



Keeping our teeth healthy

Play this slideshow from
beginning





We are learning about keeping teeth healthy



We will be able to:

- ✓ identify food and drink with different sugar content
- ✓ describe how to clean teeth properly
- ✓ recognise who can help with keeping teeth healthy

What's our starting point?

Draw and write

- **Draw** a person's face with healthy teeth

Then:

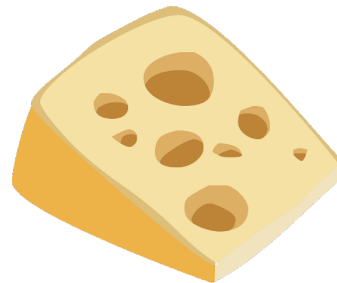
- **Draw or write** who can help to keep their teeth healthy
- **Draw or write** what could harm their teeth



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














Jamal needs help with keeping his teeth healthy. First, he needs to work out which food and drink to choose....



Food and drink

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

Use the food and drink cards from your worksheet pack (**Resource 1: Food and drink cards**) and help Jamal decide by writing **Higher** or **Lower** on each card

 Chocolate	 Sweets	 Fizzy drinks	 Fruit juice
 Sweet cereal	 Ice cream	 Jam	 Water
 Potato	 Crackers	 Strawberries	 Apples
 Cucumber	 Bananas	 Plain yoghurt	 Cheese



Higher in sugar

Click on this card to
reveal the answer

Lower in sugar

Click on this card to
reveal the answer

Teeth brushing

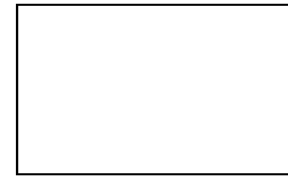
Can you help Jamal with brushing his teeth? Use the teeth brushing steps in your worksheet pack (**Resource 2: Steps to brushing teeth**) and draw a picture in each box



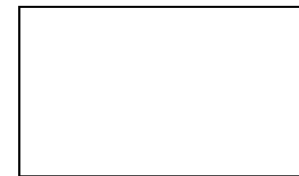
1. Use a small amount of toothpaste



2. Tilt the brush up to the gum



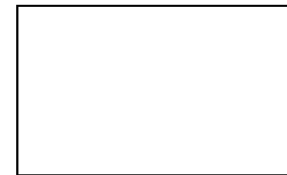
3. Brush in circles and flick



4. Brush on the outside of teeth



5. Brush on the inside of teeth



6. Spit out toothpaste after brushing



Teeth brushing



Let's go over the steps!

Remember to brush for **2 minutes!**

Spit out the toothpaste
after brushing



Ouch!



What is making Jamal's mouth hurt?

What should Jamal do next?

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.

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

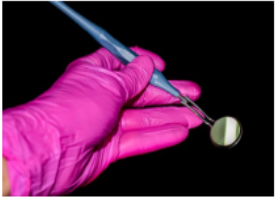
What could help Jamal to remember to brush his teeth twice every day?

Who can help?

Decide who can help with our keeping teeth healthy by putting the card in the right circle. If it is both, put it in the middle!



Making an appointment for the dentist



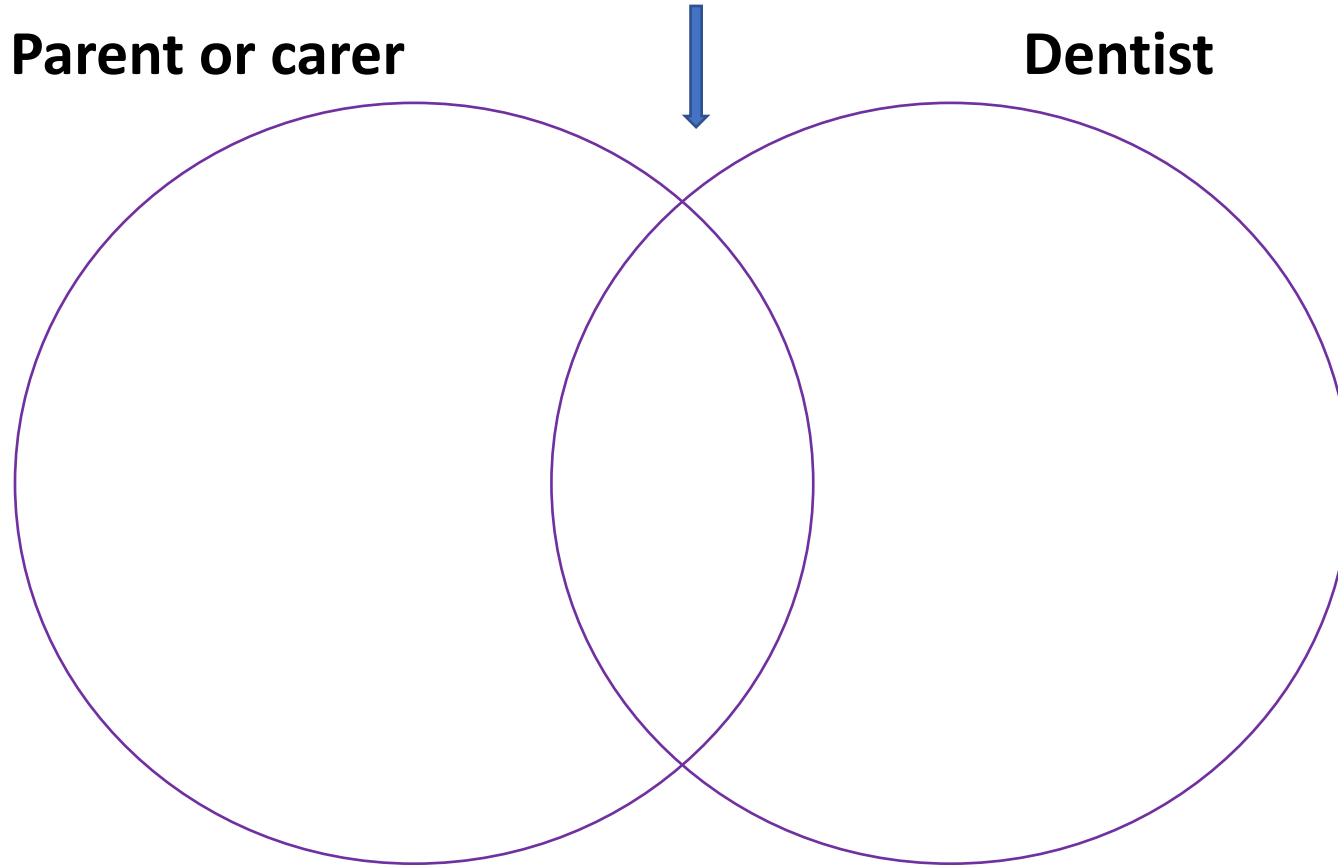
Checking teeth with a mirror



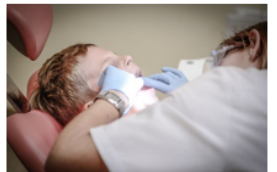
Talking about how to keep teeth healthy

Parent or carer

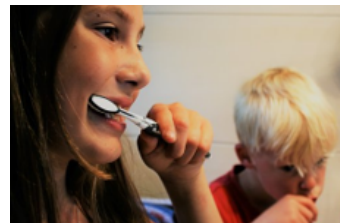
Dentist



Choosing food and drink



Helping with toothache



Brushing teeth

Keeping our teeth healthy

Well done on completing the activities!

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

Draw and write

Is there anything you would like to change?

Is there anything you would like to add?

