

OUR BODY 1

Index:

- Teeth ☐
- Healthy diet 1: main food groups ☐
- Healthy diet 2: balanced diet ☐
- Moving and growing ☐

Name _____

Form _____

Teeth

Date:.....

Humans have three types of teeth: Incisors Canine Molars

Incisor tooth

Canine tooth

Molar tooth



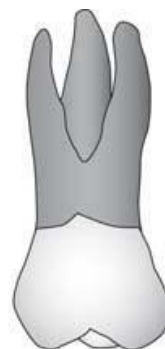
incisor



canine



premolar



molar

Premolar tooth

Copy each drawing into its correct box and fill in the table below

Incisor teeth have a thin edge. They are used for



Canine teeth are pointed. They are used for



Molar teeth are flat. They are used for:



Crushing and grinding

Tearing and gripping

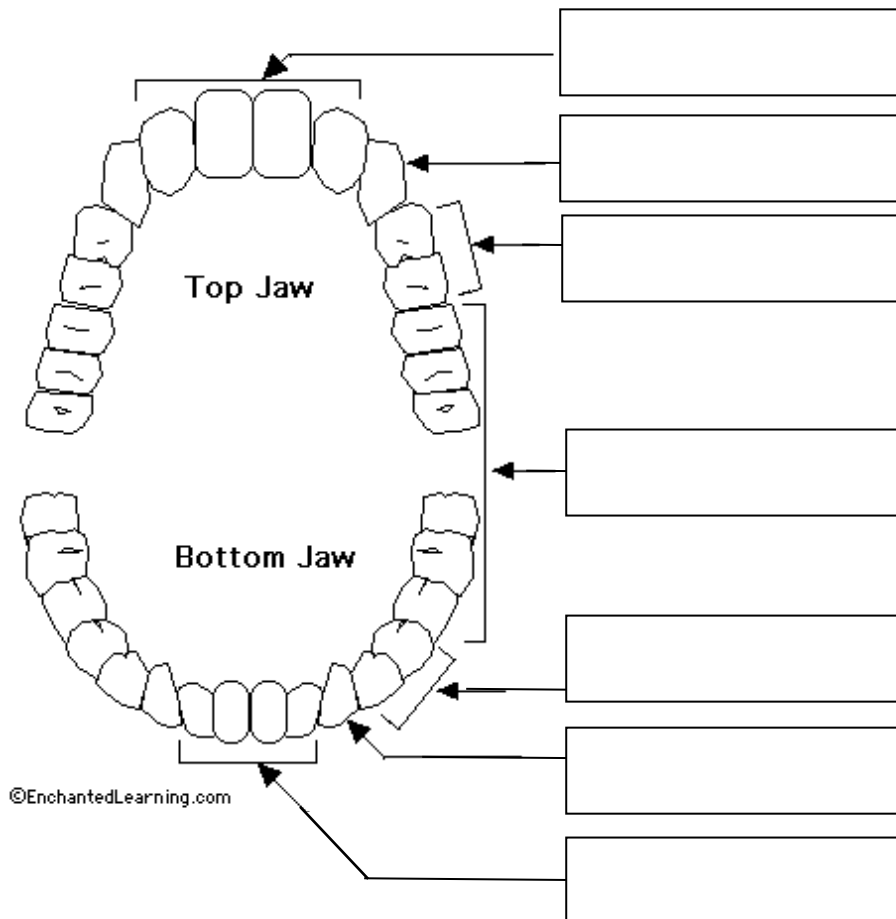
Snipping and cutting

Position of the teeth in the mouth

Date:.....

Fill in the boxes to show the names for each type of tooth.

Give each kind of tooth a different colour



The first teeth we have are called

We have about milk teeth.

The milk teeth start to fall out when we are about 5 years old.

They are replaced by permanent (adult) teeth which push up from below.

The last teeth to be replaced are the molars.

We end up with about adult teeth.

