

PART 1: TEETH



Complete this worksheet to better understand more about your teeth.

Part 1: Can you identify which type of teeth the label is talking about?

Word bank: Molars, Premolars, Canines, Incisors

We have eight of these teeth in our mouth.
These teeth help us cut our food.

There are four of these types of teeth, at the
very front of your mouth.
They help us grasp and tear our food.

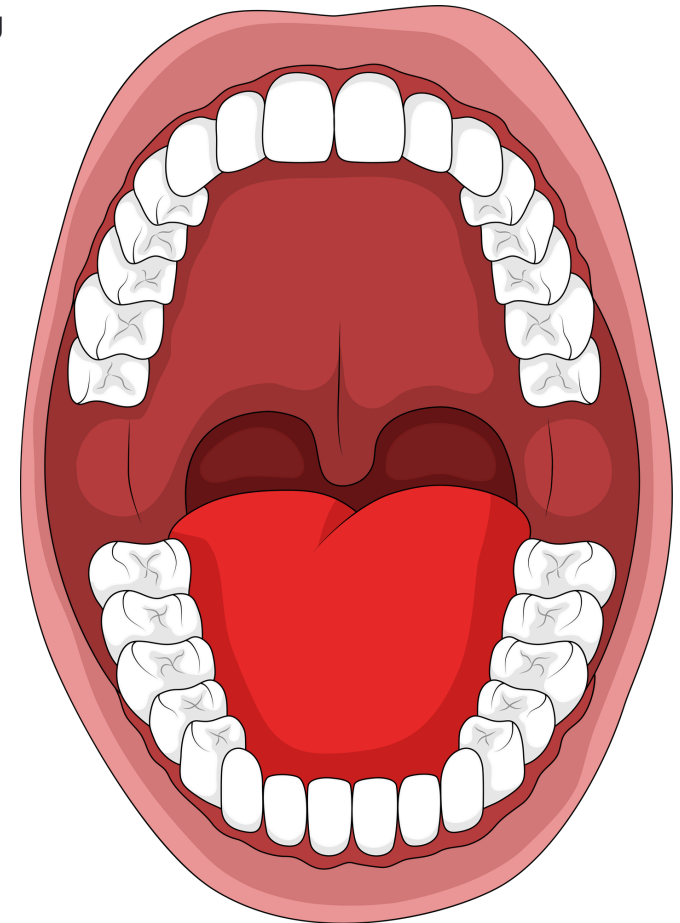
These teeth are at the very back of your mouth.
They help us crush and tear our food.

These teeth are towards the back of our mouth
(not the very back).
They help us crush and tear our food.

Part 2: Can you colour in the different types of teeth on the picture below?

My Colour Key

- ☐ Canines
- ☐ Incisors
- ☐ Premolars
- ☐ Molars



PART 1: TEETH

BEYOND the
Chartwells
KITCHEN



Complete this worksheet to better understand more about your teeth.

Part 1: Can you answer the questions about teeth?

Which of the following would also help to reduce tooth decay? (circle)

Eating less bread

Drinking orange juice

Eating less sugar

Eating calcium rich foods

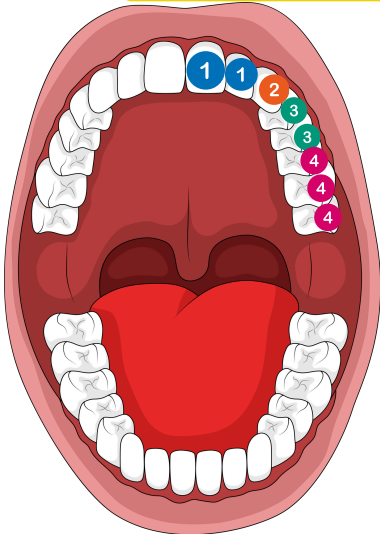
Avoiding fizzy drinks

Regularly visiting the dentist

Regularly snacking throughout the day

Part 2: Can you label the different types of teeth?

