



7-8 YEARS

It is really important at this stage to make oral health interesting and how it relates to them.

Children should be cleaning their teeth for 2 minutes twice a day with a fluoride toothpaste. Adults should motivate and check they are cleaning thoroughly.

Often children become despondent at this age so it is really important to re-motivate both child and parent.

It is important that you encourage parents to take their children to the dentist at this age to prevent treatment and encourage preventive dentistry.

Fluoride protects the teeth from bacteria. Fluoride Varnish and Fissure Sealants are available for free from an NHS dentist, this should be encouraged.

Encourage the use of sugar free medicines.

Water and milk are the best drinks for teeth. Keep sugary drinks to mealtimes only.

Sweets and sugary snacks should be kept to mealtimes only.





Activity 1: Types of Teeth

Theme: Oral Health.

National Curriculum Links:

✓ Science skills.

Learning Outcomes:

- By the end of the session we would expect children in year 3 to have discussed why it is important to clean their teeth.
- Have had the opportunity to discuss oral health and the implications of an unhealthy mouth.

Resources needed: (include any preparation work)

- Activity Sheet 2
- Optional: Human and animal tooth models

Vocabulary List:

- Canine, Molar, Incisor, Premolars, Biting, Chewing, Cleaning.

Activity: (step by step)

- See attached sheets.

Extension Ideas:

- Look at the teeth of a range of animals.
- Using a mirror look into your mouth and draw your teeth.

Additional Options:

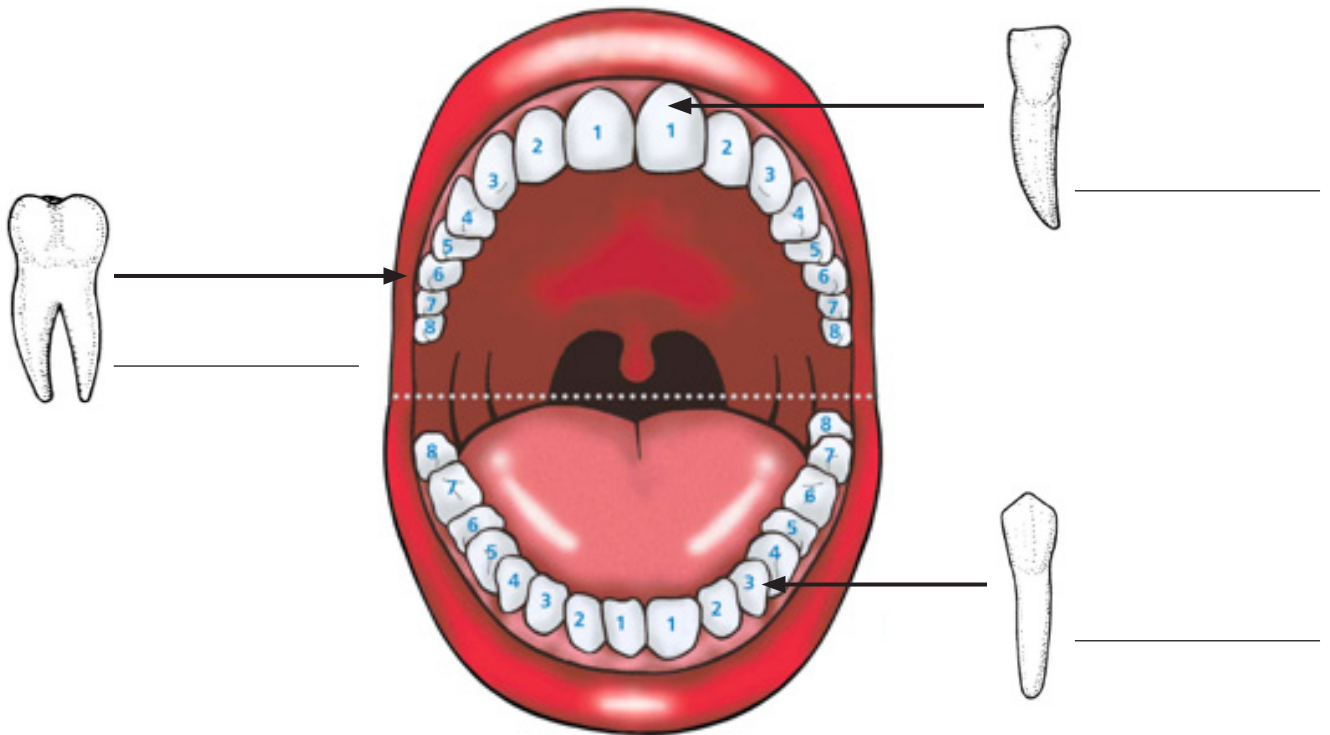
- Encourage children to complete a toothbrushing chart for a week and return it to class signed by their parent/care. A prize could be given as a reward.
- Follow up this activity with a disclosing tablet activity.
- Show x-rays of teeth – human and animal.





