

Whittington Health NHS Trust

Oral Health Improvement Team

Oral health for children



Summer activity pack KS1



Introduction

Tooth decay is the most common oral disease affecting children and young people in England, yet it is largely preventable. Poor oral health can affect children and young people's ability to sleep, eat, speak, play and socialise with other children.

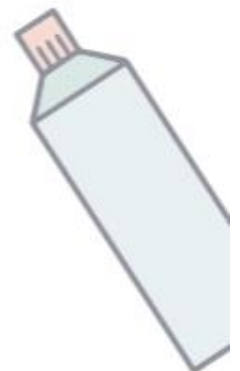
The impacts can be seen educationally with children missing school and in addition can effect parents/carers who would need to take time off work to take children to the dentist or for a hospital visit.

Key Messages:

1. Brush teeth twice a day - last thing at night and at one other time. (What do you need?)
 - Using the right amount of toothpaste (Smear/Pea size)
 - For the right amount of time (2 minutes)
 - Spit out excess toothpaste - do not rinse (Brush-Spit-STOP)

2. The importance of a healthy balanced diet:
 - Reduce the amount and frequency of sugary foods and drinks (Keep sugary foods and drinks to meal times only).

3. Go to the dentist as often as recommended



Learning objectives

After completing these activities, pupils should be able to:

- explain why we shouldn't eat too much sugar
- identify some everyday sugar swaps they can make

Oral health is an important area for Key Stage One children, both within science teaching, and Personal, Health & Social Education (PHSE).

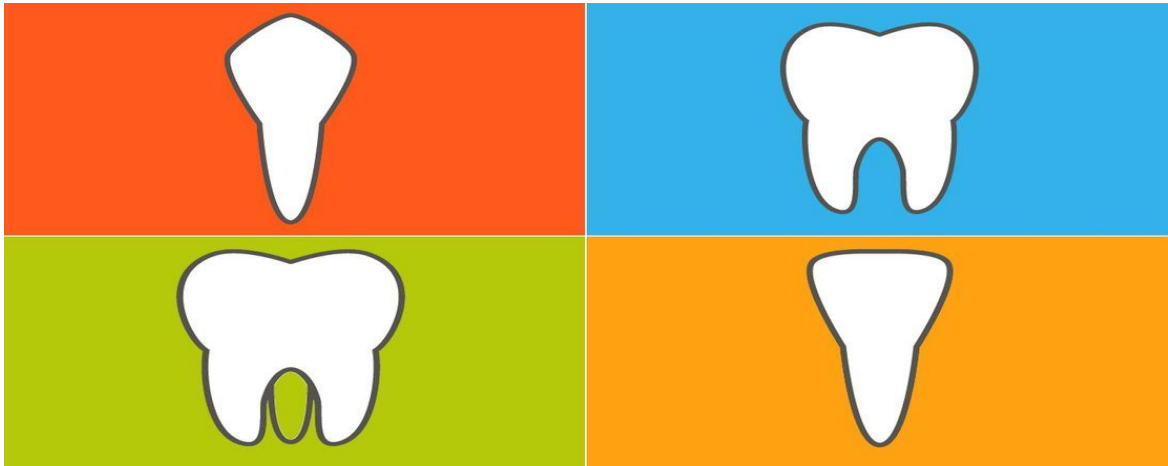
Pupils should be taught:

- How to make simple choices that improve their health and well-being.
- To maintain personal hygiene.
- That taking exercise and eating the right type of foods help to keep healthy.

Our Key Stage One resources explain how you need to be a good buddy to your mouth and teeth, how to look after them and what different teeth do.

Activity 1

What we use our teeth for?



Why do we have teeth and what do we use them for?

1.

2.

3.

Think of the different types of teeth we have and animals?



Activity 2

Tooth Decay experiment with an egg shell. Do with an adult.

Find out about **tooth decay**. Start an investigation to see which liquid does least damage to an **eggshell**.