INCISORS, MOLARS, PREMOLARS, CANINE

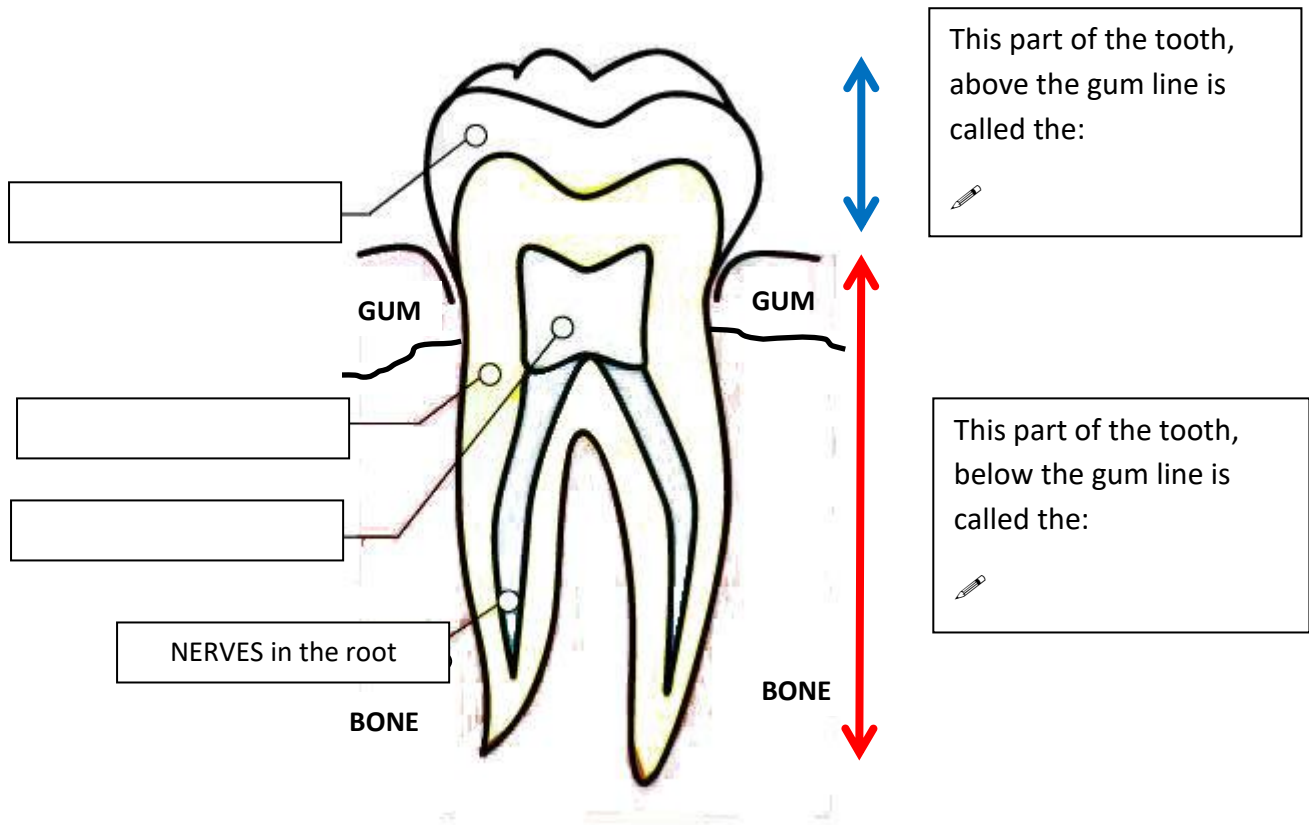
MILK TEETH, 20, 32

Date:.....

The Structure of a Tooth

INSIDE A TOOTH

Fill in the labels and colour the different parts of the tooth



Words to Use: ENAMEL, DENTINE, PULP, CROWN and ROOT

The hard white covering that surrounds each tooth is made of ENAMEL.

Underneath the enamel is DENTINE, a bone like substance that contains some nerves.

At the centre of each tooth is PULP, which is a soft substance containing most of the nerves and blood vessels.

