

# Y4: Teeth and Digestion

## Glossary

**balanced diet** – a healthy diet that involves eating foods from all the different food groups

**canine** – pointed teeth used for ripping and tearing food

**carnivore** – an animal that eats only meat e.g. tiger, wolf etc.

**herbivore** – an animal that eats only plants e.g. cow, sheep etc.

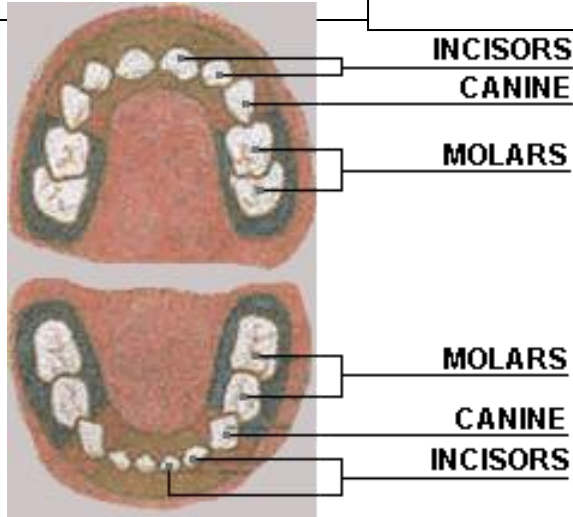
**incisor** – sharp teeth used for biting and cutting food

**molars** – flat teeth used for crushing and grinding

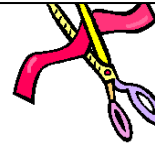
**omnivore** – an animal that eats both plants and animals e.g. human, gorilla etc.

**plaque** – bacteria (germs) that grow on teeth that are responsible for tooth decay

**tooth decay** – if old food sticks to teeth, plaque starts to grow on them and produce acid which rots the teeth



Cutting



Healthy Kids

Tearing



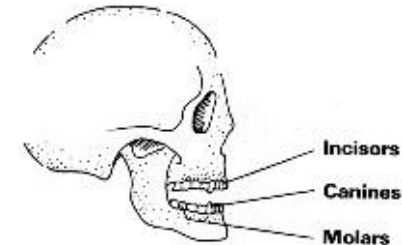
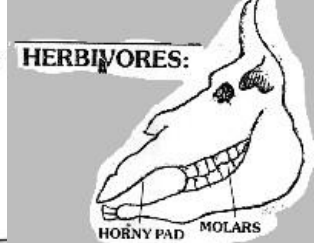
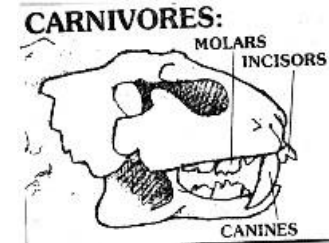
Can you match the teeth to the jobs they do?



Crushing



Grinding



OMNIVORES

Incisor



Molar



Canine



### The Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils, & Sweets  
USE SPARINGLY

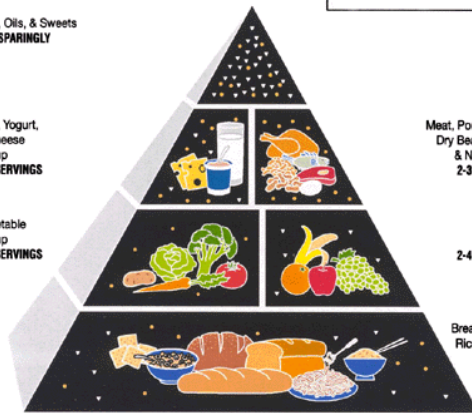
Milk, Yogurt, & Cheese  
Group  
2-3 SERVINGS

Vegetable  
Group  
3-5 SERVINGS

Meat, Poultry, Fish,  
Dry Beans, Eggs,  
& Nuts Group  
2-3 SERVINGS

Fruit  
Group  
2-4 SERVINGS

Bread, Cereal,  
Rice, & Pasta  
Group  
6-11 SERVINGS



**KEY**  
 Fat (naturally occurring and added)  
 Sugars (added)  
 These symbols show fat and added sugars in foods.