Chewing Your Chow!

The process of digestion starts in your mouth. Your teeth tear and grind food into smaller pieces.

1. Take a bite of an apple.

   Which teeth did you use to bite? **Incisors or front teeth**

   Which teeth did you use to chew? **Molars or back teeth**

2. What if your teeth switched jobs? Take another bite of the apple. Try to chew using your incisors (front teeth). Do incisors do a good chewing job? Why or why not?

   **Incisors do not chew well. They do not have a broad surface to grind foods.**

3. Bite the apple using only your molars (back teeth). Were you able to get a good chunk of the apple without your incisors? Why or why not?

   **It's hard to bite a chunk with molars because the cheeks get in the way.**

4. Which teeth do the most work when you eat? Take another bite and find out.

   **When you eat, molars do the most work, crushing food to make it easier to swallow and digest.**