

Chapter- 2

Teeth and Microbes

STUDY NOTES

Let's Learn**Teeth:**

- Clean and well-kept teeth make our smile beautiful.
- They enable us to bite and chew the food, makes digestion easy.
- It helps us to speak clearly.
- Teeth are very important part of our body.

Sets of teeth:

- Temporary teeth
- Permanent teeth

Temporary teeth:

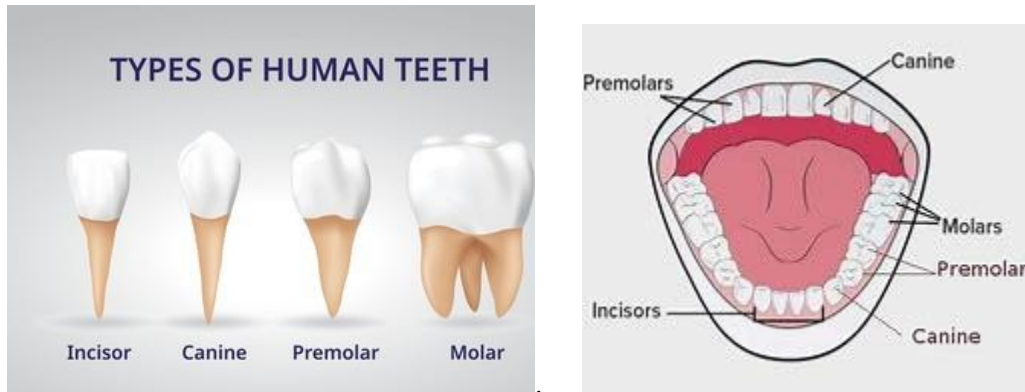
- A new born has no teeth, by the time baby grows two and a half year old, and they get 20 new teeth these are called as temporary / milk teeth.

Permanent teeth:

- Between the ages of six and twelve, the milk teeth fall out one by one and new ones grow in their place This new set consist of 32 teeth, 16 in the upper jaw and 16 in the lower jaw. These are called permanent teeth.

Kinds of teeth:

- **Incisors or cutting teeth:** The middlemost four teeth on the upper and lower jaws they are (8 total).
- **Canines or tearing teeth:** On either side of the cutting teeth is a sharp tooth. These are canines which we use to tear pieces of food. The pointed teeth just outside the incisors they are (4 in total)
- **Premolars or cracking teeth:** There are four premolars in each jaw. These are broad teeth and meant for crushing food.
- **Molars or grinding teeth:** There are six molars in each jaw. These are used for grinding the food



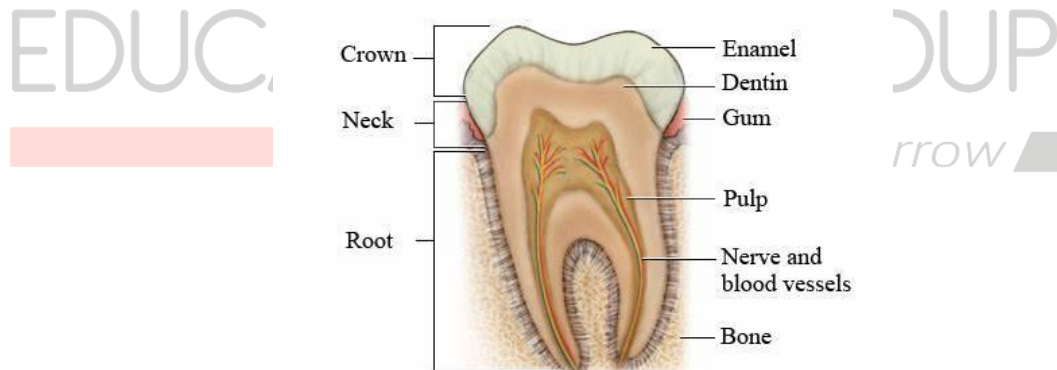
A tooth has three parts:

- **The crown:** It is the part of the tooth that you can see above the gum.
- **The neck :** It is the part of the tooth that is between the root and the crown.
- **The root:** It is the part of the tooth that is below the gum.

The structure of the tooth:

- **Enamel:** The outer cover of tooth is very hard. It is called as enamel.
- **Dentine:** Below enamel lies the dentine.
- **Pulp:** Inside the dentine it is pulp.

The nerves are connected to the gum through a hole in the root.



STRUCTURE OF TOOTH

Care of teeth:

- Calcium and vitamin C are important for healthy teeth and gums.
- Food like milk, cheese and cottage cheese are rich sources of calcium.

