

Objective: To experience the different roles performed by different teeth when eating various foods.

You Will Need:

- Apples cut into slices
- Bananas cut into pieces
- Bread torn into pieces
- Crackers
- Hand-held mirrors
- Pencils
- Printout: [Biting, Chewing & Grinding](#)

Procedure:

- 1) Assist students with sanitizing their hands.
- 2) Explain that you are going to pass out different kinds of food but not to eat anything.
- 3) Hand out an apple slice to each student.
- 4) Tell students to close their eyes and keep them closed.
- 5) Instruct students to bite the apple slice in half, slowly, noticing the following:
 - Which teeth are doing the biting?
 - Which teeth get involved next?
 - What is the tongue doing?
 - Which teeth are the ones to finish the chewing?
 - How big do the apple pieces feel at the beginning of chewing and at the end?
 - Where does the apple go?
- 6) Ask the students that once they have completely swallowed the first bite, keep their eyes closed and repeat the process with the second half of the apple slice.
- 7) Tell students to look at their teeth and answer the questions on the Activity 3 printout (either discuss as a class or have the students write down answers).
- 8) Instruct students to repeat the process with the bananas, bread, and crackers.

Module Extension

- Show class the Powerpoint [[Happy Healthy Teeth](#)]
- Read one of the books (such as “How Many Teeth” by P. Showers) listed on the [Dental Days Reading List](#).
- Help students complete “The Tooth Chart”.

BITING, CHEWING & GRINDING

Before eating food:

Which teeth can you see in the mirror?

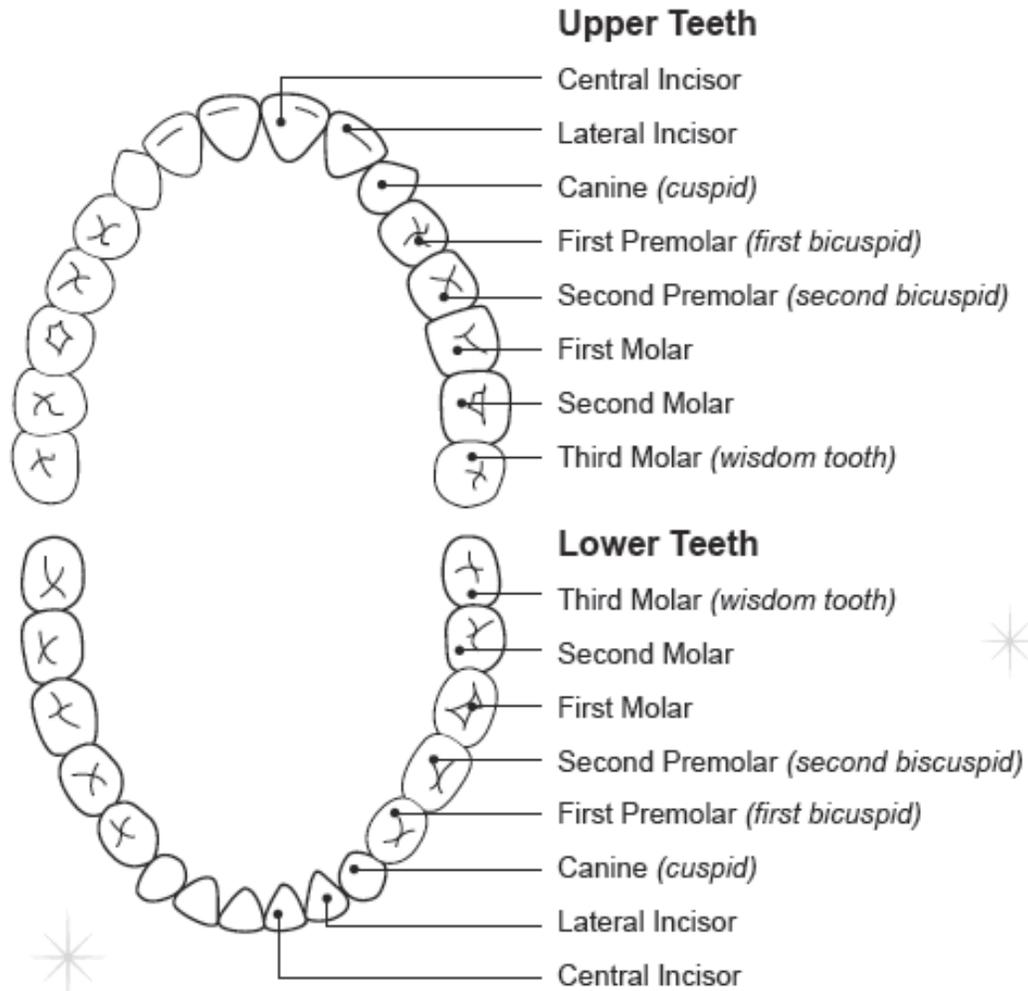
Which teeth are for biting and tearing?

Which teeth are for grinding up food?

After eating food:

	Apple	Banana	Bread	Crackers
Which teeth are doing the biting?				
Which teeth do you use next?				
What is the tongue doing?				
Which teeth finish the chewing?				
How big do the pieces of food feel at the beginning of chewing and at the end?				
Where does the food go?				

TOOTH CHART



Directions: Color the teeth that you have in your mouth now.

When did I or will I get these teeth?

Tooth	Primary Dentition	Permanent Dentition
Central Incisor	6-12 months	6-8 years
Lateral Incisor	9-16 months	7-9 years
Canine/Cuspid	6-23 months	9-12 years
First Premolar	-	10-12 years
Second Premolar	-	10-12 years
First Molar	12-19 months	6-7 years
Second Molar	23-33 months	11-13 years
Third Molar/ Wisdom Tooth	-	17-25 years