



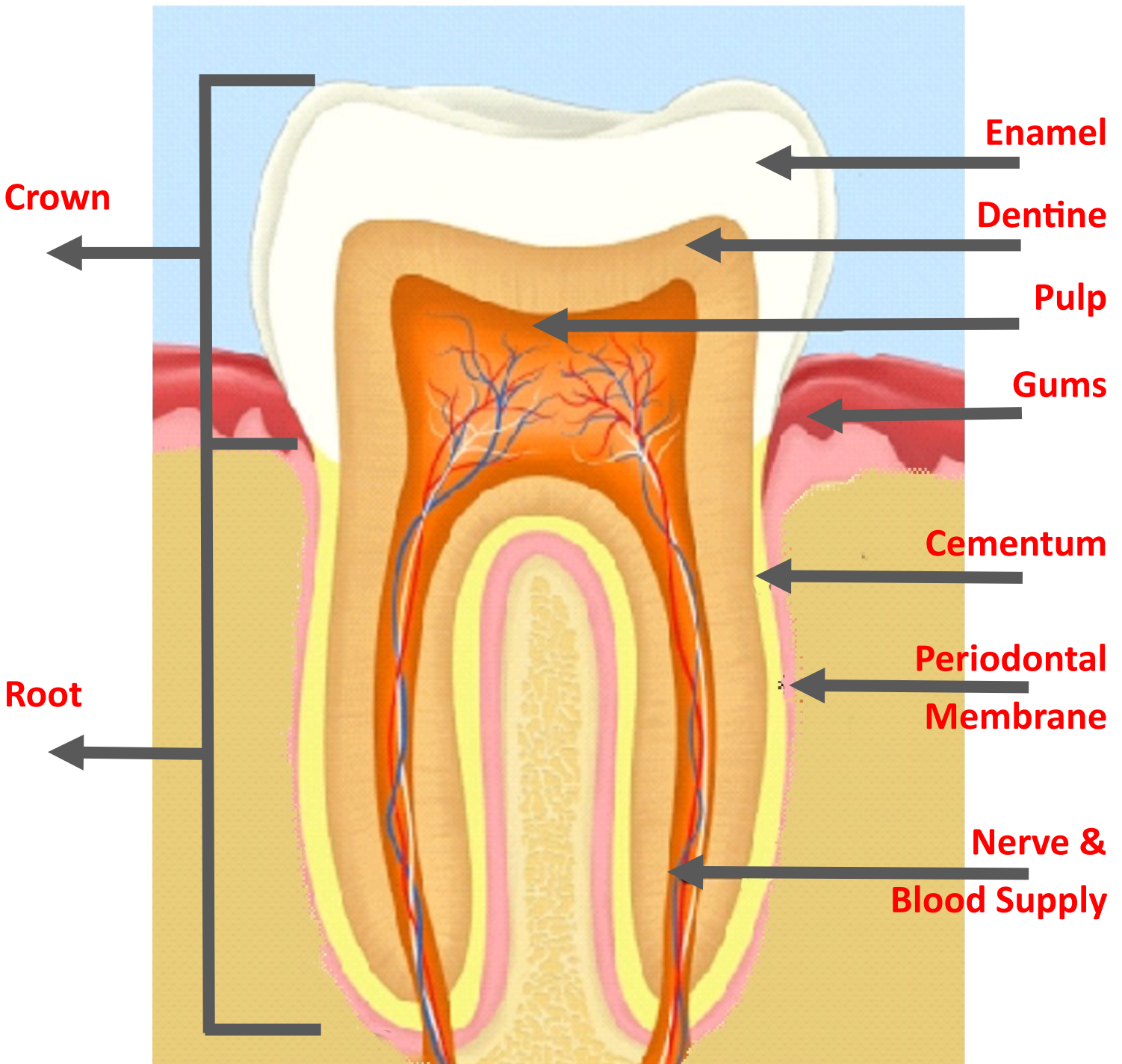
# Food for Teeth - Teacher Resource

Examples of Foods Good For Teeth	How it can support healthy teeth
Apples 	Apples are fibrous so they have texture and can help dislodge food between teeth. They also contain water and vitamins.
Cucumber 	High in fibre, because they are crunchy and have a high water content, they have a cleansing action.
Strawberries 	Contain Vitamin C, has been shown to reduce inflammation in gum disease, are rich in antioxidants which fight bacteria.
Carrots 	Rich in Vitamin A from which tooth enamel forms. If you eat them raw they clean your teeth and massage your gums.
Celery 	Its fibres brush teeth when chewed stimulating the production of saliva which neutralises acids and cleans the mouth.
Cheese 	Regulates the pH levels in the mouth and promotes saliva which neutralizes the acid that causes tooth decay.
Milk 	High source of calcium and helps re-mineralize teeth after acidic substances in food have weakened the enamel.
Fish 	Fish like salmon is rich in calcium and vitamin D and contains the mineral phosphorus which builds tooth enamel.
Almonds 	A good source of calcium and protein while being low in sugar.
Water 	Still water is sugar-free and has a neutral pH making it a good drink at any time. Fizzy water contains acids that can dissolve enamel and should be kept to mealtimes.
Eggs 	They provide calcium which is used to re-mineralize teeth and make them strong.
Leafy Greens 	Rich in fibre, when chewed, acts like a natural toothbrush to help dislodge food whilst also cleaning the biting surfaces.
Red Pepper 	Contain vitamin C, vitamin A, potassium, folic acid, and fibre. They also help to keep the gum lining healthy.
Mushrooms 	Contain phosphorus which is important in supporting stronger bones and healthier teeth.
Pineapple 	Contains bromelain which has reported anti-inflammatory effects after dental surgery, as well as antioxidants and vitamin C, which are good for dental health.

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Examples of foods bad for teeth	How it can damage teeth