**Activity 1:
Sheet 1: All about teeth**

1. Label the diagram by naming the teeth below:



2. Which teeth are used for...?

a) Biting?

b) Chewing?

c) Tearing?

3. How many of the following teeth have you got?

Canines:

Incisors:

Pre-Molars:

Molars:





Activity 2: The EggSperiment

Theme: Oral Health.

National Curriculum Links:

✓ Science skills.

Learning Outcomes:

- By the end of the session we would expect children in year 3 to have discussed why it is important to clean their teeth.
- Have had the opportunity to discuss oral health and the implications of an unhealthy mouth.

Resources needed: (include any preparation work)

- Two raw eggs.
- A clear beaker.
- A bottle of white wine vinegar.
- Fluoride toothpaste.
- An egg box.

Note: the egg shell represents your teeth and the vinegar represents acid in plaque.

- Optional: use Activity 2, Sheet 1.

Vocabulary List:

- Experiment, Flouride, Acid, Plaque, Enamel, Submerge, Dissolves, Strengthen, Protect.

Activity: (step by step)

- Cover 1 egg in the toothpaste. Use the egg box to sit the eggs in for at least 2 days.
- Mark the untreated egg clearly and wipe the toothpaste off the other egg.
- Submerge the egg completely in the clear beaker of vinegar.
- Bubbles will form on the untreated egg, as the acid dissolves the egg shell.
- Encourage the class to discuss.

Extension Ideas:

- Draw a picture of the experiment (refer to Year 1, Activity 6).

Additional Options:

- Follow up this activity with a disclosing tablet activity.
- Show pictures of teeth.





**Activity 2:
Sheet 1 The EggSperiment**

What do you need - the equipment?

What do you need to do - the method?

What do you think will happen - the prediction?

What did happen - the results?



Activity 3: Brushing up on our math's skills

Theme: Oral Health.

National Curriculum Links:

✓ Mathematics.

Learning Outcomes:

- By the end of the session we would expect that children in year 3 should have extended their number skills.
- Have had the opportunity to discuss the importance of toothbrushing.

Resources needed: (include any preparation work)

- Graph paper.
- Pencils.
- Optional: Activity 3, Sheet 1.

Key vocabulary list:

Molar, Canine, Incisor, Pre-molar.

Activity: (step by step)

- Encourage children to talk about oral hygiene.
- Find out how many teeth each child has or how many children have visited a dentist and plot on a graph.
- Discuss any variations.

Extension Ideas:

- Encourage children to display their findings in different ways, bar chart, pie chart, pictographs.

Additional Options:

- Collate oral health data from the class and record appropriately.
- Try Year 2, Activity 3, Sheet 2.





Activity 3:
Sheet 1: Brushing up on our maths skills.

1. How many teeth have you got?

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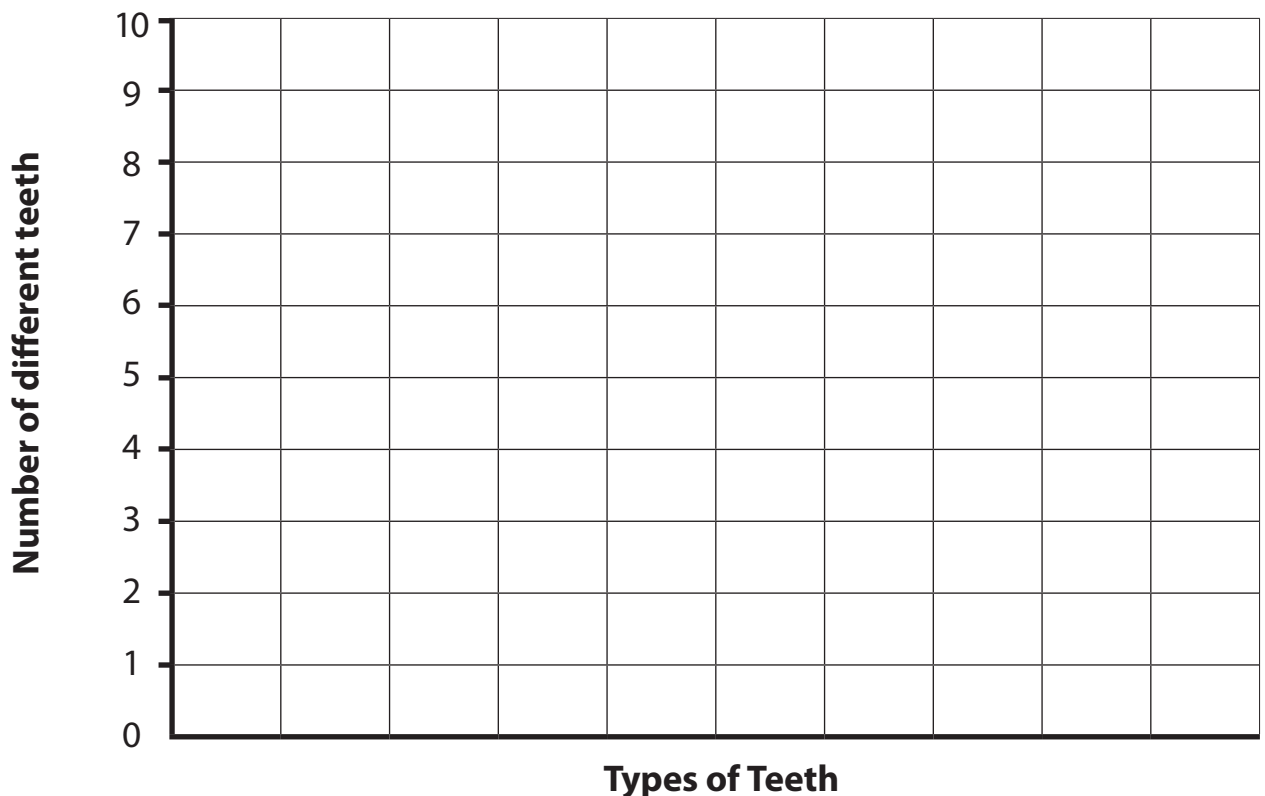
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Ask your classmates

