



LESSON: TEETH AND TONGUE

WORKSHEET 2

RESOURCE PERSON: Ms SOUMYA L S NAIR

NAME: \_\_\_\_\_ CLASS: IV SEC: \_\_\_\_\_ DATE: \_\_\_\_\_

**Q1. Keep Your Smile Bright, Brush day and Night! (HOME ASSIGNMENT)**

Keep a record of how well you look after your teeth for a whole week. Complete the column given below by giving a tick mark and then at the end of the week answer the question:

Day	Brushed in Morning	Brushed in Evening	Ate hard, raw food	Ate sweets	Drank Carbonated drinks	Flossing

**Answer the questions:**

1. How many times did you eat sweets? \_\_\_\_\_.
2. How many times did you drink carbonated drinks? \_\_\_\_\_.
3. How many times did you forget to brush your teeth? \_\_\_\_\_.
4. Did you floss at least once a week? \_\_\_\_\_.
5. Name two food items that are good for our teeth. \_\_\_\_\_, \_\_\_\_\_.
6. Name two food items that are harmful for our teeth. \_\_\_\_\_, \_\_\_\_\_.



Scan me to learn more about teeth.

**II. "Can you describe a moment when you realized how your teeth help in different ways, like biting, chewing, or tearing, while eating your favourite food?"**

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### **III. Application-based questions. Think and answer the following.**

1. One day, Alex visits a new restaurant famous for its delicious chicken grills and crunchy vegetables. As Alex takes a bite, he quickly realizes something: chewing is unusually difficult! Tearing meat and biting into tough foods becomes a real challenge without sharp incisors or pointed canines. Alex wonders — How would eating be affected if humans had only one type of teeth?

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2. Imagine a world where teeth never decay. How do you think people's eating habits would change? Would they still need to brush their teeth?

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### **IV. Study the passage given and answer the questions that follows.**

It is very important to take care of our teeth, as they need to last us for our whole life. Keeping our teeth healthy can help prevent disease and infection. We should brush our teeth with toothpaste at least twice a day using a good toothbrush. It's important to brush them up and down and ensure that we clean all of our teeth, including the molars at the back of our mouths.

Dental floss is a thin string that helps remove plaque and bits of food that get stuck between our teeth. Toothpaste containing fluoride helps keep our teeth strong and healthy. Regular visits to the dentist, about every six months, can prevent any tooth decay from becoming too severe.

1. Name the substance which is often found in toothpaste that keeps our teeth strong?

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2. Write one advantage of dental floss.

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3. How often should you brush your teeth?

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1. Describe a time when you noticed the different jobs your teeth were doing when you were eating something.

When I eat an apple, I use my incisors to bite into it, my canines to tear off pieces, and my molars to grind it down before swallowing.

1. How would eating be affected if humans had only one type of tooth?

**Different types of teeth serve different functions—incisors cut food, canines tear it, premolars and molars grind it down for easy digestion. If humans had only one type, chewing certain foods would become difficult, affecting digestion and overall health.**

**Imagine a world where teeth never decay. How do you think people's eating habits would change? Would they still need to brush their teeth? Why or why not?**

If teeth never decayed, people might consume more sugary and acidic foods without worry. However, brushing would still be important to maintain oral hygiene, prevent gum diseases, and remove food particles and bacteria.