



Keeping Healthy

You become ill when your body is infected by a virus or bacteria. Some diseases are spread easily from one person to another. (e.g. Influenza / 'flu') - they are called infectious diseases. A cough or sneeze can release up to 20 000 drops of saliva—each drop containing a microbe that might infect someone else. Simply by using a handkerchief if you cough or sneeze you could prevent others from being infected.

Bacteria / microbes that may be harmful, are all around us— we come into contact with them when we touch animals, soil, other people etc... and lack of good hygiene (e.g. Not washing hands before eating) can lead to diseases such as food poisoning.

Smoking tobacco has been identified as a major cause of lung cancer and heart disease.



Tooth decay is caused by some bacteria in the mouth. Bacteria on the teeth change the sugar in these foods into acids which can attack the teeth causing toothache and gum disease. Plaque is the result of this happening on your teeth. Brushing teeth regularly helps remove plaque and prevent tooth decay.

Human Dental Formula

2.1.2.3

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An adult has 32 teeth. (If the 'Wisdom teeth grow).

2—incisors
1—canine
2—premolars
3—molars

Incisors are used to cut food.

Canines are used to tear food.

Molars grind and chew the food before swallowing.

The first set of teeth are called deciduous or milk teeth. As the permanent teeth grow from underneath, the milk teeth become loose and fall out.

