

Teeth

¹ Are you a happy-camper or a long-faced fellow when it is the time of the year to see your dentist?

² Teeth are the hardest, most durable organs in our bodies. In fact, teeth are usually the only remains left long after a person passes away. Hence, archaeologists and forensic experts often rely on teeth they have recovered to solve historical or criminal mysteries!

³ With occasional exceptions, babies do not have "visible" teeth at birth. (For those with "visible" teeth at birth, we call their teeth "natal teeth.") We emphasize the word "visible" here because babies do have teeth hidden under the gum line when they are born. In fact, tooth development begins soon after the second month of pregnancy, but teeth do not break through the gum line until babies are about six or seven months old. After countless nights of crying and feeling discomfort, babies finally have their first set of 20 small teeth, called deciduous teeth, baby teeth, or milk teeth, by age 3.

⁴ Then, the Tooth Fairy comes to replace the 20 baby teeth with 32 permanent teeth when we are about 6 years old. Both baby teeth and permanent teeth are arranged in a symmetrical manner. That is, we have the same number of teeth in our upper jaw as in our lower jaw, and all teeth come in pairs with each pair taking up the same spot on opposite sides of our jaws.

⁵ Of our permanent teeth, there are four types. Each type has a unique shape and serves a different purpose --

- We have eight incisors that face forward at the front of our mouth. As our incisor teeth have a sharp edge, they are perfect for cutting and biting food.
- Next to either side of our incisors are our canines, or cuspids. We have four canines, two in each jaw. We use our canine teeth for tearing food.
- Bicuspid, or premolars, are behind our canine teeth. There are eight bicuspids in everyone's mouth. Bicuspid have prominent cusps that are ideal for crushing and grinding food.
- Molars are the last type of permanent teeth. We have a total of twelve molar teeth, six in each jaw. With a large chewing surface, molar teeth serve the function of grinding food. The wisdom teeth are the third set of molar teeth, located the farthest from the center of our mouth.

⁶ Taking good care of our teeth is very important. The most immediate benefit is that we don't have to spend many dreaded afternoons in the dentist's office. Aside from brushing our teeth after each meal, there are many things that we can do to avoid an unwanted dental trip. First, use floss to clean areas in-between our teeth that a toothbrush cannot reach. Second, stay away from sugary food. Third, do a routine dental check-up at least twice a year.

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<p>1. How many sets of teeth do humans have in their entire life?</p> <p><input type="radio"/> A Four</p> <p><input type="radio"/> B One</p> <p><input type="radio"/> C Two</p> <p><input type="radio"/> D Three</p>	<p>2. What is the hardest, most durable organ in our bodies?</p> <p><input type="radio"/> A Bone</p> <p><input type="radio"/> B Nose</p> <p><input type="radio"/> C Tooth</p> <p><input type="radio"/> D Nail</p>
<p>3. Most babies have natal teeth at the time of their birth.</p> <p><input type="radio"/> A False</p> <p><input type="radio"/> B True</p>	<p>4. When does the development of teeth start?</p> <p><input type="radio"/> A Two weeks after pregnancy</p> <p><input type="radio"/> B Six years after birth</p> <p><input type="radio"/> C Two months after pregnancy</p> <p><input type="radio"/> D Two months before birth</p>
<p>5. Which of the following statements about baby teeth is true?</p> <p><input type="radio"/> A Baby teeth are also called the natal teeth.</p> <p><input type="radio"/> B Baby teeth are replaced by permanent teeth when we are about six years old.</p> <p><input type="radio"/> C Baby teeth usually erupt through the gum line when babies are three years old.</p> <p><input type="radio"/> D There are thirty-two baby teeth.</p>	<p>6. Which of the following statements about permanent teeth is true?</p> <p><input type="radio"/> A There are two molar teeth in each jaw.</p> <p><input type="radio"/> B There are six canine teeth in each jaw.</p> <p><input type="radio"/> C There are four incisor teeth in each jaw.</p> <p><input type="radio"/> D There are eight bicuspids in each jaw.</p>
<p>7. Which of the following is not a good way to take care of your teeth?</p> <p><input type="radio"/> A Use both toothbrush and dental floss to clean your teeth.</p> <p><input type="radio"/> B Schedule a dentist appointment for a routine check-up at least twice a year.</p> <p><input type="radio"/> C Avoid eating sugary food, such as chewing gums.</p> <p><input type="radio"/> D Always brush your teeth before a meal.</p>	<p>8. What do we use our incisor teeth for?</p> <p><input type="radio"/> A Biting food.</p> <p><input type="radio"/> B Chewing food.</p> <p><input type="radio"/> C Grinding food.</p> <p><input type="radio"/> D Tearing food.</p>