2. Find out how many teeth they have?
Using tally marks write them in a chart below.

Incisors	Molars	Canine	Pre-molar	Wobbly Teeth	Missing Teeth	fillings		

3. Plot the number of different teeth on a bar chart.





Activity 4: Make a papier-mâché tooth

Theme: Oral Health.

National Curriculum Links:

✓ Art & Design.

Learning Outcomes:

- By the end of the session we would expect that children in year 3 to have extended their creative skills.
- Have had the opportunity to discuss oral health.

Resources needed: (include any preparation work)

- Scissors.
- Glue.
- Paper.
- Balloon - to papier-mâché over.
- Example tooth model (available from our resource centre).

Vocabulary List:

- Tooth Structure, Enamel, Decay, Roots, Molar, Canine, Incisor, Mouth.

Activity: (step by step)

- Encourage children to talk about toothbrushing and why it is important.
- Discuss types of teeth and what they do.
- Ask class to choose a tooth to create.
- Instruct class on how to use papier-mâché. Cover the balloon in several layers until tooth structure takes form.

Extension Ideas:

- Ask children to write a paragraph about their chosen tooth i.e. its role.
- Create posters to encourage people to look after their teeth.

Additional Options:

- Make an award in the shape of a tooth for a toothbrushing prize.





Activity 5: Oral Health Literacy Activity Sheets

Theme: Oral Health.

National Curriculum Links:

✓ English.

Learning Outcomes:

- By the end of the session we would expect that children in year 3 have discussed why it is important to look after their teeth.
- Have had the opportunity to discuss oral health and the implications of an unhealthy mouth.

Resources needed: (include any preparation work)

- Activity 5, Sheet 1.

Key Vocabulary List:

Toothbrush	Toothpaste	Floss	Fluoride
Plaque	Gum disease	Decay	Saliva
Filling	Incisor	Molar	Canine

Activity: (step by step)

- See attached Activity Sheet 1.

Extension Ideas:

- Create your own wordsearch and send to us!

Additional Options:

- Show pictures of unhealthy v healthy teeth.





Activity 5:
Sheet 1: Tooth Wordsearch

W	C	X	G	I	R	F	Q	U	F	U	P	O	Q	C	O	T
F	D	R	E	E	O	H	A	J	G	A	L	L	G	A	D	O
I	L	U	D	O	S	S	G	D	E	C	A	Y	T	N	H	O
L	Y	U	T	N	I	R	V	R	G	X	Q	H	H	I	C	T
L	Q	U	O	Y	C	E	X	S	H	V	U	R	D	N	E	H
I	R	M	J	R	N	O	Z	Z	D	Y	E	S	E	E	Y	P
N	D	O	A	U	I	P	U	C	S	T	U	T	Y	I	U	A
G	E	L	R	P	Y	D	O	I	G	S	N	F	L	O	S	S
O	S	A	H	H	F	E	E	O	E	R	A	Y	I	O	Y	T
I	H	R	D	Q	U	A	S	D	Y	U	N	L	F	H	S	E
Y	I	A	P	A	D	O	E	I	O	P	O	I	I	U	A	I
G	G	U	M	D	I	S	E	A	S	E	P	V	I	V	E	P
T	O	O	T	H	B	R	U	S	H	U	S	H	U	O	A	V