DID YOU KNOW:

Enamel is the hardest substance in the human body

Date:.....

Tooth decay

Tooth decay is caused by **plaque** collecting along the gum line.

Plaque is made up of tiny bits of food and bacteria

The **acids** made by the bacteria start to attack the tooth enamel within 20 minutes of a meal.

When the hard enamel dissolves away it creates holes or cavities.

How to look after teeth

- Brush your teeth twice a day
- Avoid acidic fizzy drinks and sweet food
- Visit your dentist every 6 months

Now answer these questions

1. What is the name of the substance that collects along the gum line that causes tooth decay?

.....

2. What is plaque made from?.....

3. What do the bacteria make that dissolves away tooth enamel?

.....

4. What is the best way to remove plaque?.....

5. What is the best way to find out if you have any cavities and get them repaired?

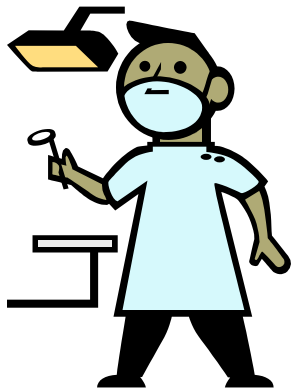
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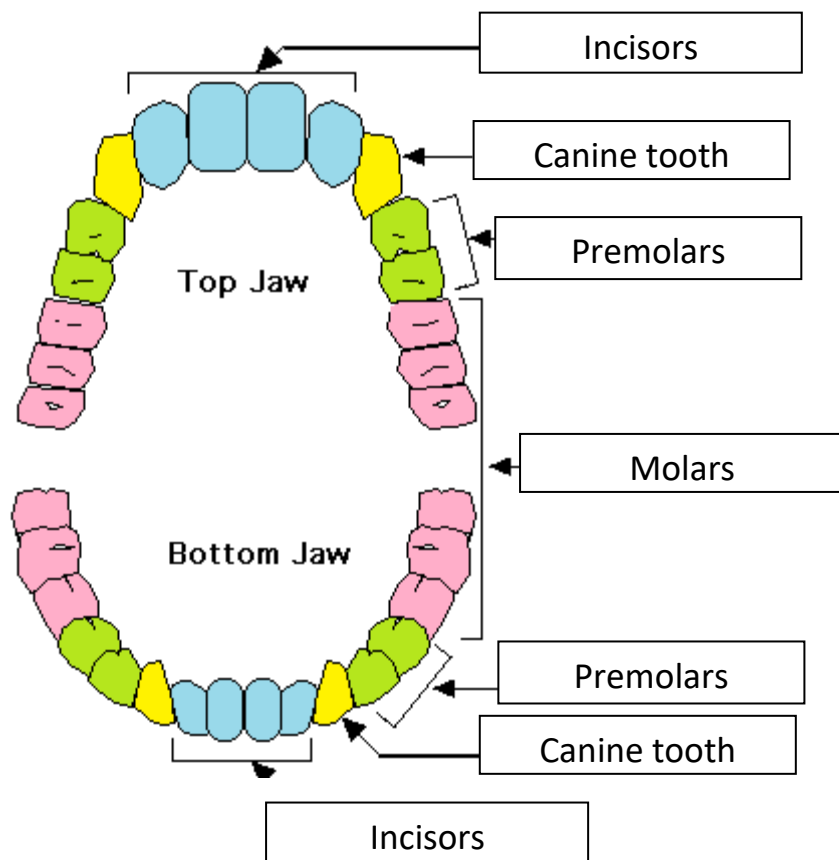
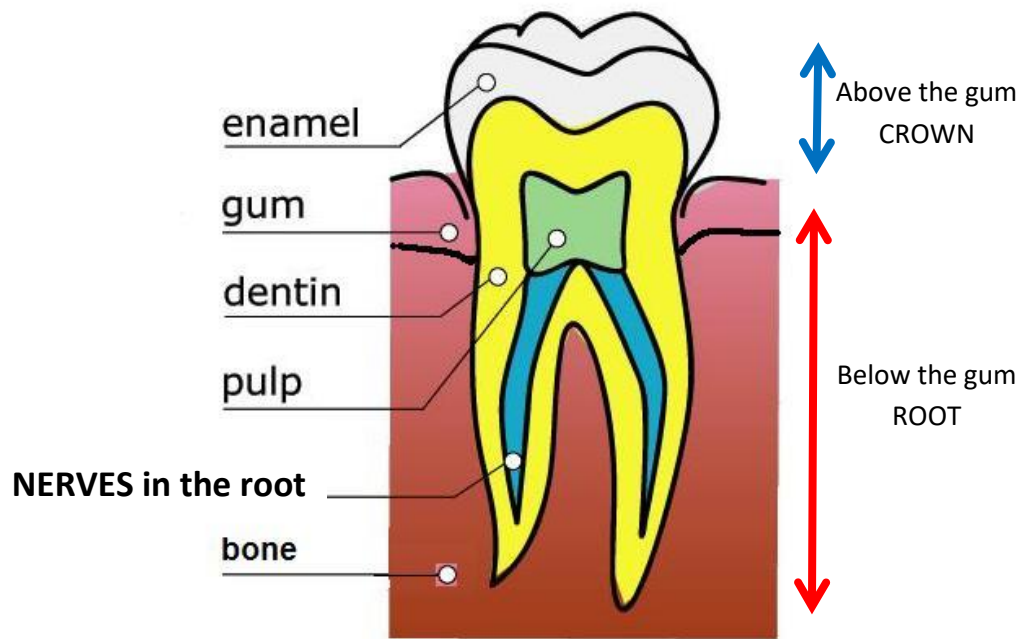
Keeping Teeth Healthy

