

caring for our teeth

PSHE & Science for
pupils aged 5-7

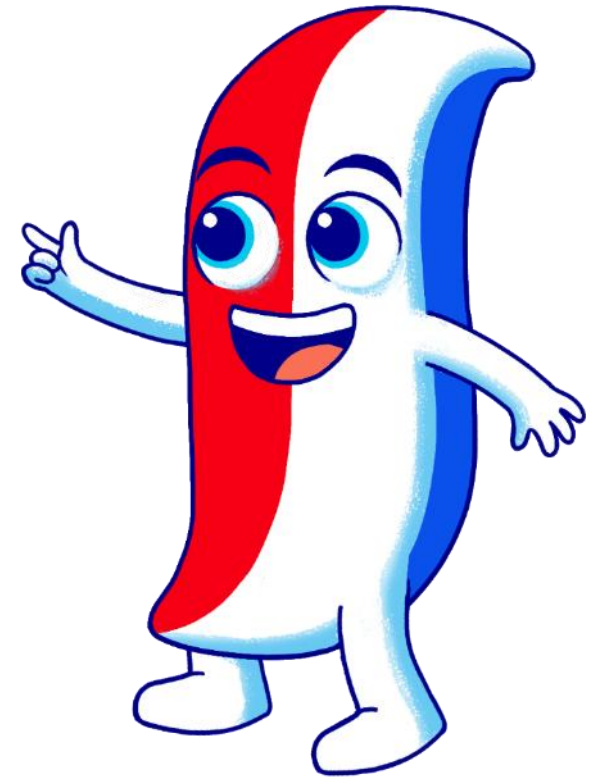


Lesson 1

N.B. See notes
for guidance

In this lesson ...

- Why do we clean things?
- What are mouths for?
- Taking care of our teeth.
- Quiz.
- 21-day toothbrushing challenge.





Hi!
I'm **Freshy!**
I'll help you join
me in the Shine
Bright Club.

First you'll need to
take the 21-day
**toothbrushing
challenge!**

I brushed my teeth!

21-day toothbrushing challenge for

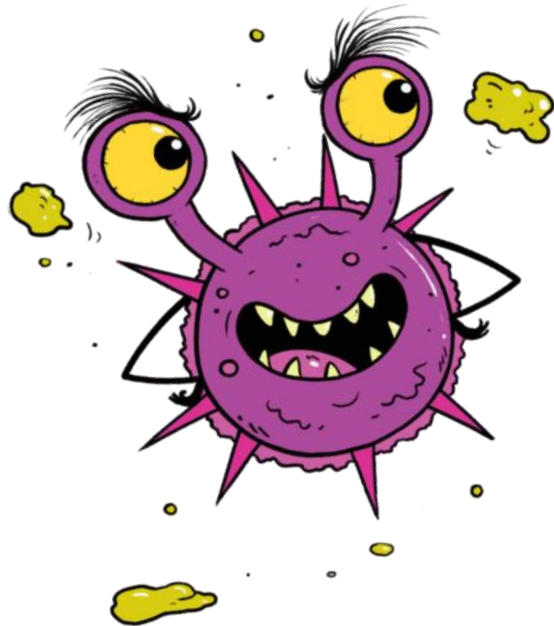
Brush when you wake, brush before bed. Colour the shapes after you brush!

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
week 1							
week 2							
week 3							

After 21 days, bring your calendar back to school for a celebration!

shine bright club

Hmph!
I'm **Sugar-Bug**,
a type of bad germ.
I live on teeth.
Brush to get rid of me!



Hello.
I'm **2-Fee**.
Keep me clean
and shining bright!

Why do we clean things?



To **keep bad germs away**, that can make us ill.

Some germs are helpful.
For example, good germs in natural yogurt help keep our bodies healthy.



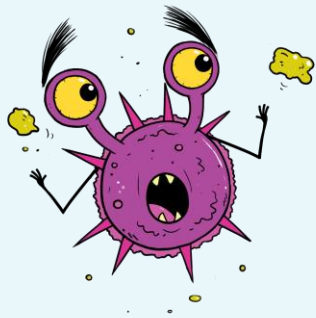
What are some things we do to keep things clean?



Activity

Draw some germs

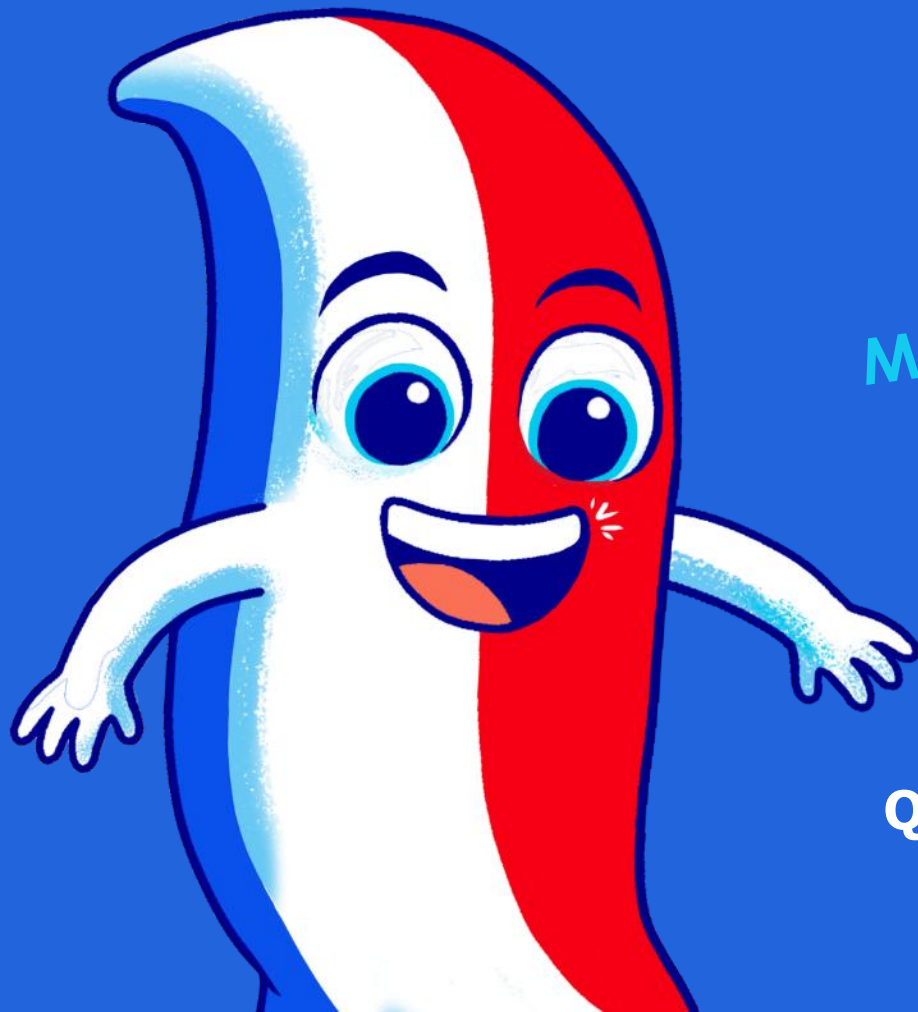
Here's a **bad germ**
trying to attack
someone's teeth ...



Here's a **good germ** in
natural yogurt, helping
keep our bodies healthy ...



What do our mouths and teeth help us do?