Bacteria: These are tiny little organisms that are everywhere around us.

How teeth start decaying?

- Bits of food that remain stuck to the teeth can cause the growth of bacteria.
- Bacteria first attack the enamel and form a sticky coating called plaque.
- They attack the dentine and finally the pulp, bacteria reaches to the nerves and cause pain.

Tips of keeping the teeth clean and healthy:

- Brush your teeth every morning and every night before going to bed.
- Use a dental floss to clean between two teeth.
- Wash your mouth after every meal.
- Do not have too many sweets.
- Visit your dentist regularly for checkups.

Microbes:

- Microbes are tiny living things.
- Our mouth and blood provide favorable conditions for certain microbes.
- Disease- causing microbes are called germs.

Kinds of microbes:

- **There are four kinds of microbes:**

<ul style="list-style-type: none"> • Bacteria: Single –celled microorganism. • Harmful bacteria can cause diseases like typhoid, tuberculosis and pneumonia. 	<p>2. Viruses: These are smaller than bacteria.</p> <ul style="list-style-type: none"> • They can cause diseases like chickenpox, flu, polio and common cold.
<p>3. Fungi: This organism grows on decaying matter.</p> <ul style="list-style-type: none"> • These fungi called yeast which helps in making bread into soft crumbs. 	<p>4. Protozoa: These are single- celled microorganism.</p> <ul style="list-style-type: none"> • Malaria and dysentery are caused by protozoa.

Some useful microbes:

- Change milk into curd.
- Produce vitamins in our body.
- Helps in decaying of dead plant and animals.

Let's Know More

A. Fill in the blanks:

1. Eating too many _____ (sweets/fruits) causes tooth decay.
2. Disease- causing microbes are called _____ (germs / microorganisms).
3. Pneumonia and typhoid are caused by _____ (bacteria/ viruses).
4. _____ (yeast/ germs) are used to make bread soft.

5. Fungi grow on decaying matter and cause diseases like ringworm and _____ (athlete's foot/ chickenpox).

Understand and Answer

B. Write short answers.

1. Name different kinds of teeth.
2. Which are the three layers of a tooth?
3. Write four conditions that help microbes to grow.
4. Name four kinds of microbes.
5. Write any four diseases caused by microbes.

C. Answer these questions.

1. How are teeth important to us?
2. What are the functions of molars and premolars?
3. What types of food are good for our teeth?
4. Write two tips which help to keep your teeth healthy.
5. What are microbes? Name two diseases caused by protozoa.
6. How are some microbes useful for *us*?

Teacher's Notes

- The importance of clean teeth has to be emphasized.

Improve Your GK

- Microbes are the oldest form of life on earth.
- Most microbes do not cause disease

Answer key

A1. Sweets

2. Germs

3. Bacteria

4. Yeast

5. Athlete's foot

B. Ans1. There are four kinds of teeth:

- Incisors or cutting teeth
- Canines or tearing teeth
- Premolars or cracking teeth
- Molars or grinding

Ans2: The three layers of tooth are:

- Enamel
- Dentine
- pulp

Ans3. The conditions by which microbes likely to grow are:

- They grow rapidly wherever they get warmth, moisture, food and air.
- They may grow in soil in water, in water, inside or outside our body.
- They can also grow on the bodies of other animals.
- Our mouth and blood provides favourable conditions for certain microbes.

Ans4. Four kinds of microbes are:

- Bacteria
- Viruses
- Protozoa
- Fungi

Ans5: The diseases caused by microbes are:

- Typhoid
- Tuberculosis
- Pneumonia

C Ans1. Teeth are importance to us because:

- It helps us to speak clearly.
- They enable us to bite and chew the food, makes digestion easy.
- They give proper shape to our face.

Ans2: The function of molars and premolars:

- **Premolars** teeth are meant for crushing food.
- **Molars** teeth are used for grinding the food.

Ans3. Food which contains calcium and vitamin C are important for healthy teeth and gums.

Ans4. Tips for healthy teeth:

- Brush your teeth every morning and every night before going to bed.
- Use a dental floss to clean between two teeth.

Ans5. Microbes are tiny living things.

- Two diseases caused by protozoa are: Malaria and dysentery.

Ans6. Some microbes are useful to us in many ways:

- Change milk into curd.
- Produce vitamins in our body.
- Helps in decaying of dead plant and animals.
- Help in digestion of roughage in animals.

