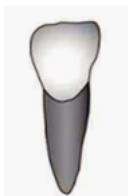


Unit 3: Manusia *Unit 3: Humans*

Jenis Gigi dan Fungsinya *Types of Teeth and It's Function*



gigi kacicp
incisor
memotong makanan
to cut food

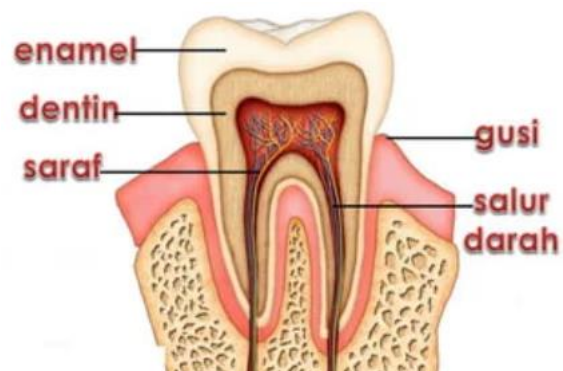


gigi taring
canine
menyiat dan mengoyakkan
makanan
to tear food



gigi geraham
molar
menghancurkan dan
melumatkan
makanan
*to crush and grind
food*

Struktur Gigi *Teeth Structure*



Perbandingan antara Set Gigi Susu dengan Set Gigi Kekal
Comparison between Milk Teeth Set and Permanent Teeth Set

- Set gigi susu:
Baby teeth set:
 - Jumlah gigi ialah 20 batang (4 batang gigi taring, 8 batang gigi kacip, 8 batang gigi geraham).
20 teeth (4 canines, 8 incisors, 8 molars).
 - Lapisan enamel dan dentin yang nipis.
Thin enamel and dentin.
 - Saiz yang kecil dan kurang kuat.
Small in size and less strong.
 - Jangka hayat yang tidak kekal dan pendek.
Temporary and shorter lifespan.
 - Mula tumbuh pada umur 6 bulan, lengkap pada umur 3 tahun.
Appears at about 6 months and falls out by age 12.

- Set gigi kekal:
Permanent teeth set:
 - Jumlah gigi ialah 32 batang (4 batang gigi taring, 8 batang gigi kacip, 20 batang gigi geraham).
32 teeth (4 canines, 8 incisors, 20 molars).
 - Lapisan enamel dan dentin yang tebal.
Thick enamel and dentin.
 - Saiz yang besar dan kuat.
Large in size and strong.
 - Jangka hayat yang kekal dan panjang.
Permanent and stronger.
 - Mula tumbuh pada umur 6 tahun dan lengkap pada umur 21 tahun.
Grows from age 6 years old and remains until adulthood.

Persamaan set gigi susu dan set gigi kekal ialah mempunyai jenis gigi yang sama, iaitu gigi kacip, gigi taring dan gigi geraham.

The similarity between baby teeth and permanent teeth is that they have the same types of teeth, namely incisors, canines, and molars.

Penjagaan Kesihatan Gigi
Dental Health Care



berkumur selepas makan
rinsing after eating



menggunakan flos
using dental floss



menggosok gigi sekurang-kurangnya 2 kali sehari
brushing teeth at least twice a day.

Teknologi Rawatan Pergigian
Dental Treatment Technology



tampalan
fillings



pendakap gigi
braces



gigi palsu
dentures



rawatan akar
root treatment

Kelas Makanan dan Kepentingannya
Food Classes and Their Importance



- **Aras 4: Makan sedikit:**

- **Level 4: Eat sparingly:**

- Lemak (minyak) – Memanaskan badan
Fat (oil) - Warms the body
 - Mineral (garam) – Menjaga kesihatan
Minerals – Maintains health

- **Aras 3: Makan sederhana:**

- **Level 3: Eat moderately:**

- Protein (ikan, daging, telur, keju, susu) – Tumbesaran
Protein (fish, meat, egg, cheese, milk) – Supports growth

- **Aras 2: Makan banyak:**

- **Level 2: Eat in larger quantities:**

- Vitamin (sayur-sayuran & buah-buahan) - Menjaga kesihatan
Vitamins (vegetables & fruits) - Maintains health

- **Aras 1: Makan secukupnya:**

- **Level 1: Eat adequately:**

- Karbohidrat (nasi, roti) - Memberi tenaga
Carbohydrates (rice, bread) - Provides energy

