

L.O: To learn how to keep our teeth clean.

S.C: I can identify food and drink with different sugar content.

I can describe the steps to clean my teeth.

I understand who can help me with keeping my teeth healthy.

Gums: the flesh at the roots of the teeth.



Swollen: When gums becomes sore, and larger in size. It can be very painful



Plaque: Germs from food that stick to your teeth and can cause cavities.

Cavity: A hole that can grow bigger and deeper over time.

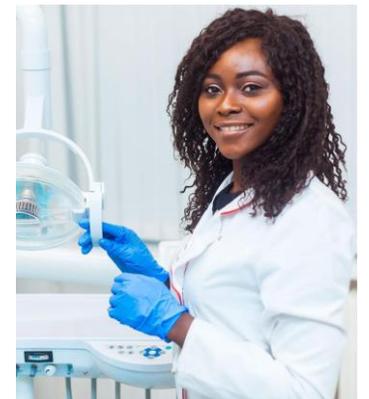


Adult teeth: One of the second set of **teeth** of a mammal that follow the milk **teeth**

Toothpaste: A paste for cleaning teeth.



Dentist: A person whose profession is the care, treatment, and repair of the teeth.



Think about these key questions:

- *In what other subjects have we learnt about teeth?*
- *What have you already learnt about teeth?*
- *How do you think we can keep our teeth healthy?*
- *How many times should we brush our teeth ?*



This is Jamal, he has nearly ALL of his **adult teeth!**



Jamal needs to know which food and drink is higher in sugar and which is lower....

Can you help him decide by sorting these pictures into foods that are higher in sugars and foods that are lower in sugars?



Chocolate



Sweets



Fizzy drinks



Fruit juice



Sweet cereal



Ice cream



Jam



Water



Potato



Crackers



Strawberries



Apples



Cucumber



Bananas



Plain yoghurt



Cheese

Higher in sugar



Lower in sugar



Did you group them like this?

Why do we brush our teeth?

We brush our teeth **twice** a day for **2 minutes** to help us keep our teeth clean and remove **plaque**.



Children must use children tooth brushes that are available in the shops. There are different ways to brush your teeth to help keep your teeth clean.

Watch these videos to find out two different ways to brush your teeth. Which one do you prefer? Can you remember all the steps? them?

Method 1

<https://www.youtube.com/watch?v=hDZXSMU2IAk>

Method 2

<https://www.youtube.com/watch?v=gk8eKm4ajgM>



Ouch!



Jamal is getting much better at brushing his teeth properly and his Dad has helped him. But sometimes, Jamal has been busy playing with his toys before bed and has forgotten to brush his teeth. One morning he wakes up and "Ouch!", Jamal's mouth is hurting a lot and is swollen.

What is making Jamal's mouth hurt?

What should Jamal do next?

Jamal has forgotten to brush his teeth! What other reasons could there be for someone not brushing their teeth?

What could help Jamal to remember to brush his teeth twice every day?

Who can help?

Decide who can help with our keeping teeth healthy by deciding which pictures should go in which part of the Venn diagram.

If it is both, put it in the middle! Ask your parents to check if you are right!



