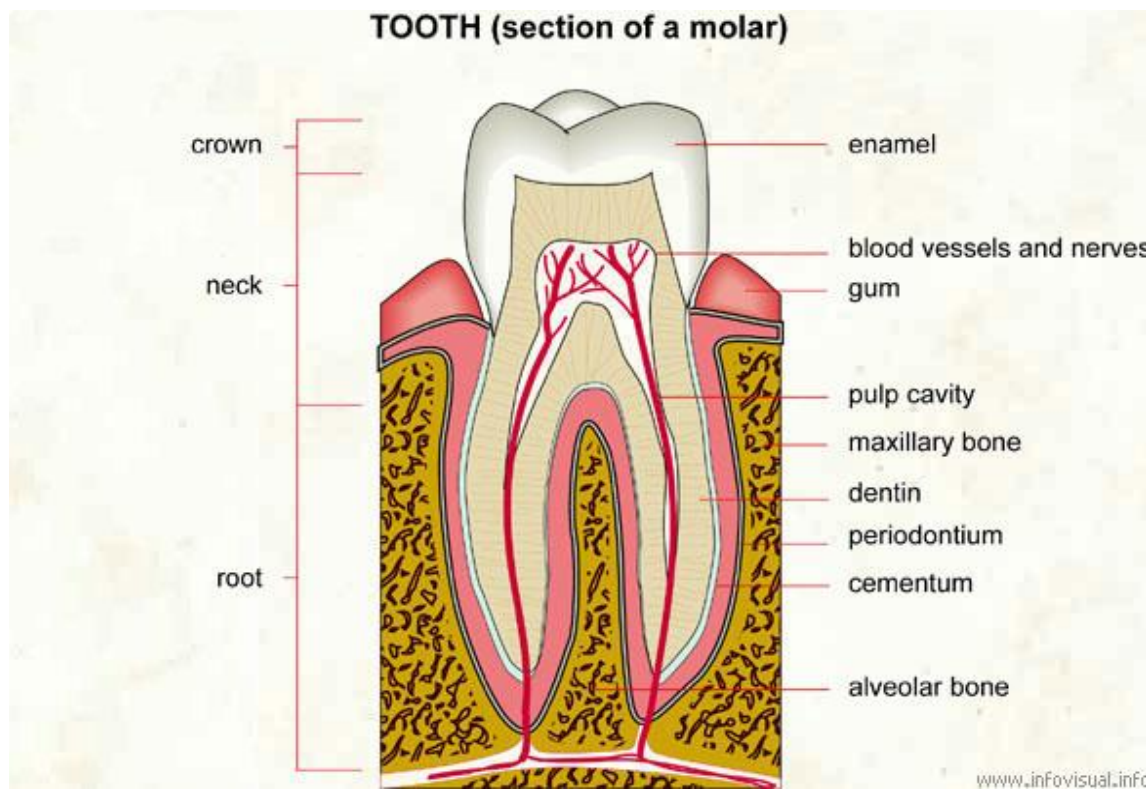
- i) They are used for grinding and chewing food.
- ii) They are broad, blunt and flat ridged.



N.B: Dental formula is the arrangement of teeth in the jaws.

ACTIVITY:

1. Name two sets of teeth.
2. State the first set of teeth in children.
3. How many teeth does an adult have?
4. List down two types of teeth.



**THE
INTERNAL
PARTS OF A
TOOTH**

PARTS OF THE TOOTH

VOCABULARY

- i) Enamel**
- ii) Dentine**
- iii) Pulp cavity**
- iv) Blood capillaries**
- v) Gum**
- vi) Cement**
- vii) Jaw**
- viii) Diseases**
- ix) Disorders**

ACTIVITY:

1. Draw a canine tooth.
2. How is an incisor tooth adapted to its function?
3. How are molars useful during digestion of food?