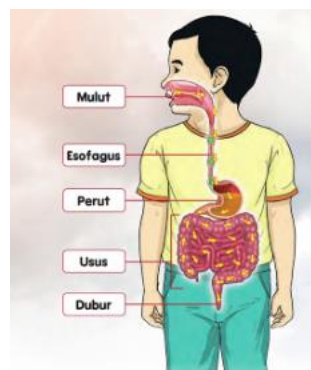
Kesan Makanan yang Tidak Seimbang

Effects of an Unbalanced Diet

- Tabiat makan makanan yang tidak sihat akan menyebabkan badan gemuk, gigi rosak, sembelit dan lain-lain.
Unhealthy eating habits can lead to obesity, tooth decay, constipation, and more (Tabiat makan makanan yang tidak sihat akan menyebabkan badan gemuk, gigi rosak, sembelit dan lain-lain).

Urutan Aliran Makanan

Order of Food Digestion



- Pencernaan ialah proses menghancurkan makanan kepada cebisan kecil supaya nutrien boleh diserap oleh badan.
Digestion is the process of breaking down food into small particles for the body to absorb nutrients.
- *Mulut → Esofagus) → Perut → Usus → Dubur).*
Mouth → Esophagus → Stomach → Intestine → Anus.

Perbuatan yang Mengganggu Pencernaan dan Kesannya
Actions That Disrupt Digestion and Its Process



