



Maintaining our Dental health

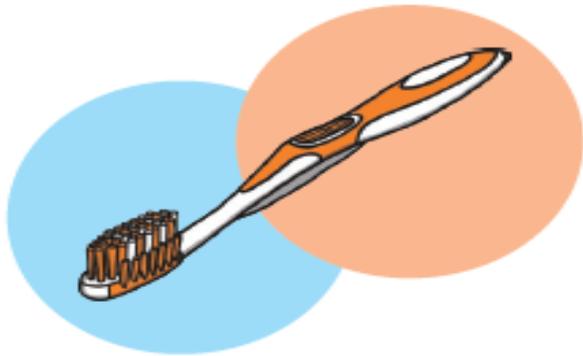


L.O: To learn about the importance of dental health routines



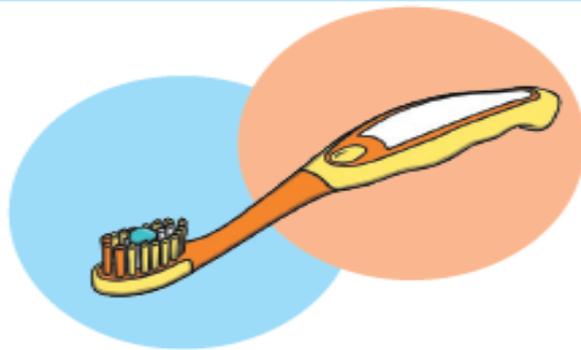
I can...

- *identify how everyday actions affect dental health*
- *describe ways to maintain good dental health*
- *explain common risks to dental health and how to manage them*



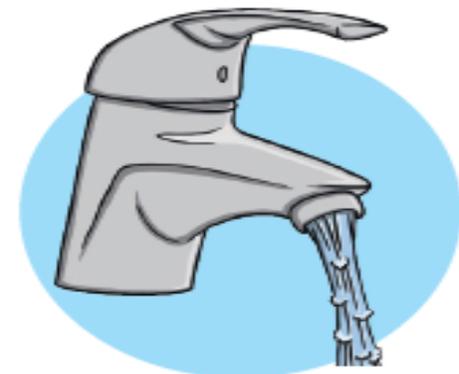
Get your toothbrush.

[twinkl.com](https://www.twinkl.com)



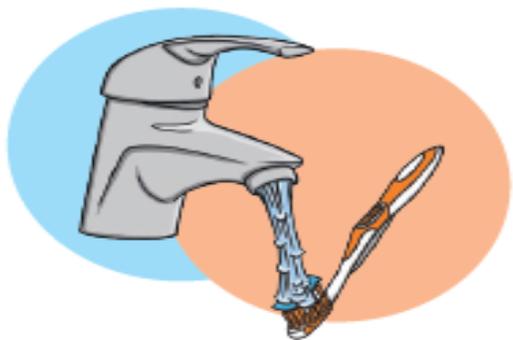
Put some toothpaste on
your toothbrush.

[twinkl.com](https://www.twinkl.com)



Turn on the water.

[twinkl.com](https://www.twinkl.com)



Wet your toothbrush
with water.

[twinkl.com](https://www.twinkl.com)



Brush the front of your
teeth.

[twinkl.com](https://www.twinkl.com)



Brush the back of your
teeth.

[twinkl.com](https://www.twinkl.com)

Key word match-up

Can you match the word to the meaning?

Enamel

ways to keep teeth clean

Plaque

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

Cavity

hard, outer layer of the tooth

Oral hygiene

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

Key word match-up

ANSWERS

Enamel: hard, outer layer of the tooth

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

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

Oral hygiene: ways to keep teeth clean

How can we keep our teeth healthy?

- 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.
- Drinking water washes away food and any sugars left behind on teeth, helping the enamel stay healthy and stop plaque from building up.

How can we keep our teeth healthy?

- Drinking water washes away food and any sugars left behind on teeth, helping the enamel stay healthy and stop plaque from building up.
- 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.
- Using a mouthwash can help to stop tooth decay but brushing teeth and flossing is still needed for good dental health.
- Rinsing straightaway after brushing will wash away the important protective fluoride in toothpaste that should be left to stay on teeth.

Everyday Actions

The **Everyday actions cards** are a mix of actions that can affect our dental health.

(on the next page)

On a piece of paper (or in your book), draw three columns with the headings:

- positive actions ✓
- negative actions X
- not sure/depends ?

Write the card numbers in the correct column.

✓	X	?

1. Brush teeth twice a day for 2 minutes



2. Drinking fizzy drinks



3. Visiting dentist regularly



10. Eating foods high in sugar



11. Rinsing straightaway after brushing



4. Smoking



5. Fruit juice and smoothies



6. Spitting out toothpaste after brushing



12. Chewing gum



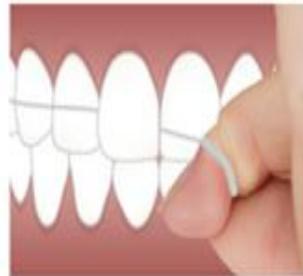
13. Drinking water



7. Forgetting to brush teeth



8. Flossing



9. Eating foods lower in sugar



14. Not visiting the dentist



15. Mouthwash



Dental dilemmas

Sam brushes their teeth twice a day and drinks lots of water. Sam 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.

- 1. What actions** might affect the character's dental health?
- 2. What information** might help the character in this situation?
- 3. Who can help** them with the dilemma?

Dental dilemmas

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.

- 1. What actions** might affect the character's dental health?
- 2. What information** might help the character in this situation?
- 3. Who can help** them with the dilemma?

ANSWERS

Sam

1. If not treated by a dentist, Sam's toothache could get worse and cause more serious issues.
1. Sam should eat fewer sweets because the sugar is causing harm to their teeth.
1. So that the situation can be resolved quickly, Sam could talk to a parent or trusted adult so that they can make an appointment with the dentist.

Lea

1. If Lea's sister doesn't brush her teeth, it could cause plaque to build up.
2. Lea could tell her sister about the importance of brushing teeth twice a day.
3. Lea could brush her teeth each day at the same times as her sister or help her create a brushing routine poster or chart to remind her. In addition, Lea should let a parent or carer know what is happening, so that they can help with a brushing routine.

TASK: Dos and Don'ts Poster

Create an eye-catching poster that promotes dental hygiene.

Think about the following:

- **What** can help to keep teeth healthy?
- **What** might damage teeth?
- **Why** is it important to look after our teeth?

Example:

Do's Brush teeth for 2 minutes – to keep them clean and get rid of plaque

Don'ts Rinse with water after brushing – it washes away the fluoride in the toothpaste

Additional Task



Whittington Health
NHS Trust

National Smile Month Competition

Design a
healthy mouth
like this one



You can
draw a
smile

You can
paint a
smile



Create a
smile on a
computer

Make a
smile from
photos

Win a dental
goody bag

How to enter:

- Put your name, age and school/nursery on the competition entry below
- Then design your smile on the sheet below
- Take your smile into your school when you go back or email your entry to n.donkova@nhs.net
- Closing date is Friday 3 July 2020
- The competition is open to all children in Brent. Good luck!

This competition is run by Brent Oral Health Promotion Team. Contact n.donkova@nhs.net for more information.

Thank you to National Smile Month, a charity campaign by Oral Health Foundation for the use of the images above.
www.smilemonth.org

Let's fill Brent with healthy smiles!

Name:

Age:

Nursery/school:

You can take your entry to your nursery or school or email a photo or copy of your entry to n.donkova@nhs.net by Friday 3 July 2020 to be in with a chance of winning a dental goody bag.