1. Brush your teeth twice a day

2. Avoid fizzy drinks and sugary food

3. Visit the dentist every 6 months





Which drink changes our teeth the most?

We took glass tubes and placed marble chips in each.

We put a different drink in each tube.

After a few days we took the teeth out and examined them for change.

These were our results

Type of drink	Amount of change 0 = no change 5 = lots of change	Mass of marble chips before experiment	Mass of marble chips after experiment	Change in mass

These were our findings:

Teeth that changed the most were left in

Teeth that changed the least were left in.....

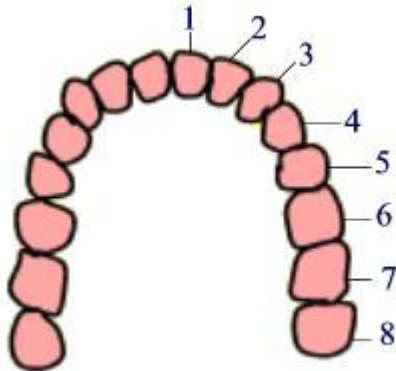
Conclusion:

From these results I observed that causes the most damage to our teeth, probably because it contains lots of

.....

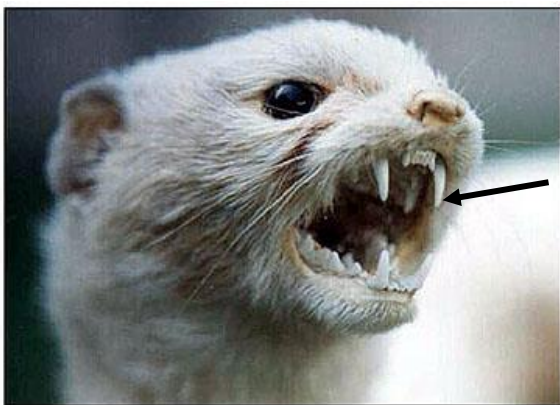
Teeth Assessment test Date:.....

1. What is another name for baby teeth?.....
2. What is another name for grown-up teeth?.....
3. How many baby teeth do you have?.....
4. How many grown-up teeth do you have?.....
5. What is the hard, white outside part of the tooth made from?
6. What is inside the tooth that lets you feel hot and cold or pain?
7. The part of the tooth that sticks out above the gum is called the
8. The part of the tooth that you cannot see (below the gum) is called the
9. Look at the diagram below: What is the name of the different types of teeth?



