

I should clean my teeth and gums for 2 minutes, twice a day

Plaque + Sugar = Acid.

I should scrub my teeth hard to get rid of plaque.

I must never, ever eat sugar.

You must always clean your teeth before you go to bed.

Fruit yoghurts contain no sugar.

Acid burns holes in your teeth.

People's teeth grow longer as they get taller

Molars are for chewing.

Canines are for tearing.

Meat eating animals need different teeth from vegetarian animals.

Incisors are for chewing.

Protein, such as eggs, helps your body grow and mend itself.

Sugar is the only thing that can give you energy.

You should eat 5 portions of fruit or vegetables every week.

Cereals, pasta and bread are types of carbohydrate.

You must never eat foods containing fats.

A balanced diet will give you lots of energy, help to keep you healthy and help you learn.

Instructions.

- 1) Draw a line, with a ruler, down the middle of the next empty page in your science book.
- 2) One of the columns should be headed 'true' and the other should be headed 'false'.
- 3) Cut and stick these statements in the correct column, using as little glue as you can.
- 4) Do NOT leave big spaces between the statements or you will not fit them in!
When you have finished this, use the next empty page to tell me why the 'false' statements are untrue.