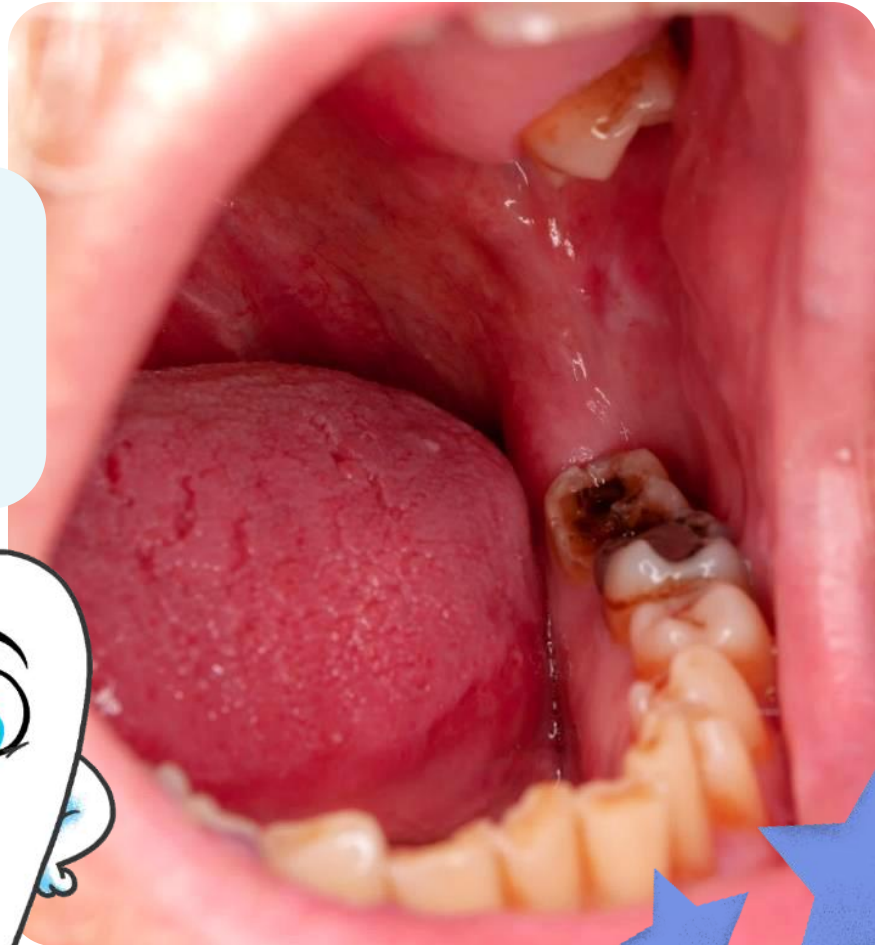
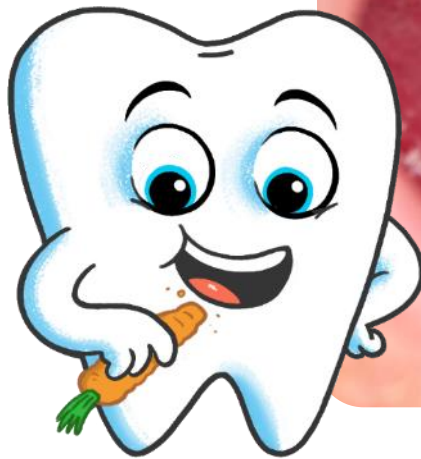


Talk Whistle Bite
Breathe Suck Drink
Make music Taste
Spit Lick
Smile Eat Kiss

Q: What would it be like
if we had no teeth?

A sore tooth can make it hard to eat normally

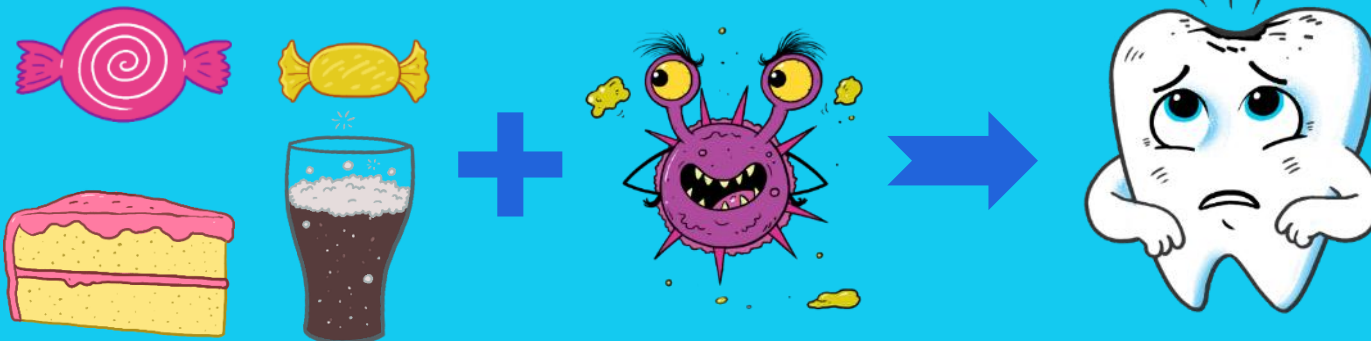
I love eating carrots
but it can be **painful** if
I have a **sore tooth**.



What is a cavity?

A cavity is a **hole**.

Sugar-Bugs in our mouths
use **sugar** to make
painful **cavities**.



No one wants
toothache!

Freshy is here to help keep
your smile shining bright!

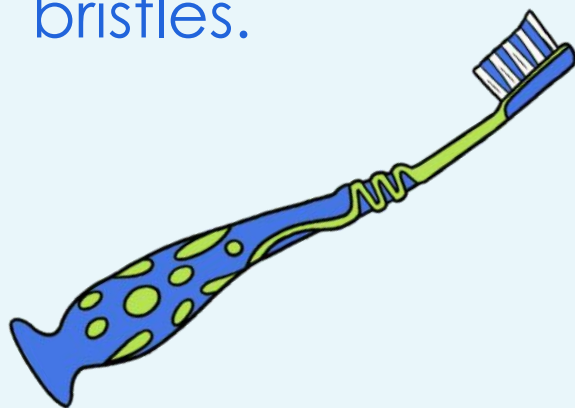


Cavities **can**
be prevented.
How?

By **brushing** all your
teeth properly.
And **eating healthily.**

How do you brush your teeth properly?

Use a **child's toothbrush** with a **small head** and medium or soft bristles.



And a **fluoride** toothpaste.

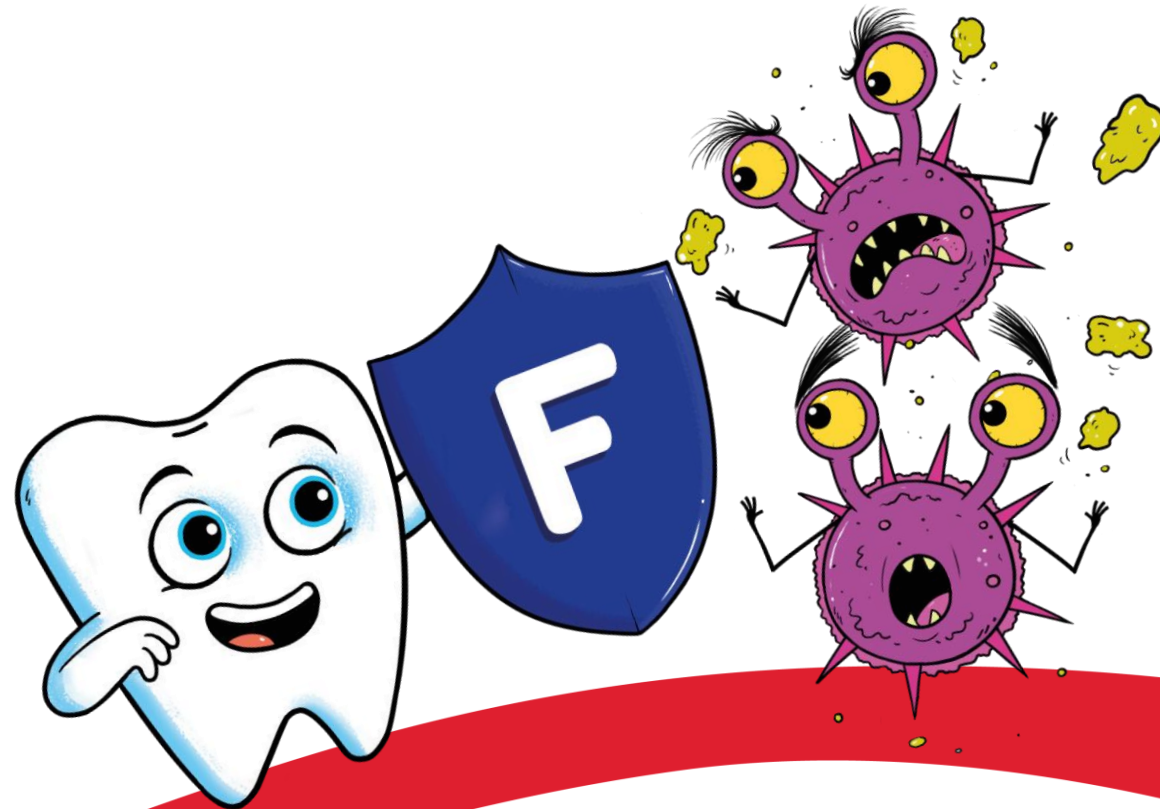


Then you can **brush away** Sugar-Bugs and keep your shining smile.