Word bank: pre-molar, canines, incisors, molars



- 1 _____
- 2 _____
- 3 _____
- 4 _____

Part 3: Can you describe the different teeth in a human mouth? Make sure to use descriptive sentences...

What shape are they?

Where are they in the mouth?

How to they help us digest our food?

Word bank: Grind, Bite, Cut, Tear, Grasp, Crush, Chew, Tear, Pointed, Large and flat, Thin and sharp

Canines

Incisors

Premolars

Molars

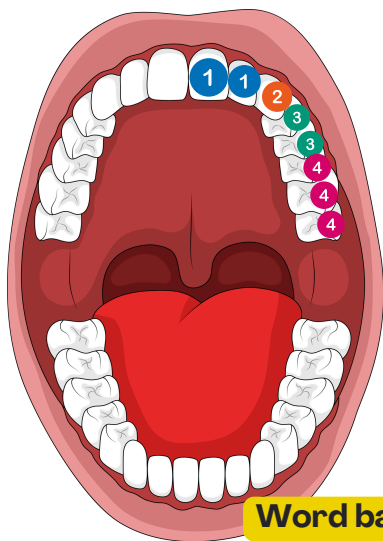
PART 1: TEETH AND TASTE BUDS

BEYOND the
Chartwells
KITCHEN

Complete this worksheet to better understand more about your teeth and taste buds.

Part 1: Can you describe how the mouth is involved in the digestive process? **Word bank:** chewing, smaller pieces, first stage

Part 2: Can you label the different types of teeth?



- 1 _____
- 2 _____
- 3 _____
- 4 _____

Word bank: Molars, Premolars, Canines, Incisors

Part 3: We have 5 different tastes, that we can detect using our taste buds... Can you match the foods with the flavour profile?
Hint: Imagine eating this food, what can you taste?











Sweet - words to describe sweet could include, fruity and syrupy.

Salty - Saltiness is the opposite of bland, the food tastes like the ocean (very salty).

Sour - Sourness, or tartness, is the taste of acids. Can be described as sharp and unpleasant.

Bitter - having a sharp, pungent taste or smell in food.

Umami/ Savoury - often can be described as rich, meaty flavours from food.

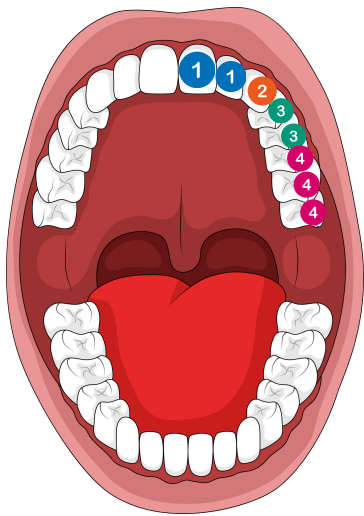
Sweet			
Salty			
Sour			
Bitter			
Umami or Savory			

PART 1: TEETH AND TASTE BUDS

Complete this worksheet to better understand more about your teeth and senses.

Part 1: Can you label the different types of teeth?

Word bank: Molars, Premolars, Canines, Incisors



- 1 _____
- 2 _____
- 3 _____
- 4 _____

Part 2: Can you write why teeth are important for digestion, and how we can protect them from cavities and plaque?

Word bank: chewing, smaller pieces, first stage, brushing, tooth paste, calcium, sugary food, fizzy drinks

Part 3: We have 5 different tastes, that we can detect using our taste buds... Below are descriptions of the tastes

Sweet - words to describe sweet could include, fruity and syrupy.

Salty - Saltiness is the opposite of bland, the food tastes like the ocean (very salty).

Sour - Sourness, or tartness, is the taste of acids. Can be described as sharp and unpleasant.

Bitter - having a sharp, pungent taste or smell in food.

Umami/ Savoury - often can be described as rich, meaty flavours from food.

Can you draw a food in each circle that you think matches the description of the flavour profile?

