



# Maintaining our Dental health

Play this slideshow from beginning





We are learning about the importance of dental health routines



**We will be able to:**

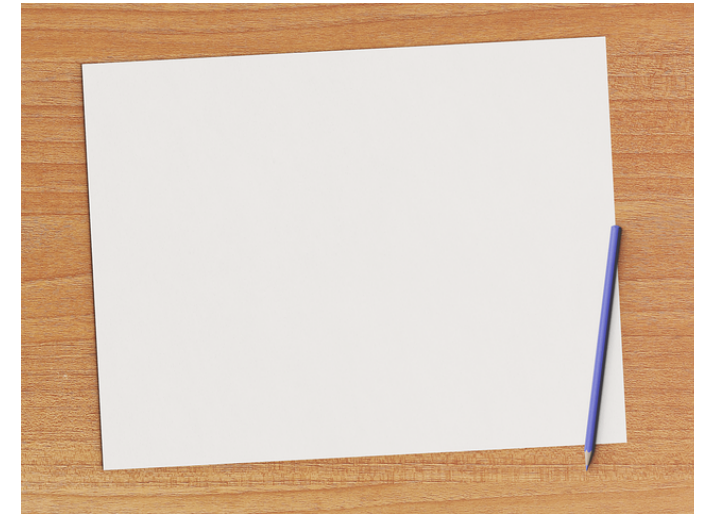
- ✓ identify how everyday actions affect dental health
- ✓ describe ways to maintain good dental health
- ✓ explain common risks to dental health and how to manage them

# 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?