Ask a grown up to help you

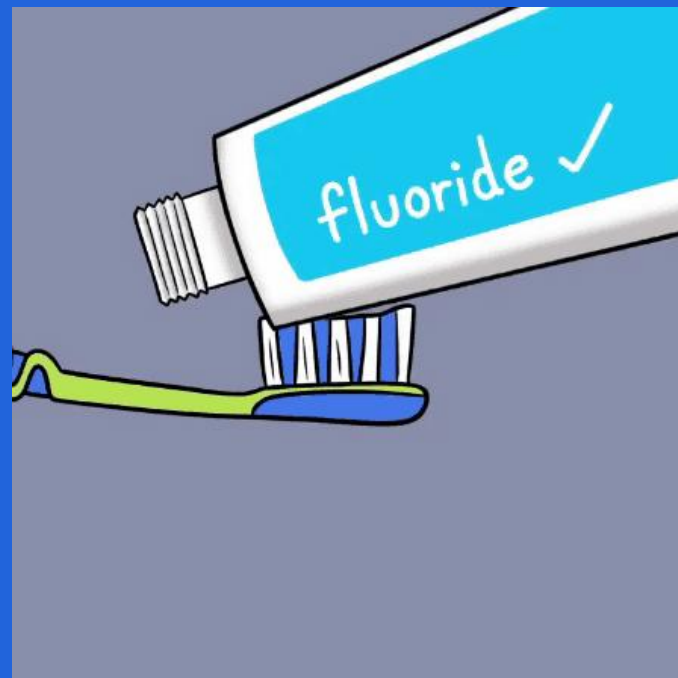
Fluoride toothpaste keeps teeth strong



How to brush teeth properly

Step 1

Pop a **pea-sized blob of toothpaste** on your brush.



Brush outside, from back to back

Step 2

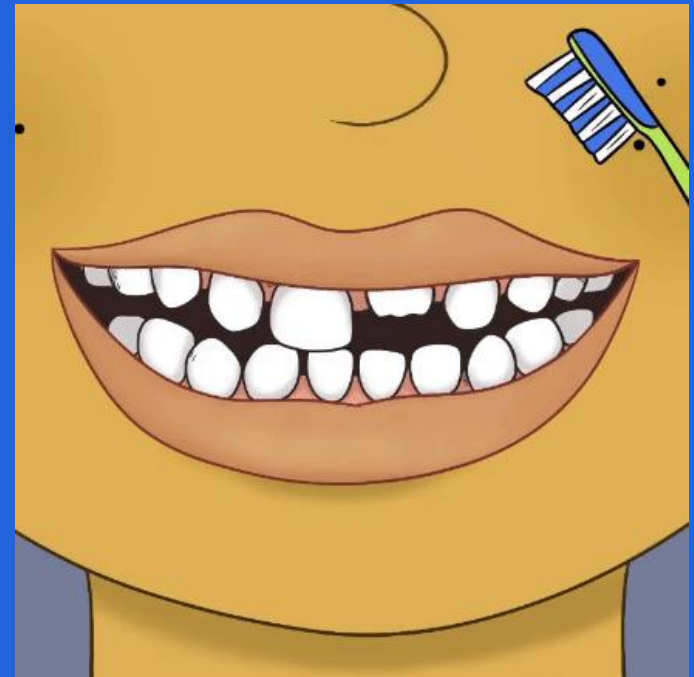
Close your teeth together.

Start at one side, at the back.

Move your toothbrush in
small circles ...

... to the back of the other side.

Go gently!



Open wide!

Step 3

Brush the tooth surfaces
that crunch.

Brush the top and bottom.

Brush the whole bunch.

Slowly does it!



Brush inside, from back to back

Step 4

Start at one side at the top and back.

Brush inside, from back to back.

Brush top and bottom, every tooth.

Brush your tongue as well!

Now the tricky part, can you copy me?



Spit, don't rinse

Step 5

Why?

Fluoride is the shield
that protects your
teeth – you don't
want to rinse it all
away!



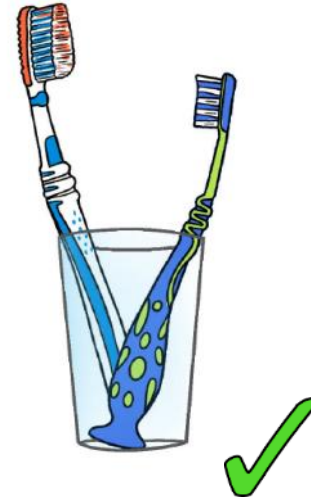
Keep your toothbrush clean

Rinse your toothbrush with water.

Let the bristles dry in the air.

Old toothbrushes don't clean well.

If yours looks tired, it's time for a new one.





**Brush when
you wake.**



**Clean and
protect** your
teeth, ready for
the day ahead.

**Brush
before bed.**



**Sugar-Bugs keep
working** through the
night.

So **shield your teeth**
with fluoride before
you fall asleep.

Introducing the Shine Bright song



**Brush when you wake,
brush before bed. (x3)**



**Look in the mirror who can I see,
shining brightly back at me?**



**Round and round, up and down,
side to side, go gently.
Brush those Sugar-Bugs away.
Come shine, shine brightly with me.**



The Shine Bright Song



Can you do the actions?





Quiz

How many can you
get right?



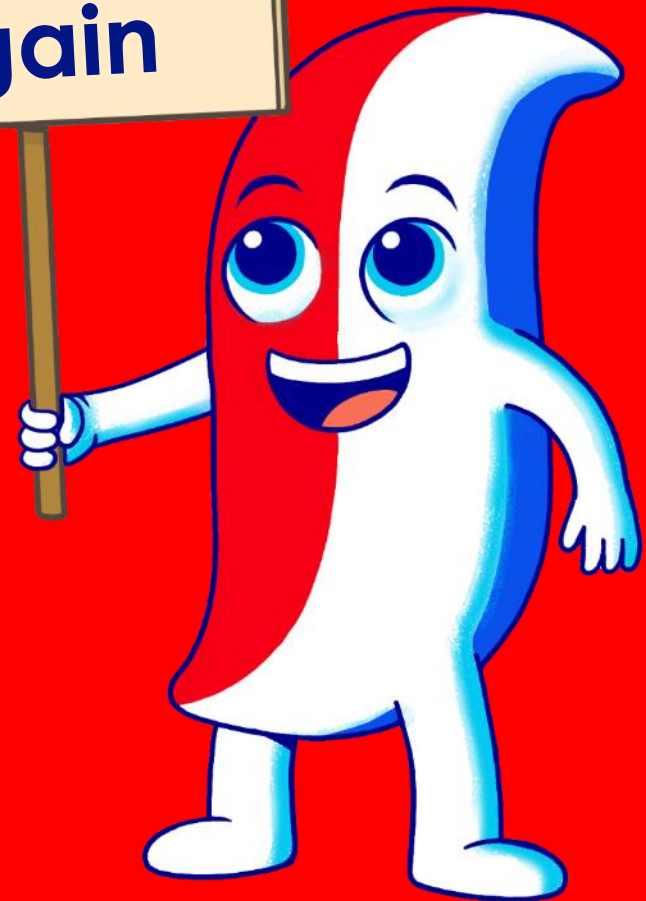
What makes cavities?

- a. Miners with pick-axes
- b. Carrots
- c. Sugar-Bugs and sugar



Uh ooh!
That's not right

Let's try
again



Perfect!
That's right!

Answer c.

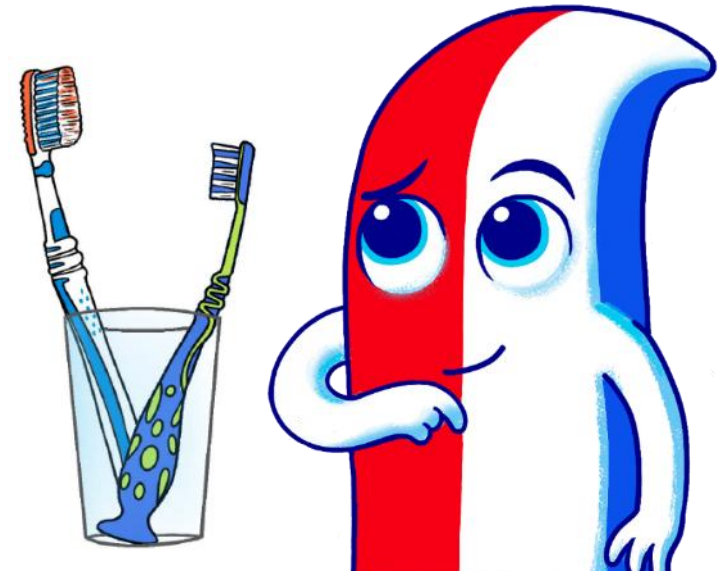
Sugar-Bugs in your
mouth use sugar to
make painful cavities