After this experiment:

- You will be able to
- Understand how sugary drinks can affect teeth
- Name some ways to keep your teeth healthy
- Understand that eating or drinking too much sugar causes tooth decay

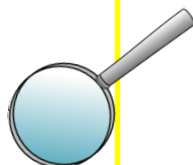
You will need:

- Egg shells – crack raw eggs in half and clean out the insides. You can use the empty shells to test the colour change to the white part of the egg shell. Or use hard boiled white eggs.
- Clear cups
- High sugar cola
- Milk or water
- High sports drink, squash or juice drink
- White label for cups.

Before you start experiment

Examine the eggs up close how so they look and feel?

Can you think of any parts of your body that have a similar surface to an eggshell?



What do you think?

- What will happen if you leave the egg in the liquid for a long time?
- Which liquid will change the egg the most?
- Which liquid will change the egg the least?



The experiment

1. Label each cup with a number from 1 to 3
2. Place each egg in a different cup
3. Pour one of the liquids in each cup (enough to cover the egg)
4. Wait at **LEAST** one day



Follow up after one day or more

1. Check on your eggs.
2. What changes can you see?
3. Why do you think that happened?

What do you think?

What can happen to someone's teeth if they drink lots of sugary drinks?



Challenge

Here are pictures of eggs that were left in different liquids (high sugar cola, water, high sugar juice drink) for 3 days. Which liquid do you think each egg was in?



01



02



03

What would happen if we left the eggs for a week? Why do you think this?

Now that you have done this experiment, what advice would you give someone about keeping their teeth healthy? Why?



HIDDEN SUGAR IN FOOD AND DRINKS

One can of Coke



= 10 teaspoons of sugar



9 TEASPOONS OF SUGAR PER 100G





Which one of these is a healthier snack?



A. Yoghurt with sugary pieces



B. Plain yoghurt with sliced banana



Which one of these is a healthier drink choice?

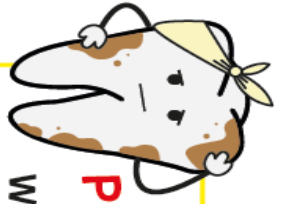


A. Lower-fat milk



B. Lemonade





Plan your sugar swap poster!

Why shouldn't we have too much sugar?

.....

.....

.....

Which colour on a label means something is low in sugar? Circle the right colour.



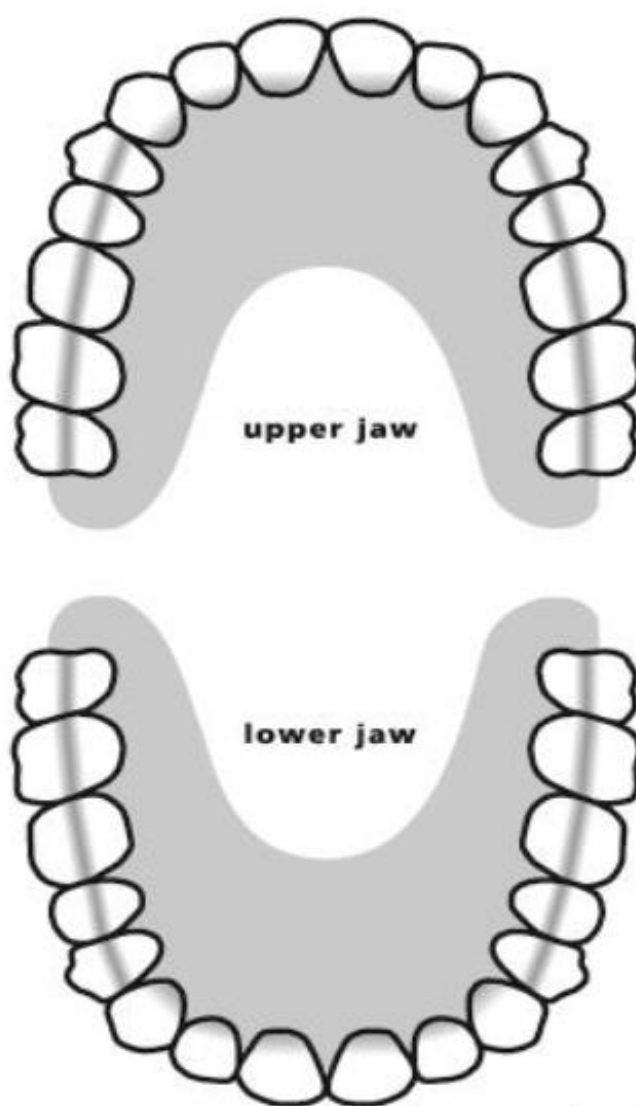
Use this sheet to help you decide what to put on your poster!

