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? ________________

Which teeth did you use to chew? ________________

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?

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?

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