Next

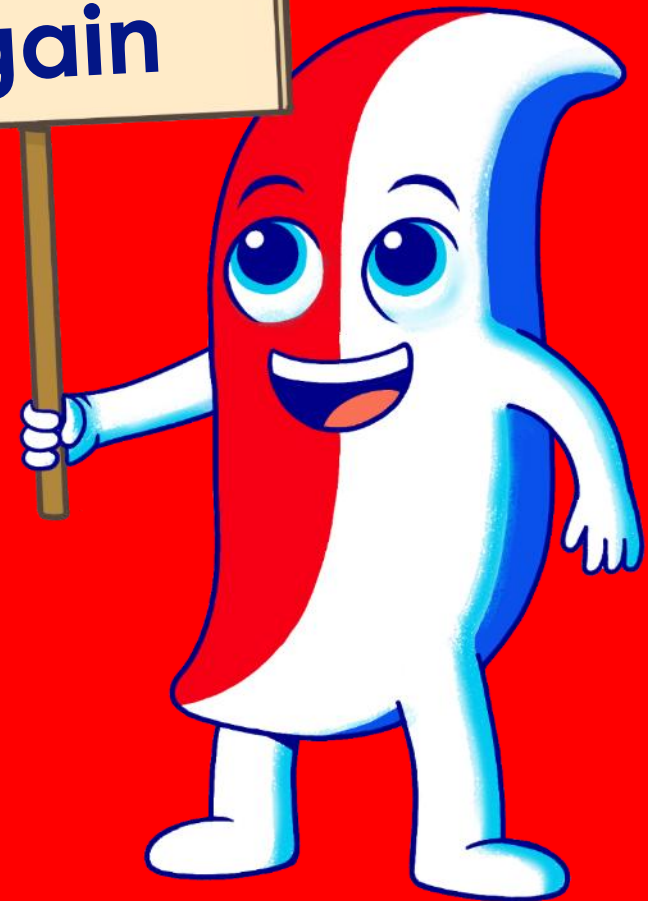
What kind of toothbrush should we use?

- a. A big hard brush
- b. A small-headed children's toothbrush with medium or soft bristles
- c. A toothbrush made from carrots



Uh ooh!
That's not right

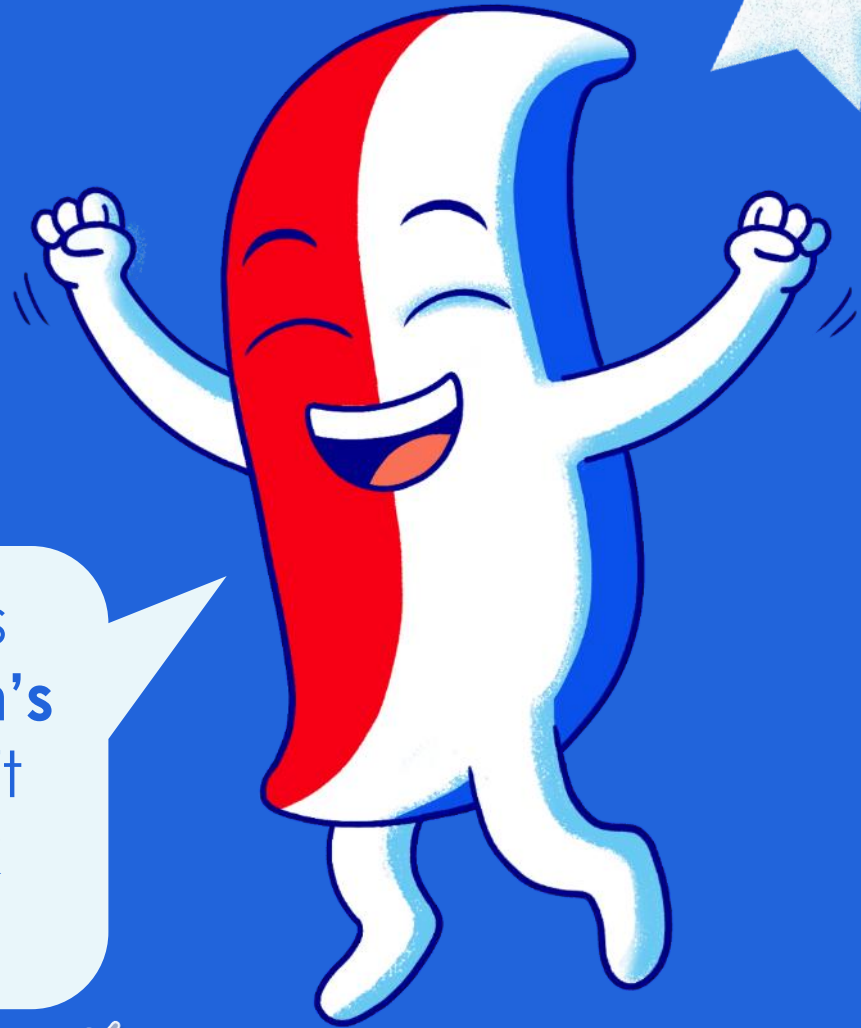
Let's try
again



Perfect! That's right!

Answer b.

Children's toothbrushes are **shaped for children's mouths**. Medium or soft bristles help you to look after your gums.

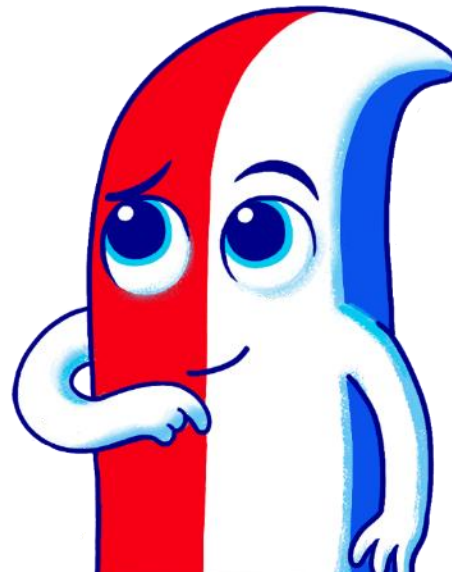


Next



What is the special ingredient in toothpaste that protects our teeth?

- a. Fluoride
- b. Four-eyes
- c. Fly-right



Oops!
Try again!



Perfect!
That's right!

Answer a.

Fluoride **helps keep our
teeth strong**

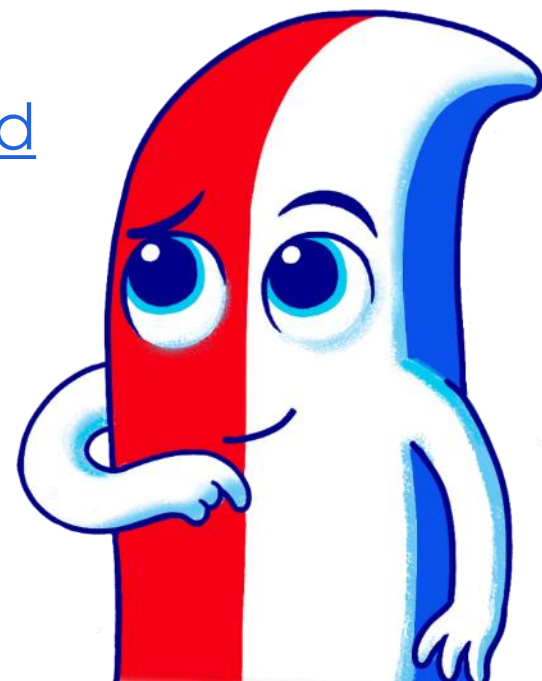


Next



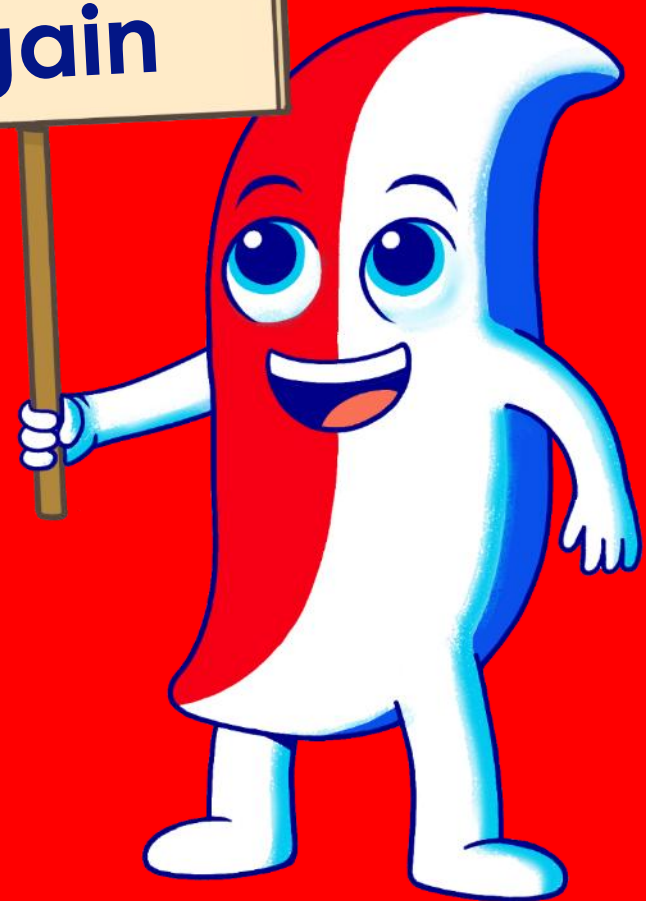
When should you brush your teeth?