Draw or write a swap.

Breakfast	Drinks
 <div style="border: 1px solid black; height: 60px; width: 100%;"></div> <p>.....</p>	 <div style="border: 1px solid black; height: 60px; width: 100%;"></div> <p>.....</p>
Yoghurts	
 <div style="border: 1px solid black; height: 60px; width: 100%;"></div> <p>.....</p>	 <div style="border: 1px solid black; height: 60px; width: 100%;"></div> <p>.....</p>
Puddings	
 <div style="border: 1px solid black; height: 60px; width: 100%;"></div> <p>.....</p>	 <div style="border: 1px solid black; height: 60px; width: 100%;"></div> <p>.....</p>



Look at your teeth in a mirror. Try to find which teeth are milk teeth and colour them in one colour. Then choose a different colour for any wobbly or missing teeth, and another colour for any adult teeth that are growing.



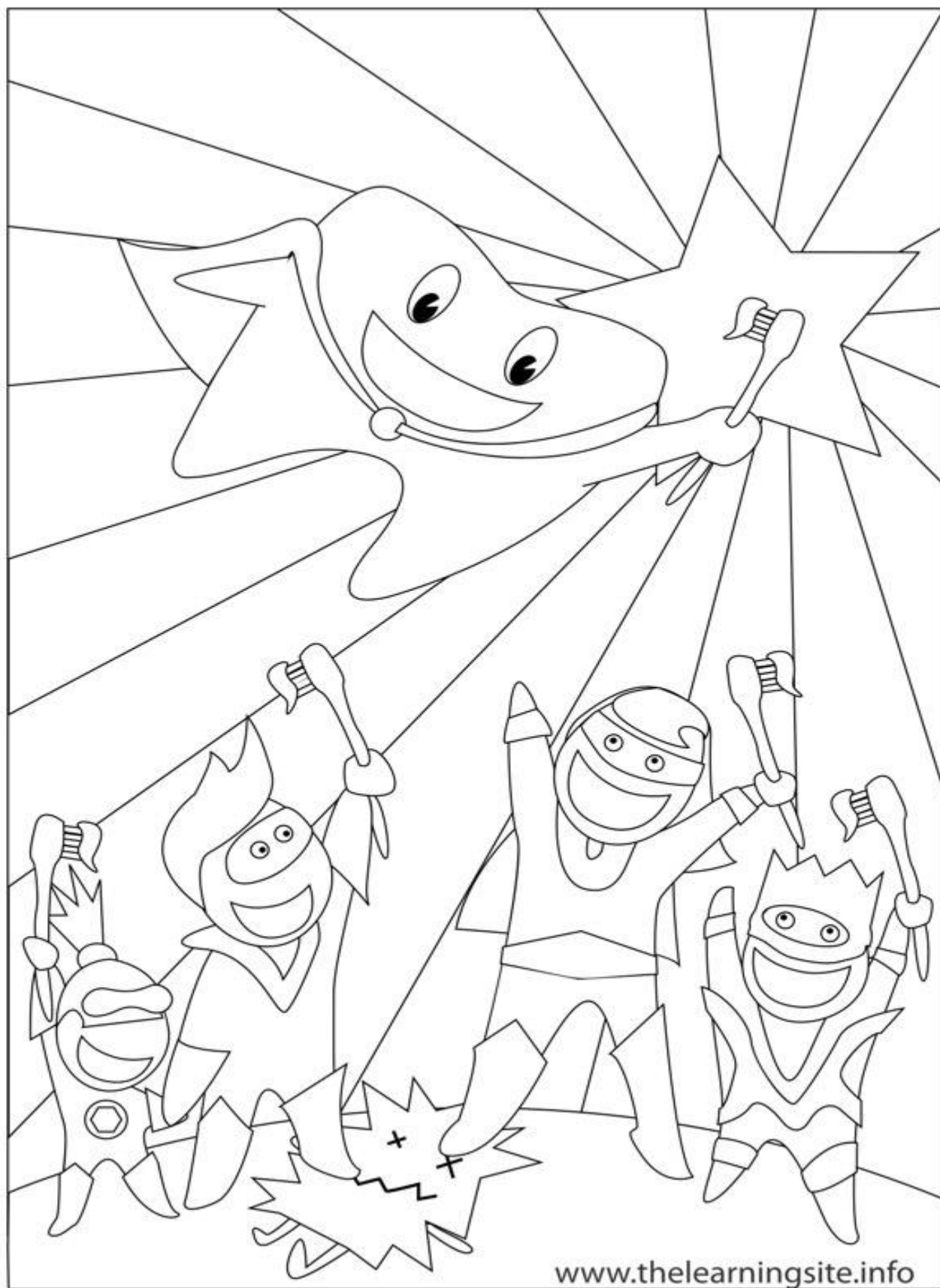
- ☐ Milk tooth
 - ☐ Wobbly/missing tooth
 - ☐ Adult tooth growing
- www.dentalhealth.org