Making an appointment for the dentist



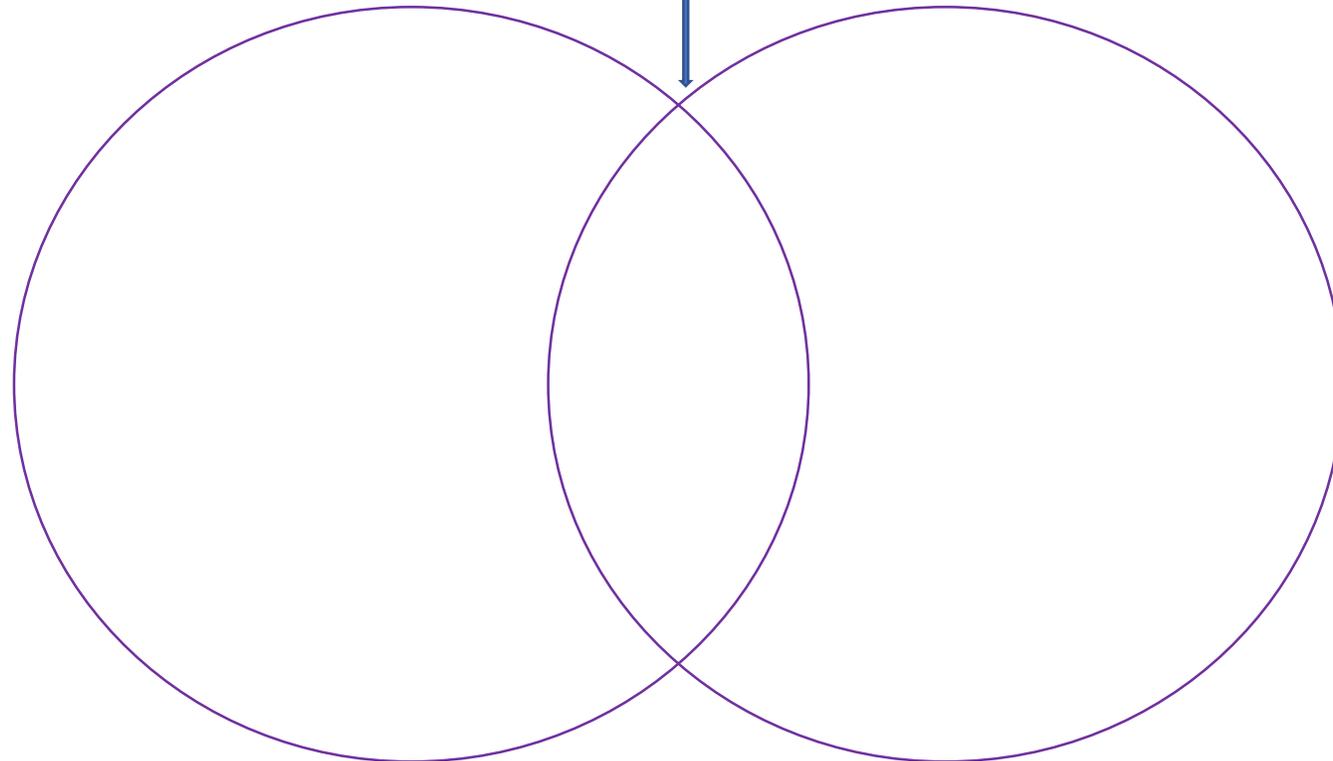
Checking teeth with a mirror



Talking about how to keep teeth healthy

Parent or carer

Dentist



Choosing food and drink



Helping with toothache



Brushing teeth

Skills Activity



Can you help Jamal with brushing his teeth? Click the link below to watch this video again to find out the steps to brush your teeth. [How to brush your teeth](#)
Use these teeth brushing steps and pictures to draw the sequence of steps of brushing your teeth.

1. Use a small amount of toothpaste



2. Tilt the brush up to the gum



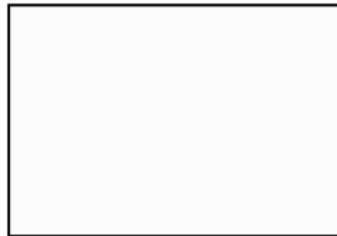
3. Brush in circles and flick



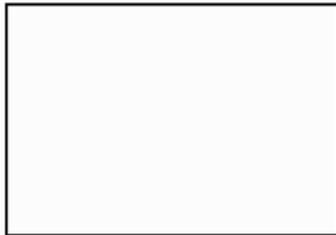
4. Brush on the outside of teeth



5. Brush on the inside of teeth



6. Spit out toothpaste after brushing



Core and Extension Activity

Can you help Jamal with brushing his teeth? Watch these videos again to remind yourself steps we can use to brush our teeth.

[How to brush your teeth](#)

[How to brush your teeth](#)



Now write step by step instructions on how to brush your teeth. You should include a title, an opening sentence, time conjunctions and imperative verbs.

Below is an example of how you could start your instructions:

How to brush your teeth

Did you know that you can get cavities if you do not brush your teeth properly? Don't worry, if you follow these simple steps, you can protect your teeth!

- First, you must have a toothbrush made for children so that it fits into your mouth properly.*



- Next, carefully squeeze a small amount of toothpaste, almost the size of a pea, on your brush.*