- a. Whenever you feel like it
- b. On Sunday night
- c. When you wake and before bed



Uh ooh!
That's not right

Let's try
again



Perfect!
That's right!

Answer c.

Twice a day,
every day
helps keep
Sugar-Bugs away!



Next

Who is ready for the 21-day toothbrushing challenge?

Write your name on your calendar.

Take it home today.

Get a grown-up to help with your toothbrushing.

After 21 days, bring your calendar back for a celebration!



Have fun at home with the Shine Bright song

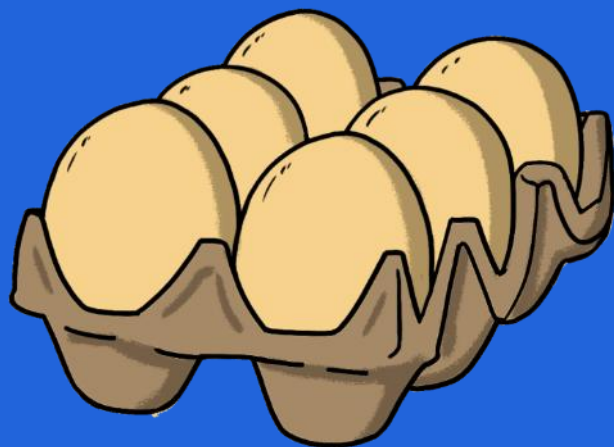


Brush DJ

Ask your parent / guardian to download the Brush DJ app

- toothbrushing timer playing 2 minutes of music
- suitable for all ages
- award-winning and FREE!
- NHS 'Delivering Better Oral Health toolkit' recommended





Next week ...
eggs-periment
time!



Amazing teeth

PSHE & Science for
pupils aged 5-7



Lesson 2

N.B. See notes
for guidance

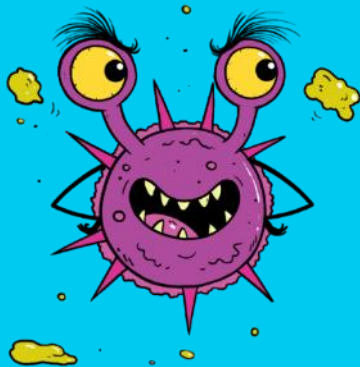
How is your toothbrushing challenge going?



2-Fee

What is easy?

What is hard?



What helps you get rid of Sugar-Bugs?



Freshy



Can you remember how to keep your smile shining bright?

Brush when you wake.



Brush before bed.



Use a **fluoride** toothpaste.



Spit,
don't rinse.



Introducing the Shine Bright song



**Brush when you wake,
brush before bed. (x3)**



**Look in the mirror who can I see,
shining brightly back at me?**



**Round and round, up and down,
side to side, go gently.
Brush those Sugar-Bugs away.
Come shine, shine brightly with me.**



The Shine Bright Song

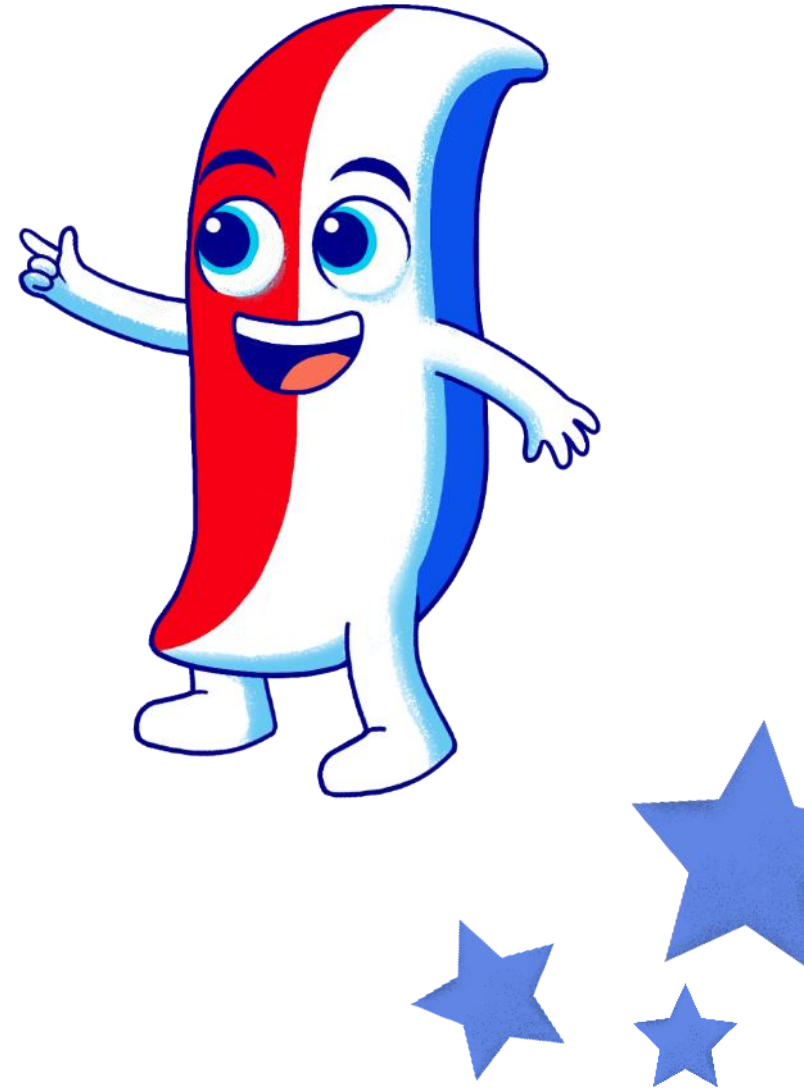


Can you do the actions?



In this lesson ...