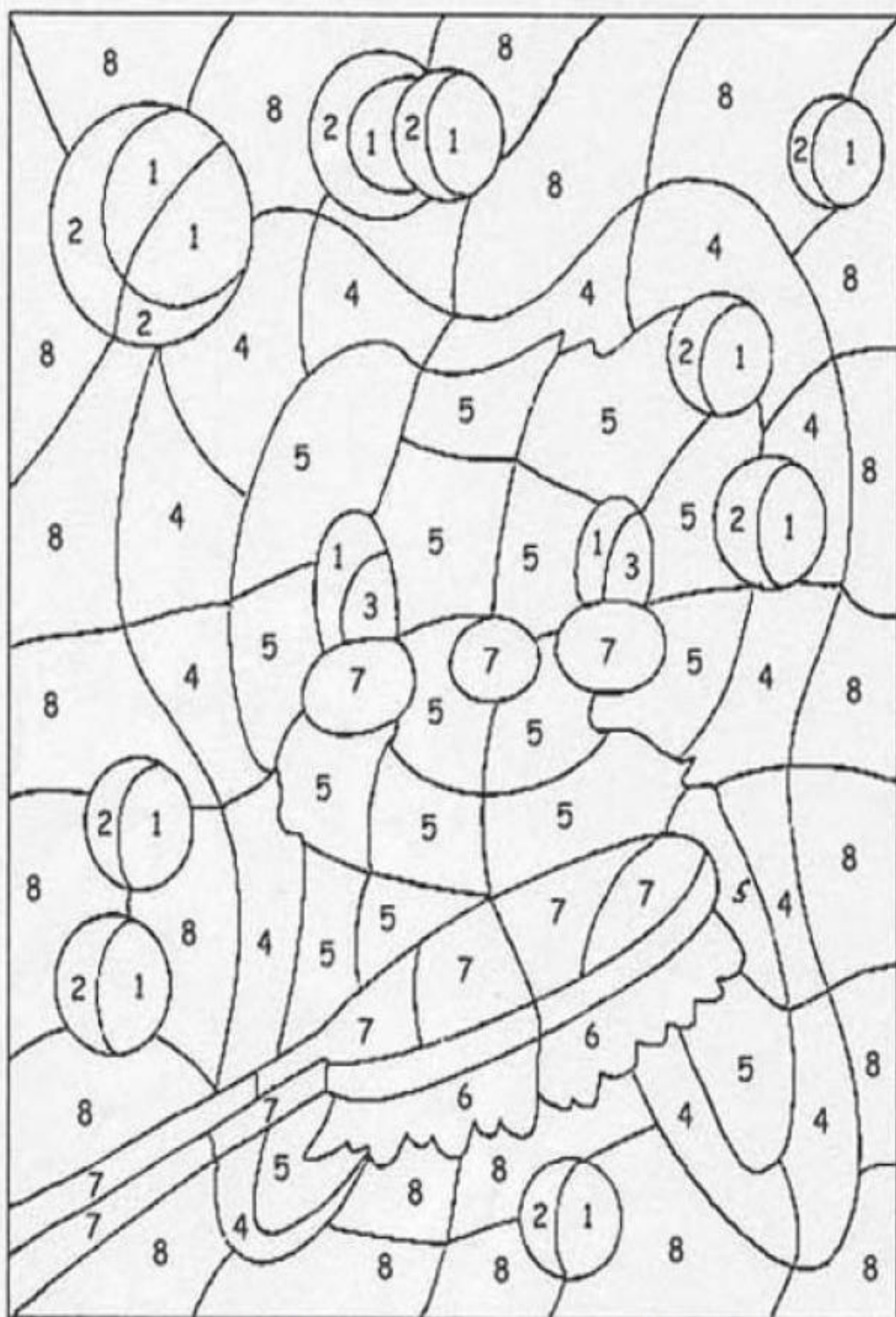
Teeth Brushing Chart

Morning Night

Monday	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>

Brush Your Teeth



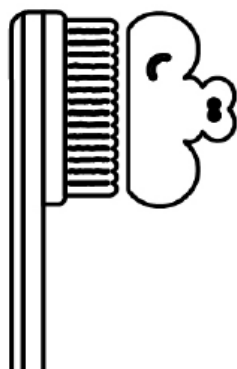


1 Green 2 Black 3 Yellow 4 Grey 5 White 6 Red 7 Brown 8 Pink

HEY DUCCEE

Name.....

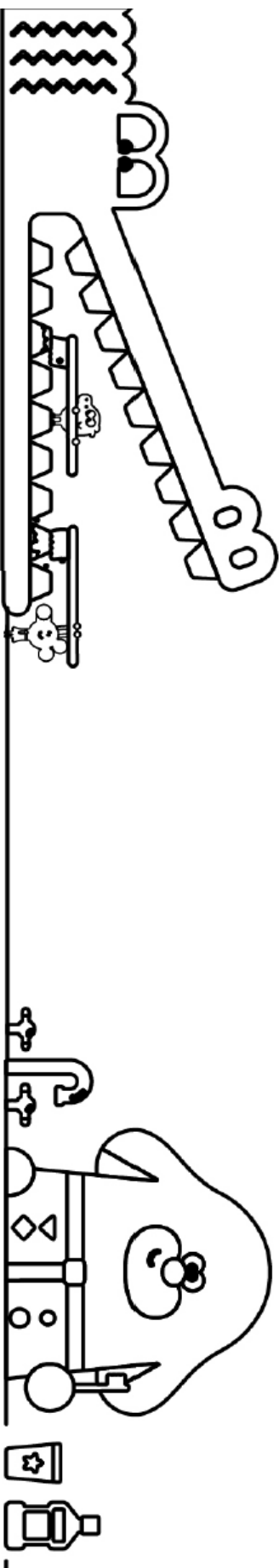
is going to brush their teeth every day.
In the morning and at bedtime.



Morning



Evening



THIS IS TO CERTIFY THAT

INSERT CHILD'S
PHOTO OR ASK THEM
TO DRAW A PICTURE
OF THEMSELVES AND
INSERT HERE

DATE

PARENT/CARER

HAS ACHIEVED

BRUSHING TWICE A DAY THIS WEEK



Useful websites and online resources



If you would like to provide some more resources as part of a session then the following should help:

<https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/resources>

For other resources please visit:

www.dentalhealth.org

www.dentalbuddy.org



For childrens video's:

Cbeebies - Hey Dugee toothbrushing badge

- My Firsts - dental visit

Oral Health Foundation webiste

www.dentalhealth.org

Further videos are available on the colgate website - www.colgate.co.uk



Brush Your Teeth Teddy! <https://www.bbc.co.uk/cbeebies>

Teddy doesn't want to brush his teeth, but when he cheekily runs away he bumps into Mr Walrus, who isn't impressed. Mr Walrus tries to convince Teddy that brushing your teeth is important, and can also be fun.