FUNCTIONS OF PARTS OF A TOOTH

ENAMEL

- i) The hardest part of the tooth.
- ii) It is the hardest substance in the body made up of calcium and phosphorus.
- iii) It prevents wear and tear of the tooth.

DENTINE

- i) It keeps replacing the enamel as it may wear off due to friction.

PULP CAVITY

- i) It is the most sensitive part of the tooth.
- ii) It has the blood vessels and sensory nerves.

BLOOD VESSELS

They carry digested food and oxygen to the tooth.

THE SENSORY NERVES

- i) They are sensitive to heat, pain and cold.
- ii) The tooth begins paining when bacteria destroys the pulp cavity.

CEMENT

It fixes the tooth into the jaw bone.

THE GUM

It gives extra support to the tooth in the jaw bone.

JAW BONE

- i) It holds the tooth in position
- ii) It protects the tooth.

ACTIVITY:

1. Name the hardest part of a tooth.
2. Why is the pulp cavity a sensitive part of a tooth?
3. Draw a tooth and name the regions.

DISEASES OF THE TEETH

- a) Tooth decay (dental carries)
 - i) It is caused by bacteria.
 - ii) Bacteria acts on sugar and starch, remains on the teeth producing lactic acid that wears and tears the enamel and makes a hole in the dentine and pulp cavity.
 - iii) Pain begins when bacteria destroys the pulp cavity.

NB: Dental amalgam (cement) can be used to fill the holes made on the teeth.

- b) Periodontal disease (Gum disease) – This affects the gum.

Disorders of teeth

- i) Impacted teeth.
- ii) Broken teeth
- iii) Tooth cracks

Disorders of the mouth

- i) Thrush
- ii) Cancer
- iii) Burning tongue

ACTIVITY:

1. Name the two diseases of the teeth.
2. Identify atleast two disorders of the teeth.
3. Outline two disorders of the mouth.
4. Suggest the type of germ that causes dental carries.
5. Of what use is dental amalgam to a person whose teeth has holes.

CARE OF OUR TEETH (DENTAL HYGIENE)

- i) Brush the teeth after every meal.
- ii) Avoid drinking very hot and cold things.
- iii) Avoid eating too many sweets.
- iv) Rinse your mouth with water and salt after every meal.
- v) Eat plenty of fresh fruits and vegetables.
- vi) Visit a dentist regularly for checkups.
- vii) Eat a balanced diet.

Things we use for brushing teeth.

- i) Tooth brush
- ii) Tooth paste
- iii) Clean water
- iv) Small sticks

How to brush our teeth

- i) Brushing teeth should be up and down movement of the tooth brush but not sideways.
- ii) Then clean tooth brush and keep it in a container.

N.B: We brush our teeth regularly to;

- i) prevent tooth decay
- ii) prevent bad breath

ACTIVITY

1. Suggest two ways to care for our teeth.
2. Name atleast three material we use for brushing our teeth.
3. Why is David, a school boy advised to brush his teeth regularly?
4. Why is it advisable for children to avoid eating too much sweets.

SANITATION

- i) The general cleanliness of our environment
- ii) The way we keep our environment clean.

Importance of sanitation

- i) Prevents the spread of germs.
- ii) Promotes good health in the community.

Activities under sanitation

- i) Sweeping the compound, house, etc.
- ii) Moping the house, classroom
- iii) Slashing bushes around our homes, school, road sides, water sources.
- iv) Picking and burning rubbish.
- v) Proper disposal of faeces and urine.
- vi) Draining stagnant water around our homes, school.
- vii) Dusting tables, chairs
- viii) Removing cobwebs from the kitchen, latrines and houses.
- ix) Digging water channels along the roads, in school and home compounds.

Items used in keeping proper sanitation

- i) Brooms
- ii) Rake
- iii) Mop/rag
- iv) Water

- v) Soap
- vi) Slasher
- vii) Bins
- viii) Waste basket
- ix) Rubbish pit
- x) Scrubber
- xi) Spade
- xii) Dryer