

Expanding...

You should brush your teeth every morning and night. Track your teeth brushing with a partner over 2 days.

	Day 1 a.m. brush	Day 1 p.m. brush	Day 2 a.m. brush	Day 2 p.m. brush
You				
Your Partner				

Student Name:_____

Teacher's Name:_____

Due Date:_____

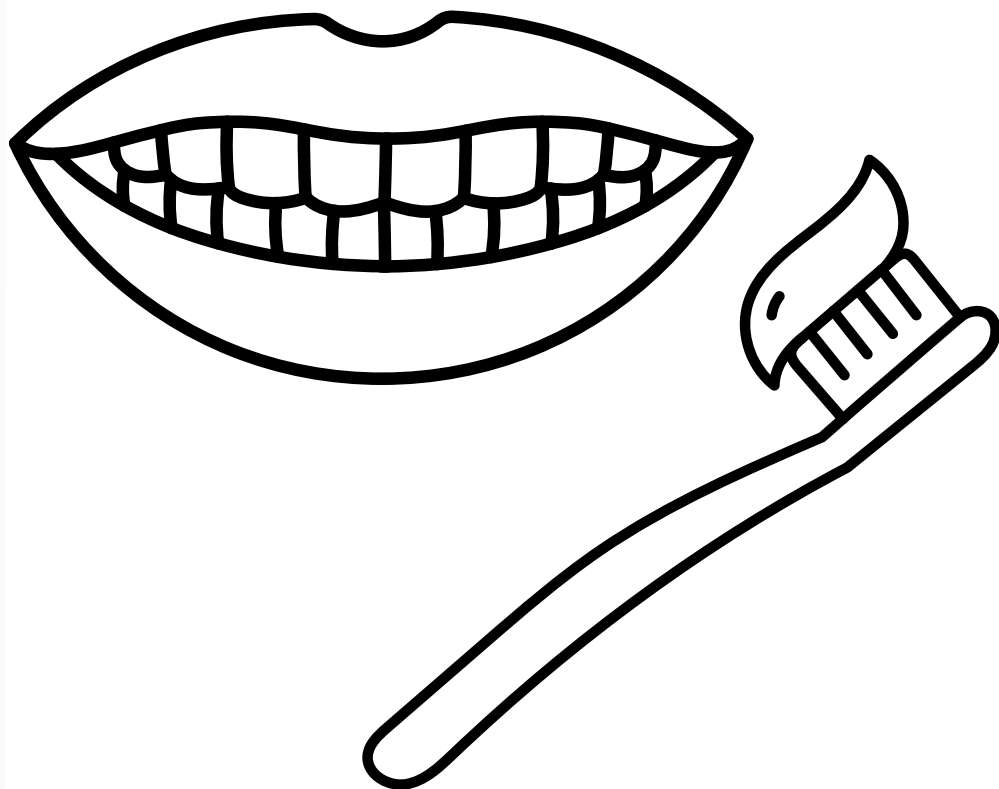
Partner's Name:_____



The Science Alliance of Tennessee, a coalition of 6 Science and Children's Museums, aims to foster children's curiosity, wonder and problem-solving skills using STEM curricula and community connections that set students on a positive trajectory of learning where they live and play. This project, the Tennessee Rural Impact Project (TRIP), was made possible in part by the Institute of Museum and Library Services.

Let's Explore

Brushing Your Teeth

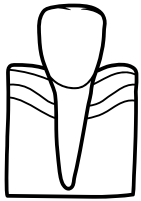


Exploring...

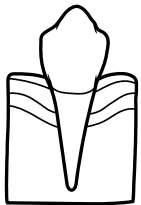
You have 20 baby teeth in your mouth.

32 adult teeth will replace those teeth when they fall out.

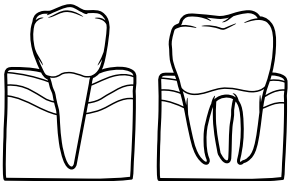
Your teeth help you chew food, talk, and smile.



- Each tooth does a job:
- **Incisors** are the front teeth. They are for biting.



- **Canines** are the "fang" teeth on the outside of the incisors. They are for tearing food.



- **Premolars** and **molars** are the flat back teeth. They are for crushing and mashing food.

Your teeth are covered in enamel - which is harder than bone!

The enamel must be cleaned everyday.

What to do

Let's clean our teeth!

1. Wet your toothbrush with water.
2. Put a pea-sized amount of toothpaste on your toothbrush.
3. Set a timer, brush for 2 minutes. Brush gently, moving in small circles on all sides of each tooth.
4. Make sure you brush your tongue and where your teeth meet your gums.
5. Take water or mouthwash and swish it around in your mouth, then spit it out.
6. Rinse off your toothbrush with water and let it dry before putting it away.
7. Floss between each tooth.

