

Date : 04/06/2020

Class Teacher – Sanju Shaw

Class : IV (A,B,C)

Subject: EVS

Ch : 02 Teeth

Dear students, I have already discussed about the kinds of teeth. You also know that teeth are very important for your life. Now, I will discuss about the healthy food for teeth.

Healthy Food For Teeth

Calcium and vitamin C make our gums and teeth strong. We should eat fibre-rich food like apple, carrot, pear, nuts and almonds to keep our teeth strong. Eating sprouts and high protein foods like eggs, milk, cheese and curd also makes our teeth healthy.

Foods like **biscuits, sweets, chips and cakes** are sticky and cause great damage to the teeth. Apart from these, **soft drinks** also affect our teeth badly as they have high acid that can damage them. Therefore, avoid these unhealthy foods.

Dear students, You have come to know how some of the foods make our teeth healthy;

whereas some different foods damage our teeth. So, you should eat **healthy foods** and avoid the foods like **sweets, chips, soft drinks** etc., to make your teeth strong and healthy.

A. Answer the questions:

- 1. What make our gums and teeth strong?**
- 2. What kind of foods damage our teeth?**

B. Write True or False

- 1. Curd makes our teeth healthy.**
- 2. Soft drinks affect our teeth badly.**

Write and Learn (H/W)

A. Write the numbers of these teeth in human beings:

- 1. Incisors: eight**
- 2. Canines : four**
- 3. Premolars: eight**
- 4. Molars: eight**

B. Answer the questions:

1. Write the function of premolars.

Ans : The function of Premolars is to crush and crack the food into smaller pieces.

2. Which kinds of teeth are also called wisdom teeth?

Ans : The last molars are also called the wisdom teeth.