- a) Teeth 1 and 2 are called
- b) Which tooth is the canine tooth?.....
- c) Teeth 5, 6, 7 and 8 are all called

10. Incisor teeth (sharp, flat edge) are used for
11. Molar teeth (smooth and flat) are used for:



12. What sort of tooth is marked with an arrow?
(Molar, canine or incisor)
.....
13. What are these teeth used for?
.....
14. What do you think this animal eats?
(meat or plants)
.....

Answers (you may not need to use all the answers)

Permanent (adult)	Milk teeth (Primary)	10	20	32	56
Enamel	Dentine	Nerve		Crown	Plants
Canine	Molars	Incisors		Root	Meat
Biting and cutting food	Gripping and crushing food			Tearing and gripping	
food					

Date:.....

Why we need food

We need food to give us energy, help us grow and keep us healthy

Foods for Energy

These foods contain **starch, sugar** (sometimes called **carbohydrate**)

They supply our body with **energy** (just like a battery for a toy).

The energy is needed to help us **grow** and keep us **warm**

Examples: **Bread, potatoes, pasta, rice, cakes and sweets**

Bread, potatoes, pasta and rice give their energy slowly and may be eaten with any meal.
Cakes and sweets give their energy quickly and should only be eaten in small amounts.

(Oils and fats like butter and cream also give us energy but are not good for our heart.)

Why do we need food?

To give us , to help us and to keep us

Write down two foods that give us energy : and

Write down two reasons that our body needs energy:

i.....

ii.....

Sugar and starch are sometimes called and supply our

body with

Date:.....

Foods for growth and repair

These are foods that contain **Protein**

Protein is the main body building nutrient.
It helps us grow and builds up muscles.

Examples: Meat, fish and eggs. Cheese and soya

Foods to keep us healthy

These foods contain lots of **vitamins** and **minerals**

Examples: Fruit and vegetables

LEMONS contain lots of vitamin C which helps stop an illness called **Scurvy** which used to make sailors ill.

Vitamin C also helps with colds and 'flu.

Milk and cheese contain lots of **Calcium** which is good for your **bones**

Spinach contains lots of **Iron** which is good for your **blood**

Foods that help us grow and build up our strength contain

An example of a food that contains protein is

Lemons are good for us because they contain lots of

Milk is good for you because it contains lots of which is good for your

Name a food that contains lots of iron.....

A balanced Diet

You are eating a balanced diet when you eat the correct amount of each type of food:

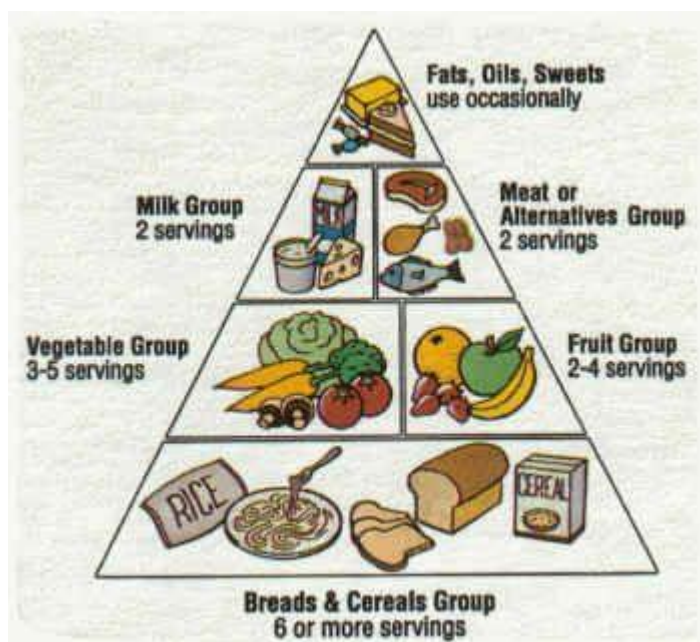
Lots of bread and cereals. These contain lots of fibre and are low in sugar and fat

Lots of fruit and vegetable. These are high in fibre, low in fat and salt and contain vitamins we need. Fibre helps our digestion.