Muntah
Vomiting



Tercekik
Choking



Tersedak
Swallowing the wrong way

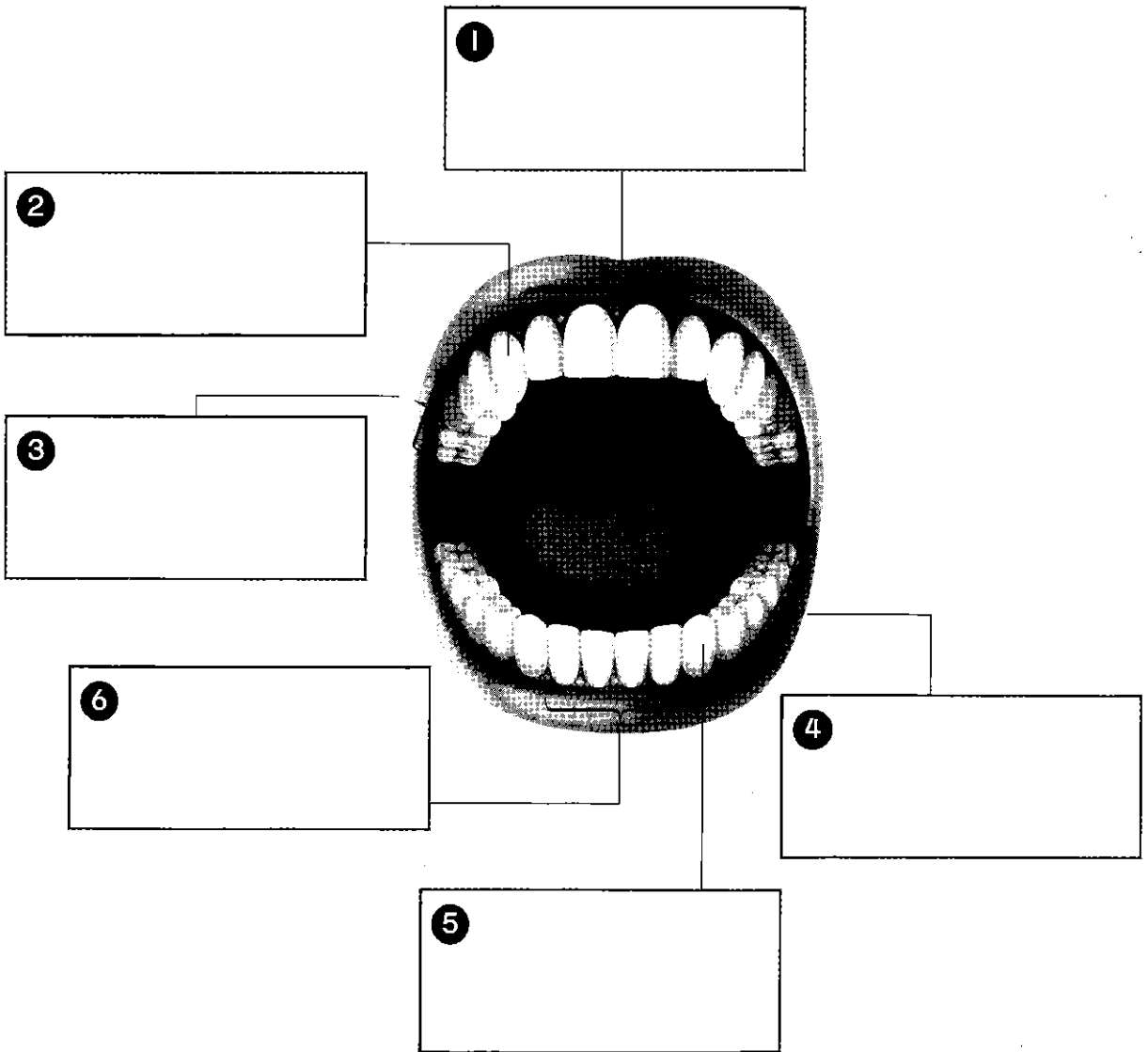
A

Lihat rajah di bawah. Labelkan dengan perkataan yang betul.
Observe the diagram below. Label with the correct words.

Gigi taring
Canine

Gigi geraham
Molar


Gigi kacip
Incisor



B Padankan jenis gigi dengan fungsinya.
Match the tooth with its function.


Jenis gigi
Types of teeth

Fungsi
Function

1  ●

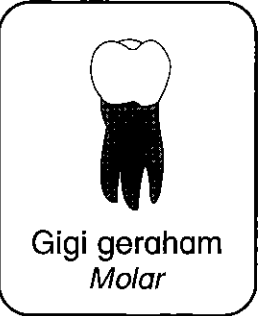
Gigi kacip
Incisor

● Menyat dan mengoyak makanan
To tear food

2  ●

Gigi taring
Canine

● Menghancur dan melumatkan makanan
To crush and grind food

3  ●

Gigi geraham
Molar

● Memotong makanan
To cut food

C Isi tempat kosong dengan jawapan yang betul.
Fill in the blanks with the correct answers.

1 Manusia mempunyai _____ jenis gigi.

Humans have _____ types of teeth.

2 Gigi membantu kita untuk _____ makanan dan _____ dengan jelas.

Teeth help us to _____ food and _____ clearly.

