**Facts About Teeth**

1. **Teeth are used to break down food.**
2. **Humans form 2 sets of teeth over the course of their lives.**
3. **The first set (sometimes called baby teeth) features 20 teeth.**
4. **The second set (adult teeth) features 32 teeth.**
5. **Baby teeth are usually replaced by adult teeth between the ages of 6 and 12.**
6. **Humans have a variety of teeth including molars, premolars, canines and incisors.**
7. **Incisors help bite pieces from food.**
8. **Canines help hold and tear food apart.**
9. **Molars help grind food.**