Some milk and meat. Milk and meat contain protein which we need but are also high in fat

Only a small amount of sweet or fatty food which can damage our heart when older and make us fat if we don't exercise enough.

We should also limit our salt to 6g a day. This is about a teaspoon full. A lot of cooked food, like bread, bacon or 'ready meals' also contain lots of salt



**We also should drink at least
2½ litres of water a day**



**Don't drink it all in one go... spread it out.
Don't drink it all as a fruit juice ... that
would give you too much sugar**

HEALTHY FOODS

Contain lots of fibre, with only a small amount of sugar, fat and salt.
Examples of healthy foods: fruit and vegetables, brown bread, brown rice

UNHEALTHY FOODS

Contain lots of fat, sugar or salt and not enough vitamins or minerals.
Examples of unhealthy foods: cream cakes, chips, crisps. Even bought fruit smoothies.

A BALANCED DIET

Name:.....

1. Copy each food into the correct column in the table

Fish	Bread	Meat	Carrots	Pasta	Apple
Foods for energy	Foods for growth	Foods to keep us healthy			

3. **A balanced diet means: (tick the correct one)**

- To eat as much as you like of anything
- To eat less fat and sugar
- To eat the right amount from each of the food groups

4 **Fill in each sentence below with the correct word from the list below the question**

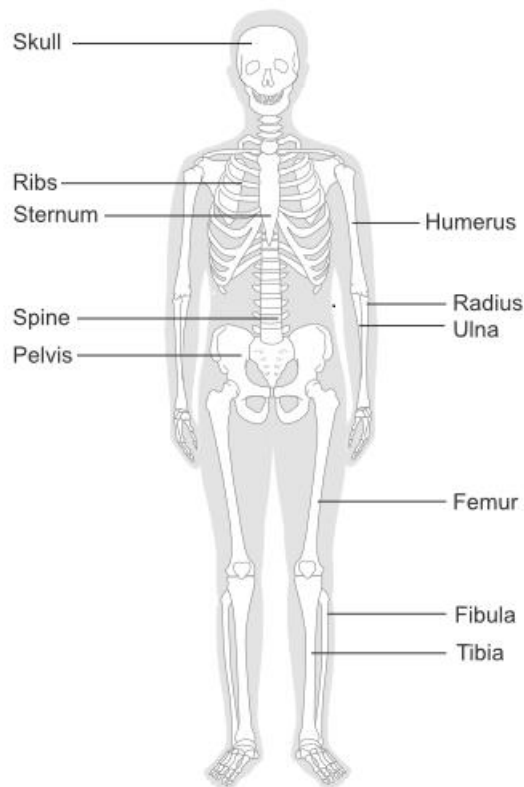
- Brown bread is a good source of , needed to help our digestion.
- Chips are bad for you because they contain too much.....
- Milk is a good source of..... which is needed for healthy bones
- What should you not eat more than 5g a day of:.....
- Lemons are a good source of which is needed to keep our gums healthy
- Chicken is good for you because it provides your body with
- Bread and pasta contain, a kind of carbohydrate, and provide us with
- We should not eat too many sweets because they contain lots of
- Spinach is good for you because it contains lots of which is good for your blood.

Fat Protein Vitamin C Fibre Calcium
Sugar Salt Iron Energy Starch

5. Fruit and vegetables are good for you because they are low in..... but contain

lots of and [choose **fibre, vitamins, or fat**]

The Skeleton



The [human skeleton](#) consists of 206 bones. We are actually born with more bones (about 300), but many join together as we grow up.

Bones:

1. *support* your body,
2. *protect* organs and
3. help us *move*.

Red blood cells are made in our bones

Bones contain a lot of **calcium** (a substance found a lot in milk and cheese).