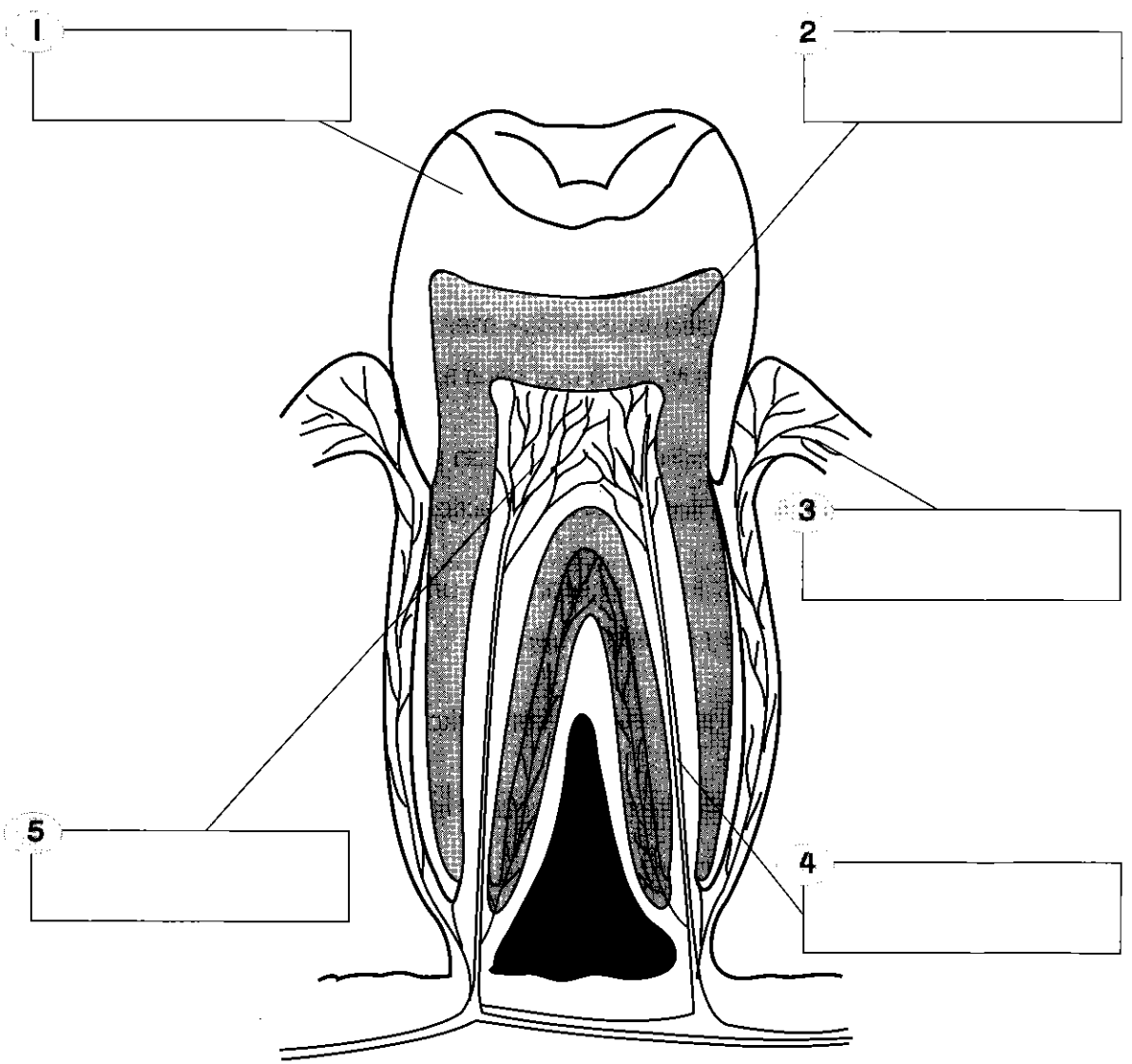
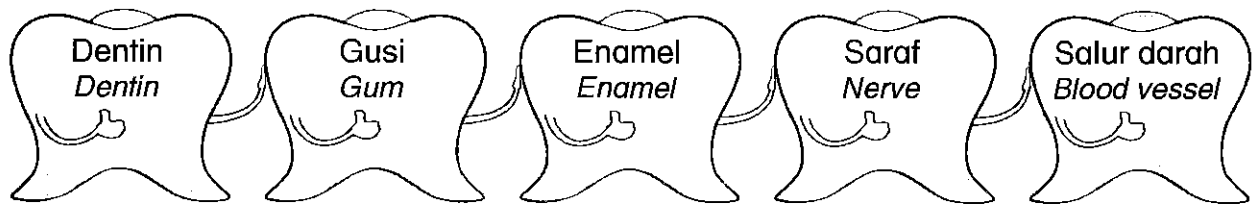
3 Gigi hadapan di kedua-dua rahang atas dan bawah ialah gigi _____, manakala gigi yang terdapat di bahagian paling belakang di dalam mulut ialah gigi _____.

The front teeth in both the upper and lower jaws are _____, while the teeth at the back of the mouth are _____.

D **Gariskan jawapan yang betul.**
Underline the correct answers.

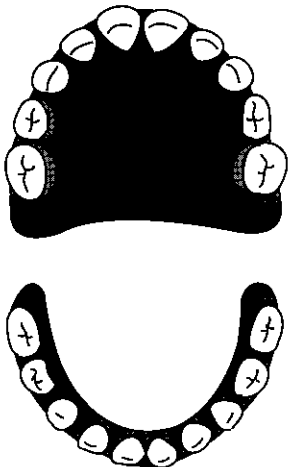
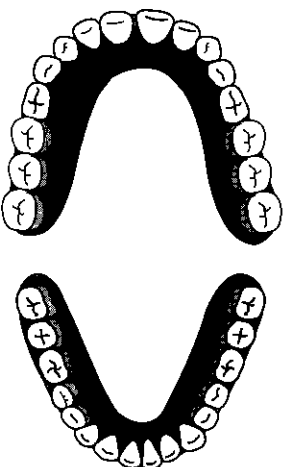
- 1 Gigi (kacip / geraham) berfungsi untuk memotong makanan.
(Incisors / Molars) function to cut food.
- 2 Gigi (kacip / taring) berfungsi untuk mengoyak makanan.
(Incisors / Canines) function to tear food.
- 3 Gigi (geraham / taring) berfungsi untuk memecah dan melumatkan makanan.
(Molars / Canines) function to crush and grind food.
- 4 Gigi (kacip / geraham) terletak di bahagian paling dalam di dalam mulut.
(Incisors / Molars) are located in the back section of the mouth.
- 5 Kita menggunakan gigi (kacip / geraham) untuk menggigit epal.
We use (incisors / molars) to bite the apple.
- 6 Sebelum makanan ditelan ke dalam kerongkong, makanan dilumatkan oleh gigi (geraham / taring).
Before food is swallowed into the oesophagus, it is grinded by the (incisors / molars).
- 7 Gigi (taring / kacip) berada di bahagian paling hadapan di dalam mulut.
(Canines / incisors) are located in the front section of the mouth.
- 8 Tanpa (gigi / tangan), makanan tidak dapat dicerna dengan betul.
Without (teeth / hands), food cannot be digested properly.
- 9 Semua jenis gigi mempunyai (fungsi / warna) tersendiri dalam pencernaan makanan.
All types of teeth have their own (function / colour) in food digestion.

