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# Freddy Fit<sup>®</sup>

EXERCISE OF THE DAY ★ HEALTH TIPS ★  
COLOURING PAGES ★ RECIPES ★ QUIZ QUESTIONS

## EXERCISE OF THE DAY



**FIT  
TIP**

**JUMP  
IT  
WEDGE**



- Make a wedge from cardboard and sellotape
- Watch out for sharp edges!

**Try 10  
each  
time**

# HEALTH TIP



## ✓ Teeth

Let's take a tour of your teeth. Look in the mirror at your own teeth or check out a friend's smile. The part of the tooth you can see, which is not covered by the gum (your gums are the pink, fleshy part), is called the crown. The crown of each tooth is covered with enamel (say: ih-NAM-ul), which is very hard and often shiny. Enamel is a very tough substance and it acts as a tooth's personal bodyguard. Enamel works as a barrier, protecting the inside parts of the tooth.

**Tooth Illustration** If you were able to peel away the enamel, you would find dentin (say: DEN-tin). Dentin makes up the largest part of the tooth. Although it is not as tough as enamel, it is also very hard.

Dentin protects the innermost part of the tooth, called the pulp. The pulp is where each tooth's nerve endings and blood supply are found. When you eat hot soup, bite into a super-cold scoop of ice cream, fall and hurt a tooth, or get a cavity, it's your pulp that hurts. The nerve endings inside the pulp send messages to the brain about what's going on ("That ice cream is too cold!"). The pulp also contains the tooth's blood vessels, which feed the tooth and keep it alive and healthy.

The pulp goes all the way down into the root of the tooth, which is under the gum. Cementum (say: sih-MEN-tum) makes up the root of the tooth, which is anchored to the jawbone.

### Tooth Types

You've probably noticed that you have different types of permanent teeth in your mouth. Each one has its own function.

Your two front teeth and the teeth on either side of them are incisors (say: in-SY-zurs). There are four on the top and four on bottom.

**Mouth Illustration** Incisors are shaped like tiny chisels, with flat ends that are somewhat sharp. These teeth are used for cutting and chopping food. Think back to that apple you ate: You used your incisors to crunch into the skin of the apple.

The pointy teeth beside your incisors are called canine (say: KAY-nine) teeth. There are four of them, two on top and two on bottom. Because these teeth are pointy and also sharp, they help tear food.

Next to your canine teeth are your premolars (say: PREE-mo-lurs), which are also called bicuspid teeth. You have eight premolars in all, four on top and four on the bottom. You'll need to open a bit wider to see these teeth, but when you do, you'll notice that their shape is completely different from both incisors and canines. Premolars are bigger, stronger, and have ridges, which make them perfect for crushing and grinding food.

If you open your mouth really wide, you'll see your molars (say: MO-lurs). You have eight of these, four on the top and four on the bottom. Sometimes these are called your 6-year molars and your 12-year molars because that is around the time when they come in.

Molars are the toughest of the bunch. They are even wider and stronger than premolars, and they have more ridges. Molars work closely with your tongue to help you swallow food. How? The tongue sweeps chewed-up food to the back of your mouth, where the molars grind it until it's mashed up and ready to be swallowed.

# RECIPE



## Chicken & Veg Bowl

### Ingredients

- \* 250g brown basmati rice
- \* 1 tbsp rapeseed oil
- \* 1 garlic clove, crushed
- \* 2 chicken breasts, sliced
- \* 2 tbsp hoisin sauce
- \* 100g Frozen edamame beans or peas, defrosted
- \* 100g Frozen sweetcorn
- \* 100g grated carrots
- \* 100g red peppers, cut into small cubes
- \* 1 avocado, stoned and sliced
- \* 1 lemon, cut into quarters, to serve (optional)

### Method:

1. Cook the rice following pack instructions, then drain and return to the pan to keep warm. Heat the oil in a frying pan or wok, add the garlic and fry for 2 mins or until golden. Tip in the chicken and fry until the pieces are cooked through, then stir in the hoisin sauce, season and continue cooking for a further 2 mins. Cook the edamame beans and sweetcorn in simmering water for 2 mins, then drain.
2. Divide the rice between four bowls and top with the chicken slices in a strip down the middle, with the carrot, red pepper, beans or peas, sweetcorn and avocado down either side. Serve with the lemon to squeeze over, if you like.

# QUIZ QUESTION



? This type of tooth is pointy, sharp, and made to help tear food?:

- ☐ Molars
- ☐ Premolars
- ☐ Incisors
- ☐ Canine



Email me your answer - each correct one will be entered into a prize draw for a chance to win these fabulous Freddy Fit trading cards!



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# AN AMAZING FACT!

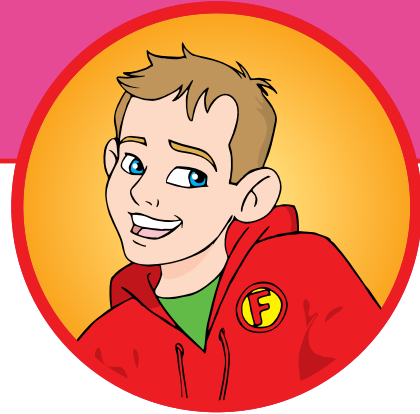


1. The enamel on the top surface on your tooth is the hardest part of your entire body.
2. No two people have the same set of teeth - your teeth are as unique as your fingerprint, so be proud of your unique set of teeth.
3. Your mouth produces over 25,000 quarts of saliva in a lifetime—that's enough to fill two swimming pools.

Saliva has many uses, including assisting you with your digestion and protects your teeth from bacteria in your mouth.



# COLOURING PAGE



On the next page is a black and white version of this Fabulous Freddy Fit picture for you to colour yourself!



Print and colour the page then send me a photo or email me your finished art - each one will be entered into a prize draw for a chance to win these Fabulous Freddy Fit trading cards!

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ONCE  
A WEEK  
TREAT!