Dried Fruit 	These are high in sugar, and their sticky nature means the bacteria can feed for longer, increasing the risk of decay.
Chewy Sweets 	Sweets are rich in sugar, their sticky nature means the bacteria can feed for longer, increasing the risk of decay.
White Bread 	Enzymes in your saliva transform starch into sugar that gets stuck in between your teeth and can damage tooth enamel.
Fizzy Drinks 	Provides plaque bacteria with sugar to produce acid. This dissolves the enamel, increasing the risks of dental cavities, sensitivity and cracking.
Crisps 	Crisps are full of starch, which can get trapped in between your teeth and helps plaque grow.
Ice Cream 	Ice cream contains large amounts of sugar that can cause dental problems like tooth decay, cavities, and gum disease.
Orange Juice 	Fruit juices are high in sugar as well as naturally occurring citric acid, which can erode teeth over time.
Ice 	Chewing on hard things can crack or chip your teeth without you even realising.
Peanut Butter 	Can contain lots of sugar, which feeds bacteria. Its sticky nature gives the sugar process more time to do its damage.
Cake 	Bacteria present on your teeth feeds on the sugars and create lactic acid which can your tooth enamel.
Crackers 	Bacteria present on your teeth feeds on the sugars and create lactic acid which can erode your tooth enamel.
Biscuits 	Bacteria present on your teeth feeds on the sugars and create lactic acid which can erode your tooth enamel.
Chips 	They contain high levels of starch which is a sugar, as they get stuck in your teeth the bacteria can use it as food for longer.
Acid Fruits 	Acid can cause dental erosion which thins the enamel on the surface of the tooth and increases the risk of dental cavities, cracking and sensitivity.
Tea/Coffee 	These drinks actually dehydrate you, and dry your mouth. Lack of saliva hastens tooth decay. Additionally, coffee is known to stain your teeth, and makes your breath smell.

# Food for Teeth - Answers



Enamel	Nerve & Blood Supply	Gums
Cementum	Periodontal Membrane	Pulp
Crown	Dentine	Root

# Our Teeth Diagram

