



# Key Stage 2 Lesson Two

## Looking After Our Teeth

### Oral Health Foundation KEY MESSAGE for this lesson

Brush your teeth for two minutes, last thing at night and at least one other time during the day, with a fluoride toothpaste.

Cut how much and how often you have sugary foods and drinks.

Visit your dentist regularly, as often as they recommend.

### KS2 LINK for this lesson

#### PHSE Health & Prevention:

- About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist
- How to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'

Supported by



Free Downloadable Dental Health Education Resource  
[www.dentalbuddy.org](http://www.dentalbuddy.org)



## LOOKING AFTER OUR TEETH

### DISCUSSION: What is dental decay?

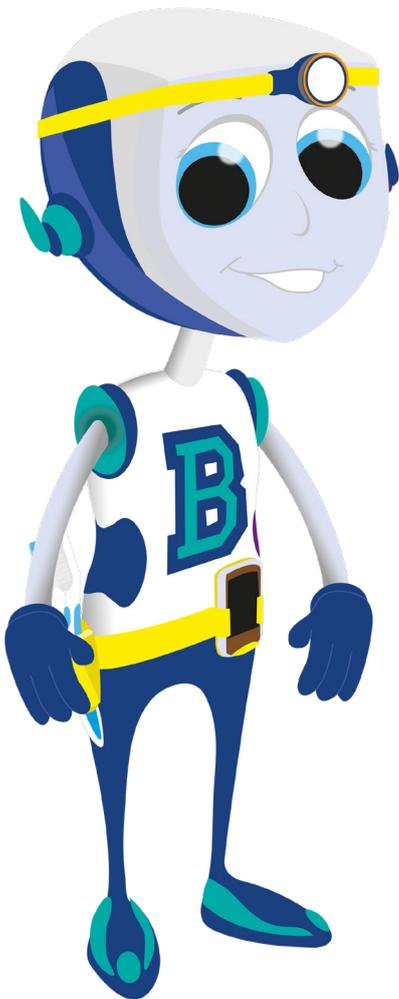
- Dental decay happens when the enamel and dentine become softened following an 'acid attack'.
- What is plaque?
- Plaque is a soft, sticky film that builds up on your teeth and contains millions of bacteria.

### What causes an acid attack?

- The sugar in our diet reacts with the bacteria in our mouths and forms plaque acids. It is these acids that cause dental decay. This is why we should reduce the amount of sugary food and drink that we have and how often we have them.

### How do our teeth decay?

- The plaque acids start to de-mineralise (break down and break away) the enamel on our teeth. Eventually, this will cause a hole (cavity) in the tooth. If this is left untreated, the decay will continue further into the tooth. This may cause the tooth to become painful and this could lead to the tooth having to be taken out (extracted).



## PREVENTING DENTAL DECAY

### DISCUSSION: Preventing Dental Decay

- To keep your teeth and gums healthy, you need to brush them for 2 minutes last thing at night and at least one other time during the day, using a fluoride toothpaste.
- Fluoride is a natural mineral that helps to strengthen the enamel on our teeth and prevent dental decay.
- Your toothbrush should have a small head and soft-medium textured filaments (bristles).
- You should change your toothbrush every 3 months, or sooner if the filaments look splayed or worn. You should also change your toothbrush after you have been poorly, such as a cold, sore throat or poorly tummy.
- The toothpaste that you use, should contain 1350-1500 parts per million (PPM) fluoride, to protect your teeth against dental decay.
- Having a balanced diet that is low in sugar will help to have less dental decay. Be aware that though fruit is very healthy, some fruits are high in sugar so would be better eaten at mealtimes. (Dental decay is a preventable disease, if you have a good diet and an effective toothbrushing routine at home).
- Milk and water are the best things to drink for dental health.

**Activity** – Create an educational poster either about Dental Decay or about How to Prevent Dental Decay.

Free Downloadable Dental Health Education Resource

[www.dentalbuddy.org](http://www.dentalbuddy.org)



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## TOOTHBRUSHING

### DISCUSS: Toothbrushing

- Place a pea-sized amount of fluoride toothpaste, (that contains no less than 1350 to 1500 parts per million) on a small headed, medium to soft textured toothbrush.
- Put the head of the toothbrush at a 45-degree angle by your gumline.
- Move the toothbrush in small, circular movements several times on every surface of the tooth – remember there are five surfaces on every tooth that need to be brushed. Spend 2 minutes doing this.
- Brush your tongue to keep your breath fresh.
- Spit out the excess toothpaste, but do not rinse your mouth as this will wash all of the fluoride off your teeth before it has had chance to work.

**Activity** – Using a mouth model, a toothbrush and a two-minute timer, practice brushing the teeth correctly.



## ACTIVITIES

- Using a mouth model, a toothbrush and a two-minute timer, practice brushing the teeth correctly.
- Create an educational poster either about Dental Decay or about How to Prevent Dental Decay.

## EQUIPMENT

- Paper
- Pencils and crayons and any other mixed media you choose to create the posters

## RESOURCES

The Oral Health Foundation has a comprehensive range of teaching resources to support teachers delivering oral health education. These include leaflets, posters, wall charts, story books, models, educational games and demonstration puppets. To browse our complete range of resources please visit [www.dentalhealthshop.org](http://www.dentalhealthshop.org)

To deliver the lesson outlined above, the following resources are particularly relevant:

### Dental Decay Model



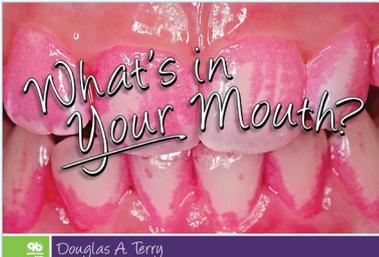
### 2 Minute Timers



### 'Green' Toothbrush



### What's in Your Mouth?



### Natural Nashers Classroom Pack



### Top Tips Poster



## WORD SEARCH

Find these words:

brush  
dentist  
floss  
fluoride  
breath

fruit  
milk  
mouthwash  
plaque  
smile

teeth  
toothpaste  
water  
grin  
fillings

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l	r	s	t	e	e	t	h	c	t	b	t	o	e
s	o	u	f	l	e	c	m	a	e	e	t	r	o
z	c	b	s	n	m	f	r	u	i	t	l	i	j
m	o	u	t	h	w	a	s	h	h	f	s	d	a
q	e	t	u	o	l	j	g	g	w	a	t	e	r

## ODD ONE OUT

Read the questions and choose the odd word out

1. What do you use to clean your teeth  
rope      brush      paste      floss
2. Which foods are good for your teeth  
celery      cheese      carrot      toffee
3. What would you see in a dentist's practise?  
chair      dentist      baker      mouthwash
4. What do you have in your mouth?  
teeth      feet      tongue      gums
5. What do you need your teeth for?  
eat      smile      sleep      talk