Toothbrush

Toothpaste

Floss

Fluoride

Plaque

Gum disease

Decay

Saliva

Filling

Incisor

Molar

Canine



Activity 5:
Sheet 1: Tooth Wordsearch

Answer sheet

W	C	X	G	I	R	F	Q	U	F	U	P	O	Q	C	O	T
F	D	R	E	E	O	H	A	J	G	A	L	L	G	A	D	O
I	L	U	D	O	S	S	G	D	E	C	A	Y	T	N	H	O
L	Y	U	T	N	I	R	V	R	G	X	Q	H	H	I	C	T
L	Q	U	O	Y	C	E	X	S	H	V	U	R	D	N	E	H
I	R	M	J	R	N	O	Z	Z	D	Y	E	S	E	E	Y	P
N	D	O	A	U	I	P	U	C	S	T	U	T	Y	I	U	A
G	E	L	R	P	Y	D	O	I	G	S	N	F	L	O	S	S
O	S	A	H	H	F	E	E	O	E	R	A	Y	I	O	Y	T
I	H	R	D	Q	U	A	S	D	Y	U	N	L	F	H	S	E
Y	I	A	P	A	D	O	E	I	O	P	O	I	I	U	A	I
G	G	U	M	D	I	S	E	A	S	E	P	V	I	V	E	P
T	O	O	T	H	B	R	U	S	H	U	S	H	U	O	A	V

Toothbrush

Toothpaste

Floss

Fluoride

Plaque

Gum disease

Decay

Saliva

Filling

Incisor

Molar

Canine



Activity 6: Persuasive Role Play

Theme: Nutrition & Oral Health.

National Curriculum Links:

- ✓ Imaginary Play.

Learning Outcomes:

- By the end of the session we would expect that children in Year 3 understand the effects of drinking sugary drinks.
- Through role play they will have a better understanding of peer pressure and persuasive language.

Resources needed: (include any preparation work)

- Scene and script (Activity 6, Sheet 1).

Vocabulary List:

- Energy, Sugar, Dentist, Filling, Painful, Thirsty, Fizzy, Water.

Activity: (step by step)

- Encourage the children to talk about what they drink.
- Arrange pupils into small groups and allocate roles.
- Pupils should practice and then they may perform in front of each other.

Extension Ideas:

- Look on the internet for a range of food/drinks and calculate their sugar content.
- Write your own script and send to us!

Additional Options:

- Arrange for a visit to a local supermarket.
- Loan or create a sugar quiz.





Activity 6: Sheet 1: Example Script

Roles

Tom

Jamie

Alfie

Scene 1 – in the playground (children playing)

Tom: Hi Jamie it's so hot today I'm glad I've got my drink. *(Tom opens his bag and pulls out an energy drink).*

Jamie: Yeah me too it's scorching *(Jamie pulls a can of cola out of his bag).*

Alfie: Hi guys! *(Alfie takes a drink from his bottle of water).*

Tom: Yuck is that water?

Alfie: Yeah what's wrong with water?

Jamie: It tastes of nothing, it's so boring!

Tom: Yeah just like you two. *(Tom smiles and Jamie and Alfie laugh).*

Alfie: What are you on about? What rubbish are you two drinking?

Tom: This stuff is amazing it's the latest sports drink. *(Holds up the bottle).*

Jamie: That looks cool can I try some?

Tom: Sure. *(Hands it to Jamie, who tries it, then offers it to Alfie).*

Alfie: *(Hesitates but takes a sip and winces)* It's a bit sweet.

Tom: Obviously it's meant to give you energy!

Alfie: It just tastes of sugar.

Jamie: I like it, I'm going to get my mum to buy some.

Scene 2 – A few weeks later in the classroom (children working at their desks)

Tom: Hi Alfie, where's Jamie?

Alfie: I think he's at the Dentist this morning.

Oh here he is!

Jamie enters the classroom, holding his mouth.

Tom: what's up with you?

Jamie: I had to have a filling.

Tom and Alfie: Oh no - why?

Jamie: I know! The Dentist checked my teeth and said I have a hole in one of them. *(Jamie looks sad).*

So I have had to have a filling today.

Tom: Why? How did that happen?

Jamie: The dentist says I must clean my teeth twice a day with a fluoride toothpaste, spit out and don't rinse.

Also he said I must only have sugary food and drinks at a mealtime – to avoid getting more holes in my teeth!

Alfie: See you two! I knew water was the best drink for your teeth, maybe you'll both stop drinking that sports drink now!