- Milk teeth and adult teeth
- Science experiment
- Visiting the dentist
- Quiz



Wibbly wobbly teeth

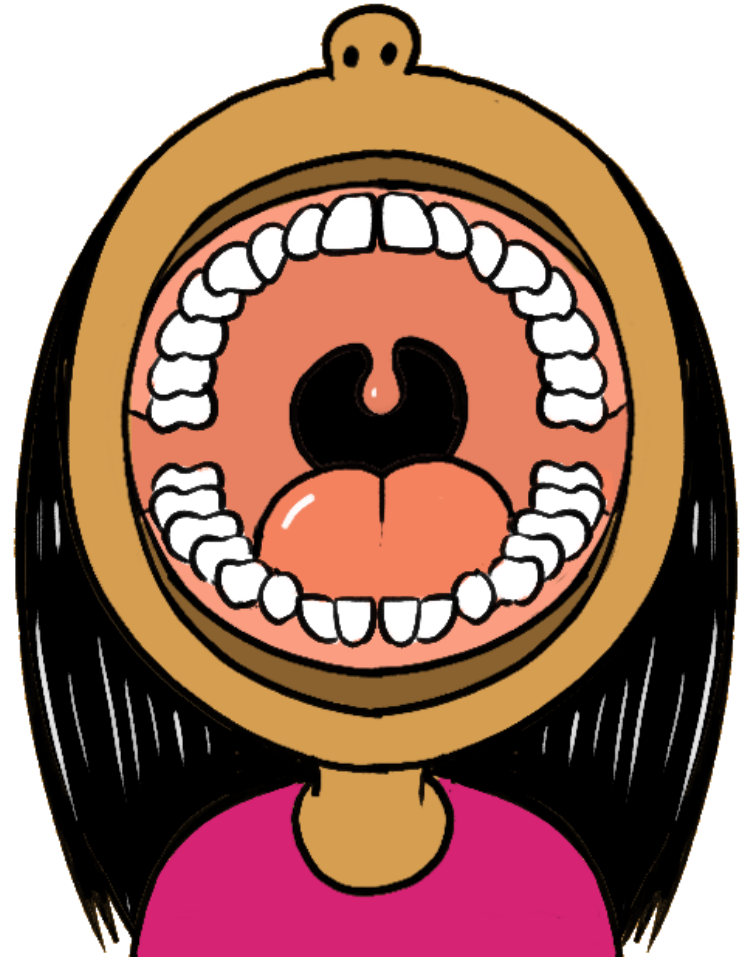
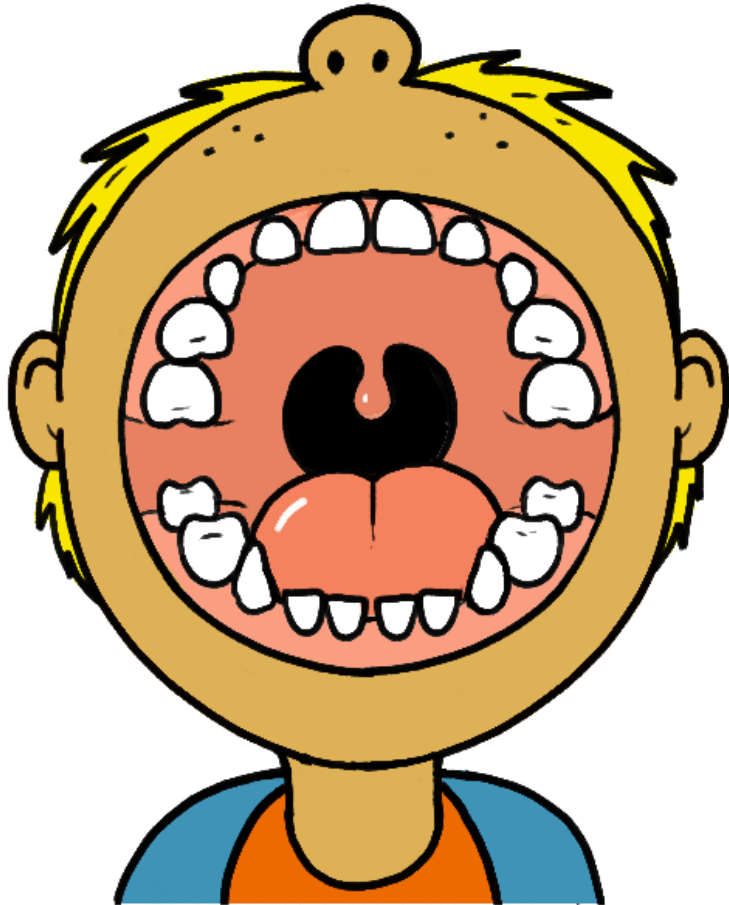


Your first set of teeth are called **milk teeth**.

As you get older, you need bigger **adult teeth**, so **your milk teeth get pushed out**, one at a time.

This is meant to happen 😊

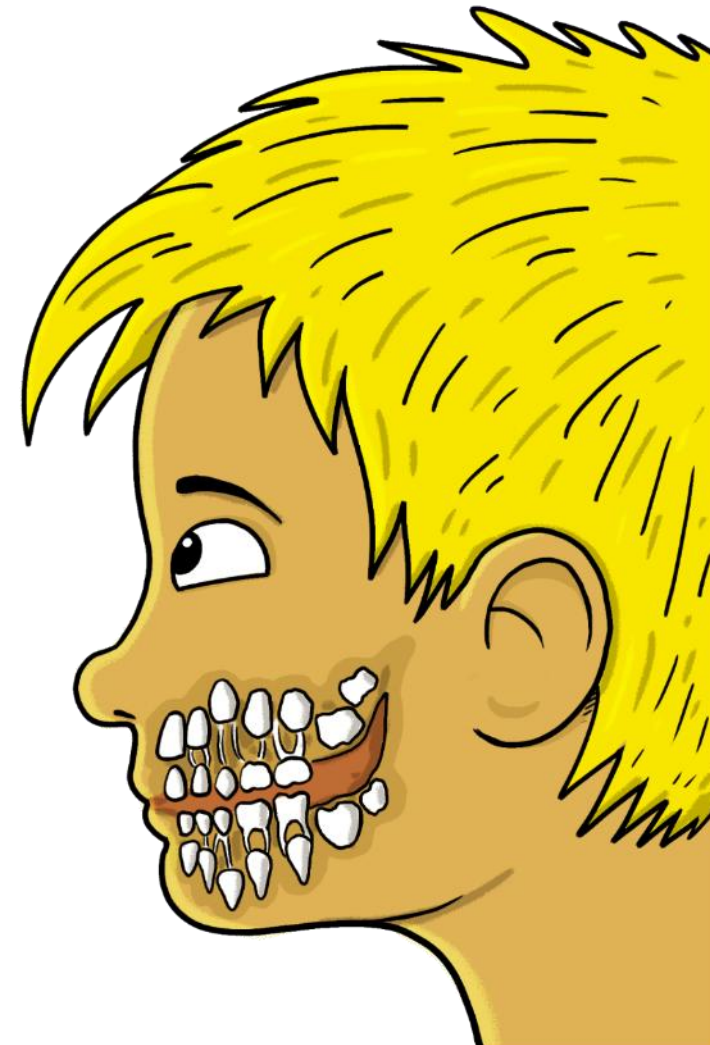
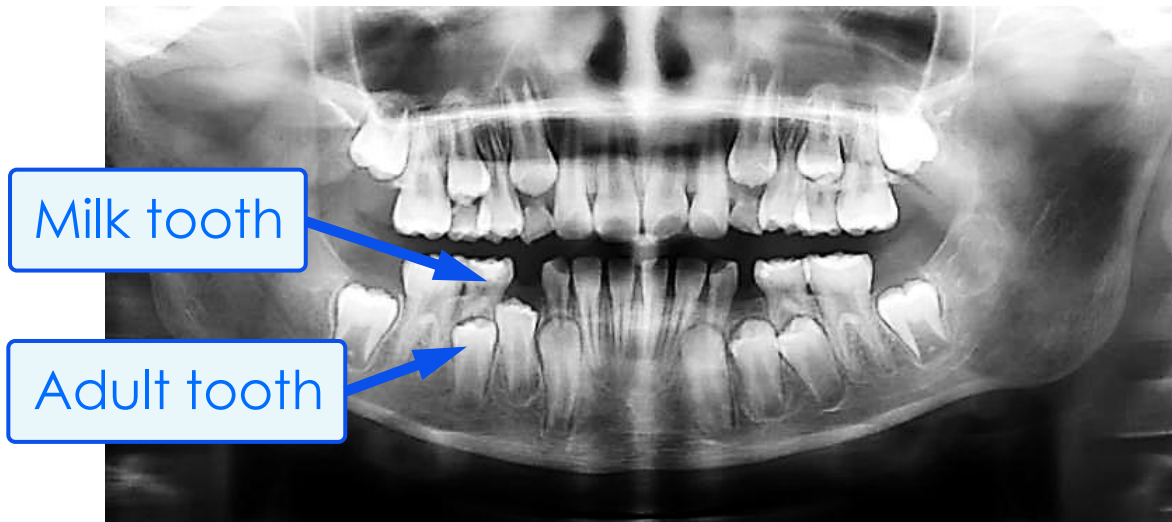
20 milk teeth, 32 adult teeth



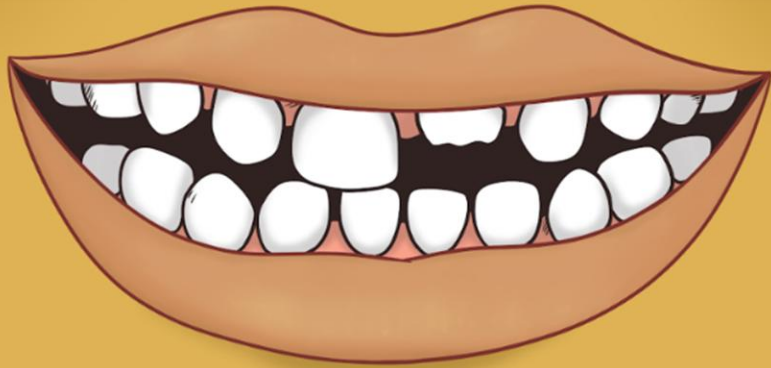
Healthy milk teeth help adult teeth grow healthily

Adult teeth start to develop in the jaws from birth!

X-rays at the dentist can see inside our jaws.



