

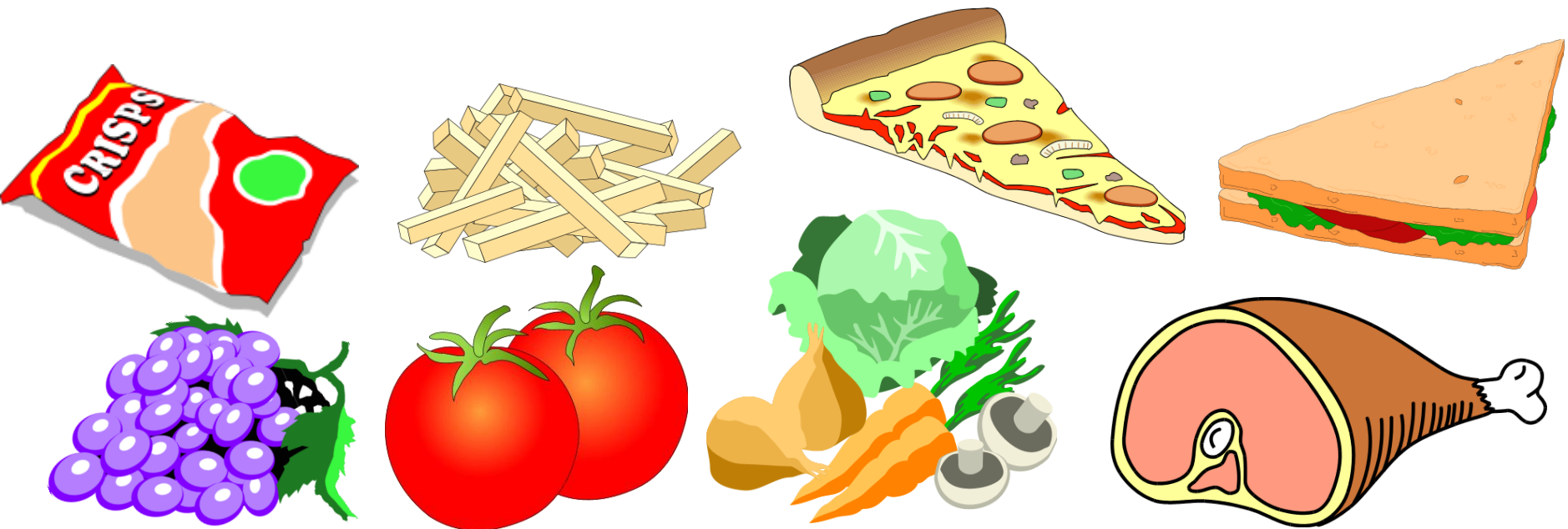
## Unit 3A: Teeth and Eating



# Learnanywhere



Make a list of all the foods you like to eat



<b>Feed</b>	The act of taking in food or nutrition. Animals and humans eat to feed.
<b>Grow</b>	Living things grow when their size increases or new material such as skin or leaves is produced.
<b>Vegetables</b>	Food from plants like carrots or potatoes.
<b>Meat</b>	Food from animals, like beef from cattle or pork from pigs.
<b>Sugar and starches</b>	Types of energy we get from foods.
<b>Fish</b>	Food from fish, like cod or haddock.
<b>Fruit</b>	Food grown on plants like apples or pears. Fruits always have seeds.
<b>Fats</b>	Foods that provide energy & keep us warm. Too much or too little is bad for you.
<b>Incisor</b>	The front teeth, used for cutting through food.
<b>Molar</b>	The back teeth, used for crushing and grinding food.
<b>Canine</b>	The pointed teeth, used for tearing food.
<b>Root</b>	The part of the tooth out of view which fixes it to the gums.
<b>Decay</b>	Teeth rot and go bad if not looked after properly. This is known as decay.

Make a list of all the foods you can think of.

For each food in your list put them in the correct group.

Meat and Fish

Fats

Fruit

Sugars and Starches

Vegetables

We eat certain foods because they do a particular 'job' for us. Identify which foods go in each group

Growth and repair

Energy

Healthy skin, hair and bones



Try to identify different food types in each of the meals shown below



Use the boxes to select a balanced diet for 1 day.  
Try to include all food types in your diet.

## Breakfast box

Chocolate bar      Burger  
Curry      Bowl of cereal  
Banana      Chips  
Bag of sweets      Ice cream

## Lunch box

Sandwich      Chips      Apple  
Kebab      Yoghurt      Crisps  
Pizza      Bag of sweets  
Chocolate bar      Soup

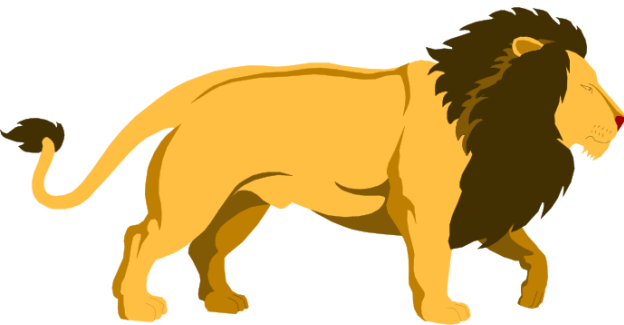
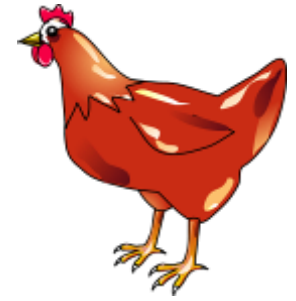
## Dinner box

Meat and 3 veg      Burger  
Chips      Bowl of cereal  
Orange      Pasta      Salad

What do each of the animals eat?

