



Maintaining our Dental health

Play this slideshow from
beginning





We are learning about the importance of dental health routines



We will be able to:

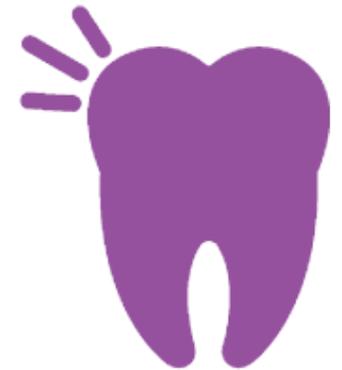
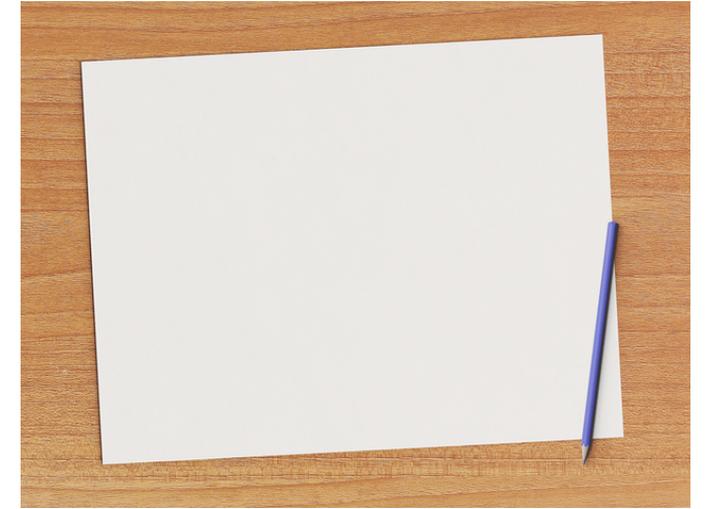
- ✓ identify how everyday actions affect dental health
- ✓ describe ways to maintain good dental health
- ✓ explain common risks to dental health and how to manage them

What's our starting point?

Ideas pool

Write your ideas about keeping teeth healthy by answering these questions:

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



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

Everyday Actions

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

On a piece of paper, draw three columns with the headings:

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

Write the card numbers in the correct column.

✓	X	?

Dos and Don'ts

Use the ***Dental health facts*** in your worksheet pack along with the ***Everyday actions*** to create a list of Dos and Don'ts for maintaining good oral hygiene.

Cleaning between teeth by using floss helps to remove plaque, stops cavities and tooth decay.

Example:

Dos 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

Dental dilemmas



Choose 1 or 2 dilemmas (from 'Dental dilemmas' in your worksheet pack) and come up with solutions for the character using the following questions:

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?

Sam

Click this box to
reveal the answer

Lea

Click this box to
reveal the answer

Bailey

Click this box to
reveal the answer

Jesse

Click this box to
reveal the answer

Yasmin

Click this box to reveal
the answer

Mohammed

Click this box to reveal
the answer

Maintaining our dental health

Well done for completing the activities!

Now go back to the ‘What’s your starting point?’ activity

Ideas pool

Is there anything you would like to change?

Is there new information that you can add now?

