

This term we will be exploring...

*How can we keep
healthy as we grow?*

Last half term we explored mental, emotional and physical health.

Write 10 things that you can remember from your learning.

What is it? How do you look after it?

LO: to know the importance of dental routines.



What can help to keep teeth healthy?

What might damage teeth?

Why is dental health important?

Plaque
Oral hygiene
Enamel
Cavity

hard, outer layer of the tooth

soft, sticky film that builds up on teeth and contains bacteria

tiny holes in the tooth caused by a build-up of plaque

ways to keep teeth clean

Look at the words and definitions. Which belong to which?



Look at the 'action' cards.

Sort into:

Positive actions

Negative actions

Not sure

Can you rank them into an order?

For children aged 9-11, the most harmful actions to teeth are drinking fizzy drinks and eating foods high in sugar; half of the sugar children consume come from these sources.



Brushing teeth twice a day for 2 minutes helps to remove plaque and stop tooth decay.	Cleaning between teeth by using floss helps to remove plaque, stops cavities and tooth decay.	Visiting the dentist regularly helps to keep teeth and gums healthy. The dentist will check for any problems, and remove plaque from teeth.
Eating foods lower in sugar such as fruit and vegetables and snacking on nuts, seeds and crackers are good for dental health. These foods help produce more saliva (spit) and stop plaque building up.	Drinking water washes away food and any sugars left behind on teeth, helping the enamel stay healthy and stop plaque from building up.	Spitting out toothpaste after brushing instead of rinsing with water will mean the fluoride stays on teeth for longer and helps to protect them.
Forgetting to brush teeth can cause plaque to build up and over time, could cause cavities.	Fizzy drinks such as cola and lemonade are high in sugar and can cause tooth decay. They also contain acid which can harm the enamel.	Smoking creates plaque on the teeth and can causes tooth decay or gum disease (gums become sore, swollen or infected).
Eating foods high in sugar such as sweets, chocolate, biscuits and cake can cause tooth decay.	Rinsing straightaway after brushing will wash away the important protective fluoride in toothpaste that should be left to stay on teeth.	Not visiting the dentist for a check up could mean dental problems like tooth decay or cavities are not treated and could get worse.

Read the Health Facts. Sort into do's and don'ts.

Sam brushes their teeth twice a day and drinks lots of water. They also love sweets and buys them in the shop every day after school. Recently, Sam has been having pain in the side of their mouth and now the gum is swollen too. Sam hasn't told anyone because they are worried about getting into trouble with the dentist for eating sweets.

- How could the actions affect the character's dental health?
- What information might help the character in this situation?
- Who can help them with the dilemma?

Lea has a 6 year old younger sister. She has begun to brush her teeth by herself before bed, but Lea has noticed that often she doesn't do it, or only brushes for a few seconds. When Lea asks her sister why she isn't brushing, she says that she keeps forgetting and that she doesn't like the taste of the toothpaste.

- How could the actions affect the character's dental health?
- What information might help the character in this situation?
- Who can help them with the dilemma?

Bailey follows the same routine every day. He brushes his teeth after waking up and just before bed, and flosses his teeth once a day. Lately, he has been feeling worried about his teeth – although Bailey now has most of his adult teeth, he has a few baby teeth that have not fallen out yet.

- How could the actions affect the character's dental health?
- What information might help the character in this situation?
- Who can help them with the dilemma?