E Labelkan struktur gigi di bawah.
Label the structure of the tooth below.



F

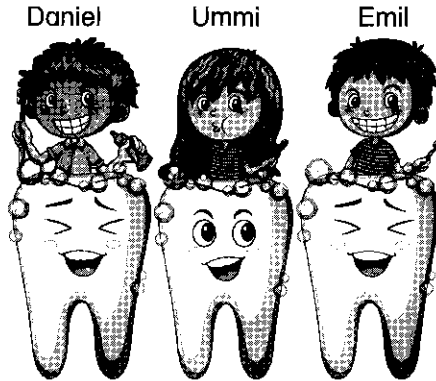
Lengkapkan jadual di bawah.
 Complete the table below.

Set gigi susu <i>Milk teeth set</i>	Perbezaan <i>Difference</i>	Set gigi kekal <i>Permanent teeth set</i>
	Struktur <i>Structure</i>	
	Jenis-jenis gigi <i>Types of teeth</i>	
	Bilangan gigi <i>Number of teeth</i>	
	Saiz gigi <i>Size of teeth</i>	
	Jangka hayat <i>Life span</i>	
	Kekuatan <i>Strength</i>	
	Usia mula tumbuh <i>The age start to grow</i>	



Jawab semua soalan di bawah.
Answer all the questions below.

Rajah di bawah menunjukkan tiga orang murid, iaitu Daniel, Ummi dan Emil.
The diagram below show three pupils, Daniel, Ummi and Emil.



Jadual di bawah menunjukkan keputusan satu penyiasatan yang dijalankan ke atas mereka.

The table below shows the results of an investigation conducted on them.

Murid Pupil	Kekerapan memberus gigi dalam satu hari <i>Frequency of brushing teeth in a day</i>	Bilangan gigi yang reput <i>Number of decayed teeth</i>
Ummi	0	5
Daniel	1	2
Emil	3	0

1 Siapakah yang tidak memberus gigi?
Who doesn't brush teeth?

2 Berapa kerapkah Emil memberus gigi setiap hari?
How often does Emil brush his teeth every day?

3 Gigi siapakah yang paling banyak reput?
Whose teeth decayed the most?

4 Mengapakah jawapan di (3) mempunyai paling banyak gigi yang reput?
Why does the answer in (3) have the most number of decayed teeth?



Cari dan bulatkan perkataan-perkataan yang berkait dengan penjagaan kesihatan gigi. Perkataan boleh dijumpai secara menegak atau melintang.

Find and circle the words related to dental care. They can be found down or across.

Q	E	N	T	K	E	S	C	R	B	U	B	N
D	P	A	K	G	I	U	M	U	J	Y	M	M
E	D	V	E	N	B	B	N	G	N	A	O	L
N	Y	I	L	M	N	A	R	B	W	D	U	A
T	U	G	T	O	O	T	H	P	A	S	T	E
A	G	O	K	Y	I	G	N	L	O	L	H	Y
L	Q	K	Z	J	C	I	B	O	M	P	W	J
F	L	O	S	G	I	G	I	N	S	J	A	A
L	L	B	T	K	U	I	O	F	P	S	S	R
O	K	O	C	M	B	N	E	E	D	L	H	U
S	A	U	B	A	T	K	U	M	U	R	Z	M
S	O	O	D	P	A	S	D	F	R	G	H	J
L	C	Z	X	F	W	E	R	C	O	I	N	I