Do they all eat the same as each other?

Do they eat the same things as humans?





**Do all cats eat the same food?**

We are going to collect evidence from each other about what our cats eat.

Use the table to record the results from the class. You will have to go and ask them for their results.



Tinned food	Fresh fish	Other food



Present the results in a bar chart or pictogram

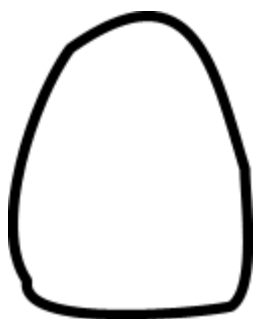
Can any conclusions be made from the results?

Is this a valid conclusion? Did we use enough cats? Would it be possible to improve the results?



How many teeth have you got? Count them.

Draw diagrams showing the shapes of the different teeth you have.  
Why do you think they have different shapes?



**Incisors**

Used for  
cutting  
food



**Canines**

Used for  
tearing  
food



**Premolars**

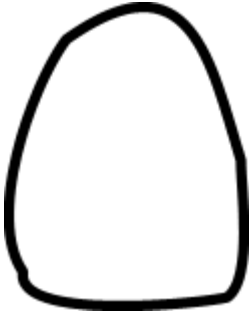


Used for  
grinding &  
chewing  
food

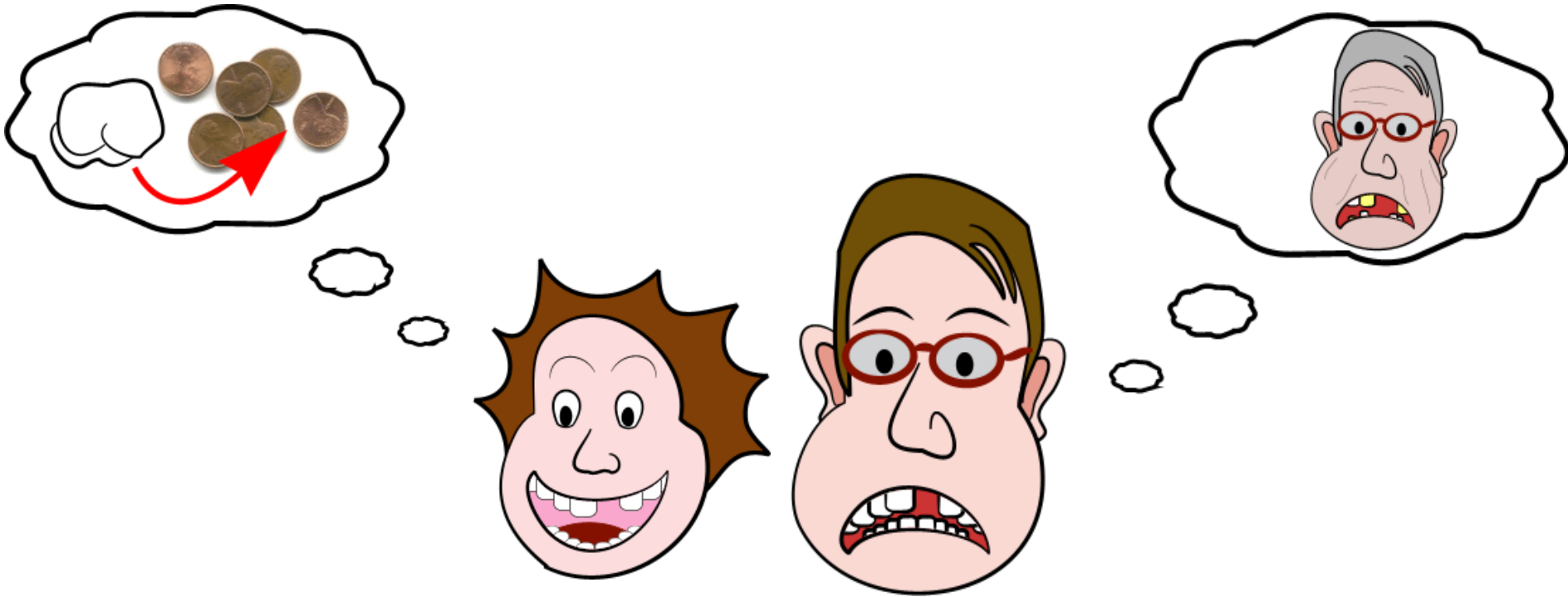
(Only appear in  
adult set of teeth)



**Molars**

Used for  
grinding &  
chewing  
food

Picture			
Name	<b>Incisor</b>	<b>Canine</b>	<b>Molar</b>
Used for	Cutting and biting food	Tearing food	Grinding and chewing food
Position in mouth	Front	Front corners	Back
Reason tooth is useful	Wide thin edge for cutting through food	Pointed end for tearing food	Flat rough surface for crushing and grinding food



Why do you think the boy is happy to have lost a tooth, but the adult is not happy to have lost a tooth?

Why do adult teeth have to last?

Use these pictures to design an information sheets explaining the importance of looking after your teeth and gums