Teeth are tough



Teeth need to be tough to **bite, crunch and chew food.**

The outside is covered in **enamel, the hardest part of our bodies.**

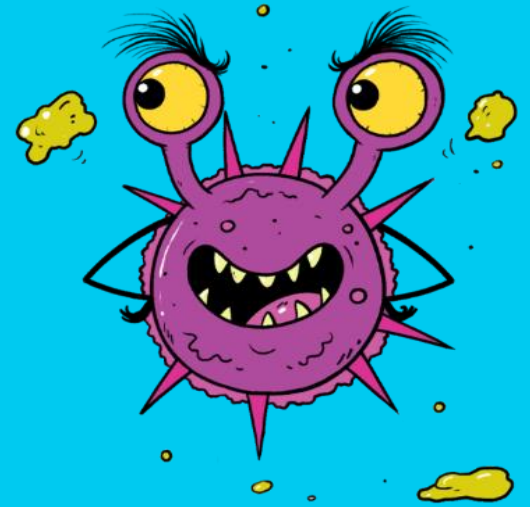
Enamel is harder than steel!



What can damage teeth?



Sugar-Bugs can cause problems. Even though teeth are tough, Sugar-Bugs can use sugar to make **painful cavities**.



Let's find out more about what damages teeth ...

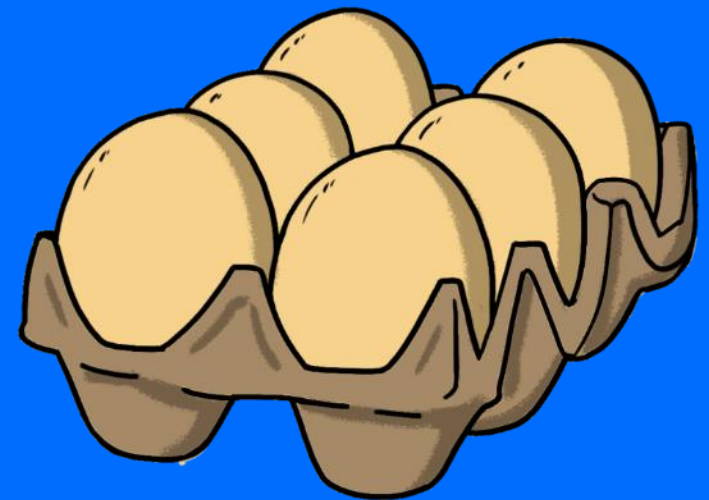
What can damage teeth?

Science eggs-periment

Look at the eggs

How do they feel?

What part of your body do
they feel like?



Science eggs-periment: learning about tooth damage

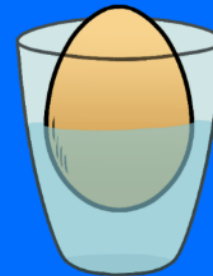
Label each glass

Put an egg in each glass

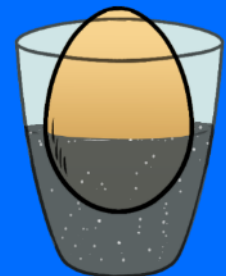
$\frac{1}{2}$ cover each egg with a liquid

Wait for 1-2 days

What do you think will happen?



Water



High-sugar cola



High-sugar
orange juice



Vinegar (acid)



Video

Eggs-periment experiment



Eggs-periment results



Water



No change



Sugary fizzy drink



Rough surface
& dirty marks



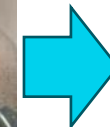
High-sugar
orange juice



Dirty marks



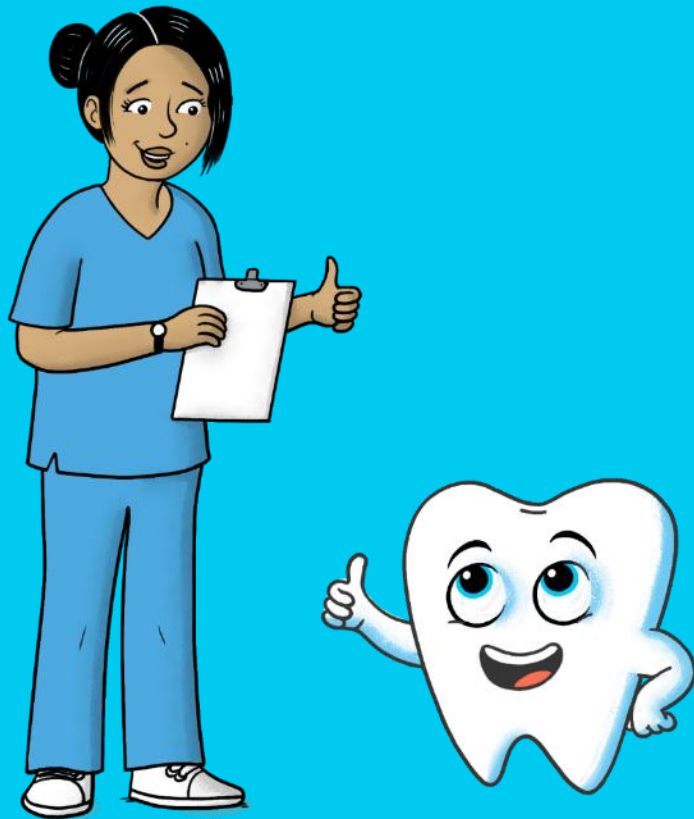
Vinegar



Dissolved eggshell

What does this tell us about why we need to care for our teeth?

Why should we visit the dentist?



Dentists are **really friendly people** who help you look after your shining smile.

They can **see things that you can't** and can **spot problems before they become serious**.

They have lots of amazing equipment to help them.

Visiting the dentist

I am a **dentist**.
I help you to keep
your teeth healthy
and clean.



I am a **dental nurse**. I help the
dentist to care for
your teeth.



I am a
receptionist.
I help book your
appointments.



The dentist's chair

This special chair can **move up and down slowly**

And can **gently tip backwards** so that the dentist can see inside your mouth



Open wide!



The dentist will look in **your mouth** to make sure everything is healthy and growing properly.

They might use special tools like this **little mirror**.

Open wide!



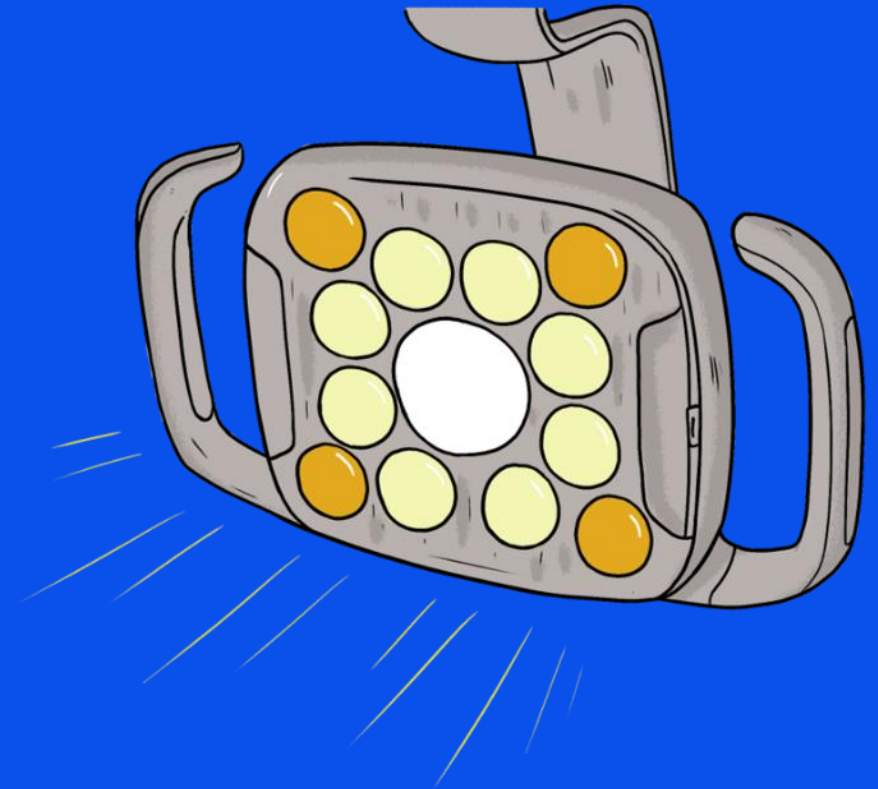
You might be asked to **wear safety glasses** to stop anything getting in your eyes.

The dentist might wear a **face mask** to stop any bad germs spreading.

Shine bright

The dentist has a very **bright light** to see your teeth clearly.

