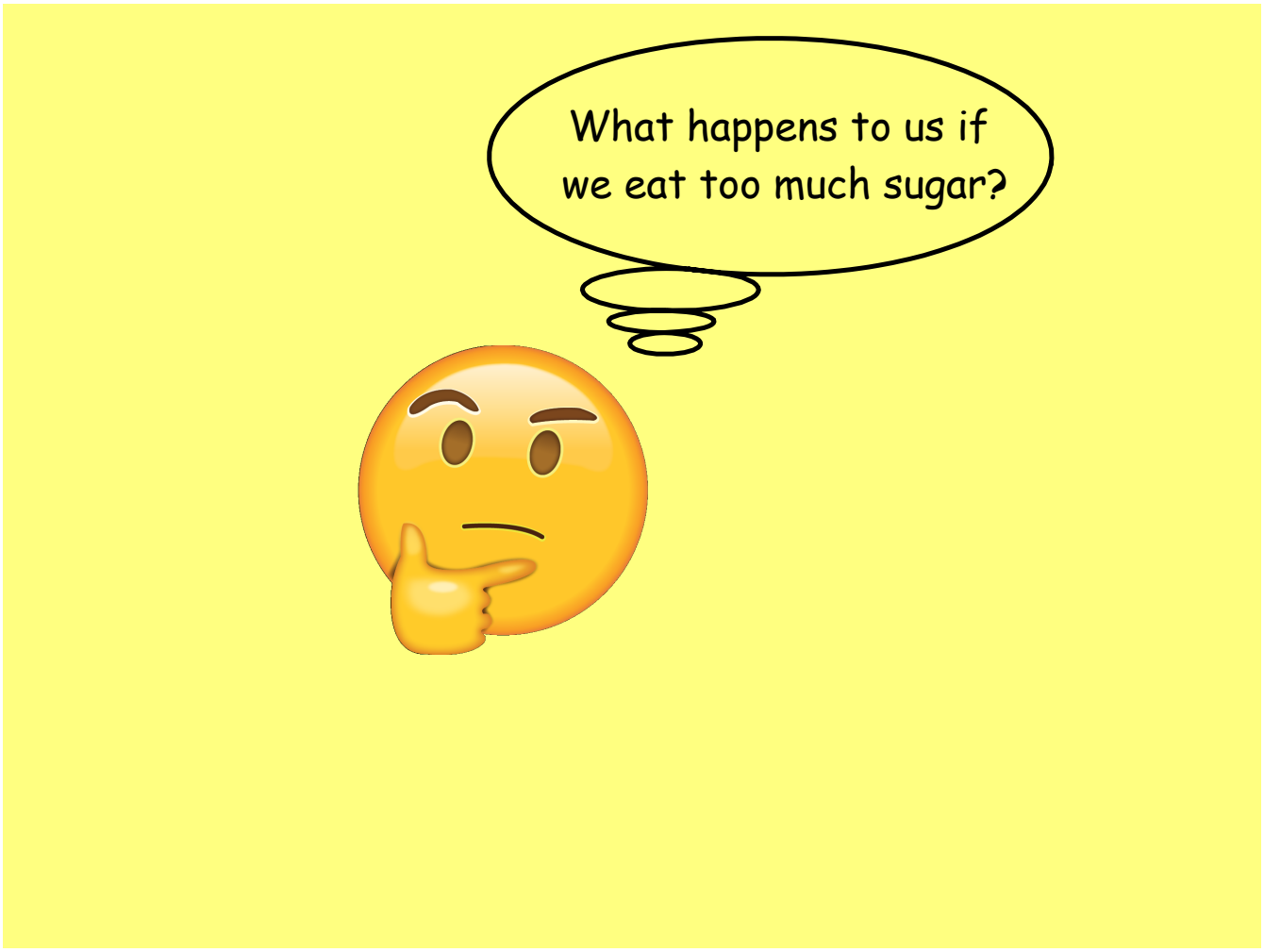
PSHE



LO: To understand how to maintain good oral hygiene.

What did we talk about last week? What food do we need to eat to be healthy?




What happens to us if we eat too much sugar?

If we eat too much sugar, our teeth can become very damaged and broken. They begin to decay. The sugar stays on our teeth and begins to rot them away.

Decaying teeth



Healthy teeth

What can we do to look after our teeth?

What can we do to look after our teeth?

Brush twice a day for 2 minutes at a time.

Floss between teeth to clean out plaque.

Use mouthwash to remove any leftover dirt.

Visit the dentist whenever needed.

Get your teeth checked if you feel any pain, discomfort or anything unusual.

Eat less sugar, salt and fat.