The longest bone in our bodies is the **femur** (thigh bone).

The smallest bone is the **stirrup** bone inside the ear.

What do we need to eat to help keep our bones healthy?

The bones in our skeleton have several uses:

- | | |
|---------|---------|
| 1..... | 2. |
| 3. | 4..... |

Some bones support and some protect organs

(Add the word **PROTECTS** or **SUPPORTS**

The thigh bone (femur) your body

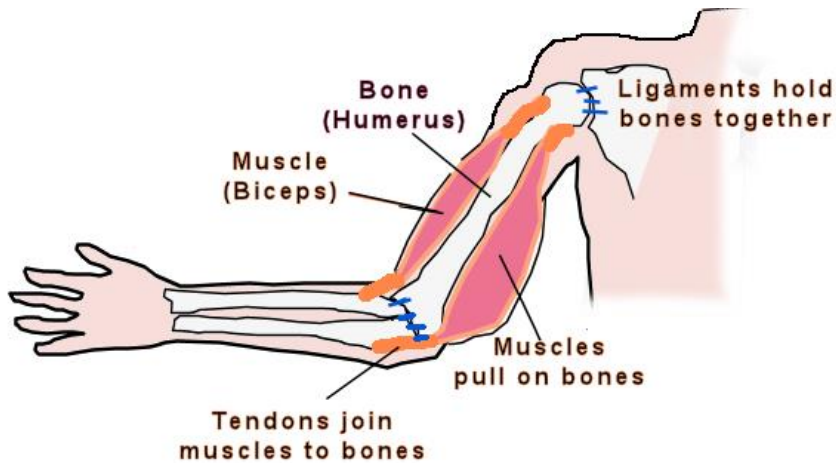
The spine the spinal cord

The spine the top half of your body

The ribs your heart and lungs

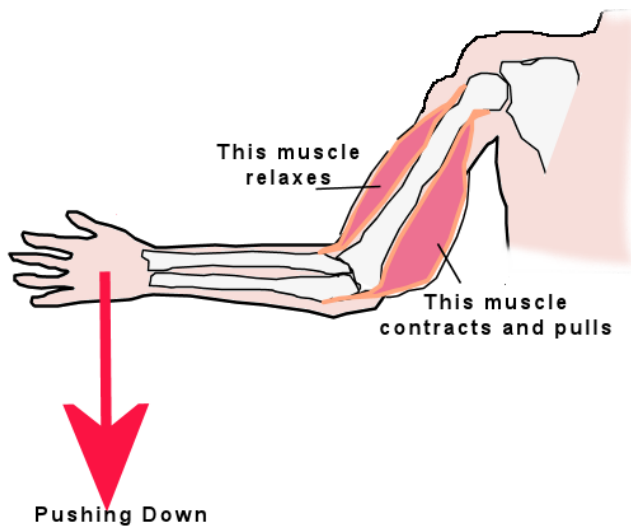
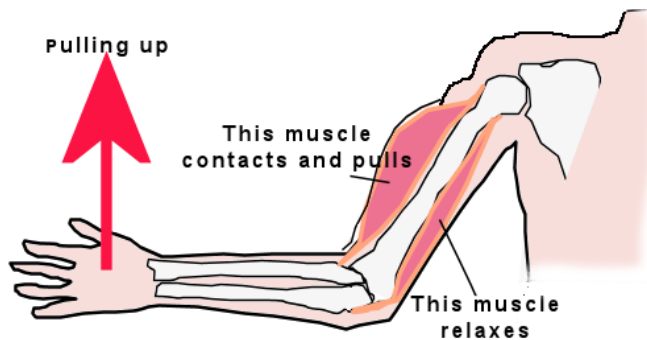
The skull the brain

Movement: Muscles



Muscles usually work in **PAIRS**

When one muscle contracts (and pulls) the other relaxes



1. What joins a muscle to a bone?
2. What holds bones together?
3. Does CONTRACT mean pull or push?.....
4. Muscles always work in
5. When one muscle contracts the other muscle