If there are any problems, **the dentist can help fix them.**



Well done! Keep
brushing and see
you in 6 months



Video

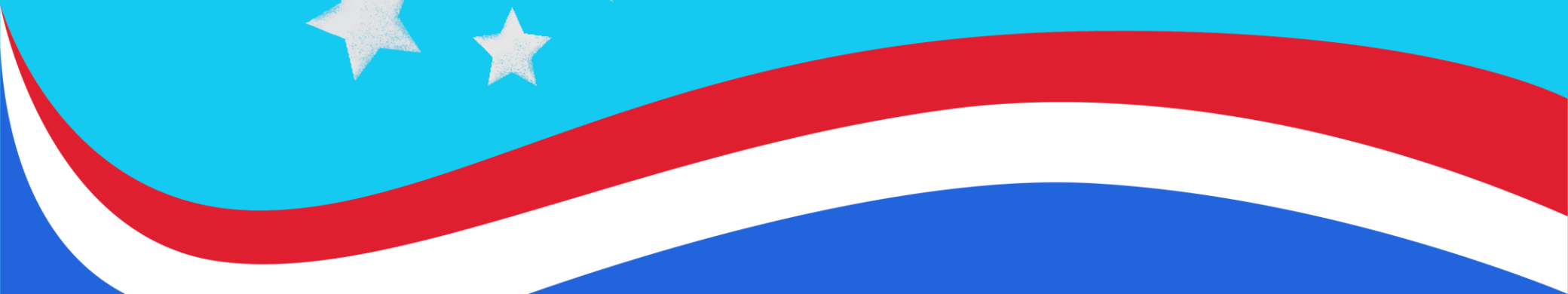
visiting the dentist





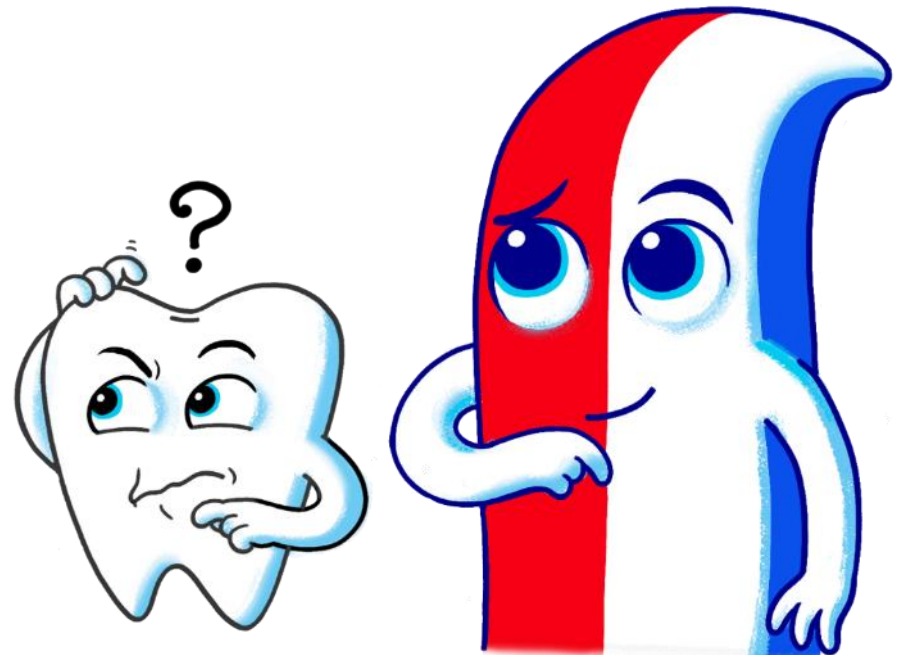
Quiz

How many can you
get right?



The enamel covering your teeth is harder than ...

- a. Finger nails
- b. Steel
- c. Bones



Super! All those answers were right!

Tooth enamel is the hardest thing in your body and is **harder than steel**, the metal that lots of bridges are made from.

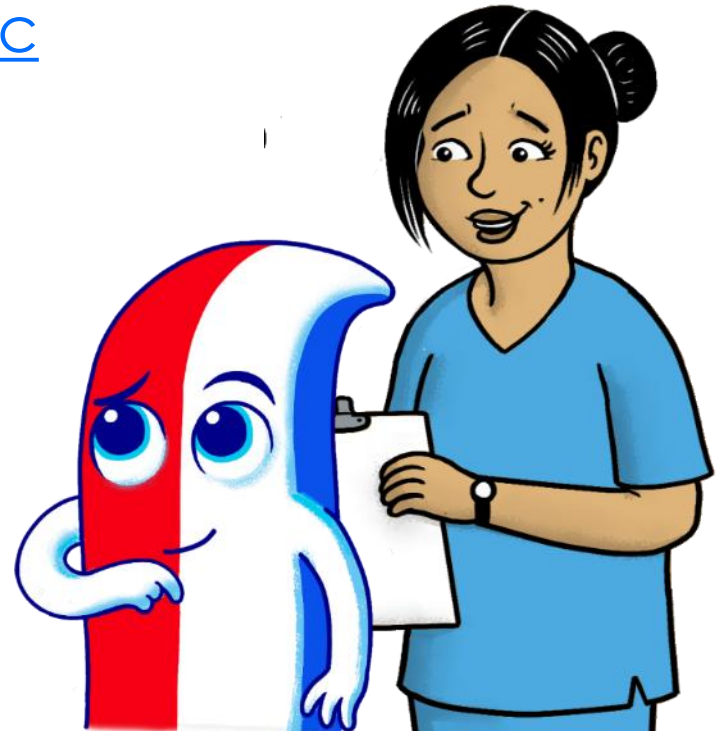
Sugar-Bugs can damage our enamel though.



Next

Dentists have great jobs because they get:

- a. to help people look after their smiles
- b. to use lots of cool scientific equipment
- c. to meet lots of people



They are all right answers!



Dentists use science to
help people keep their
teeth strong and healthy

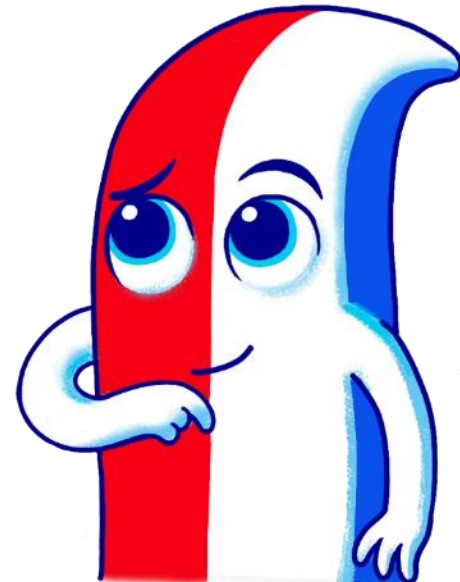


Next



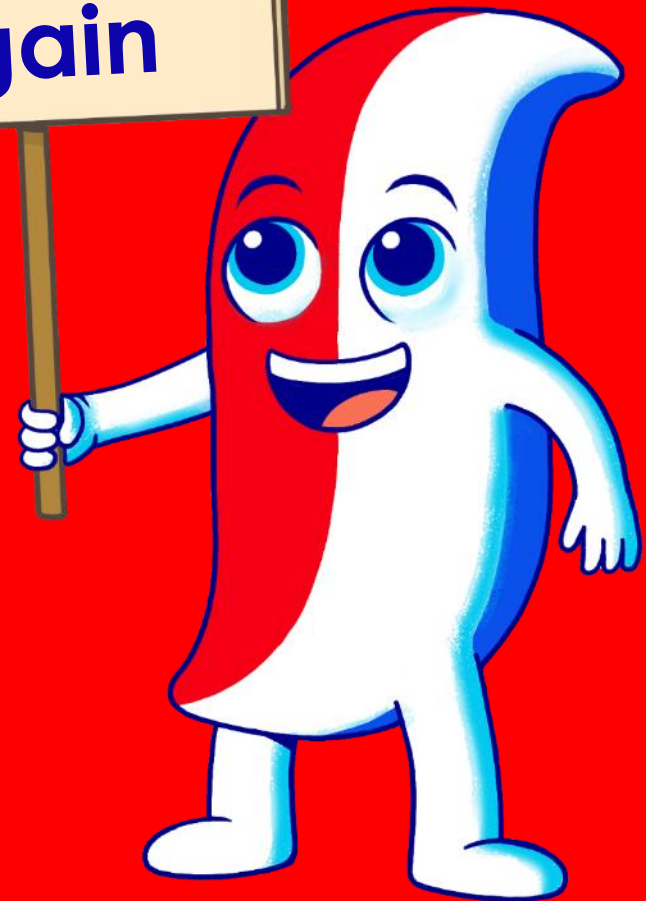
Children aged 5-7 should visit the dentist:

- a. Whenever they want to go
- b. Between 3 months and 1 year, as advised by your dentist
- c. Every week



Uh ooh!
That's not right

Let's try
again



Perfect!
That's right!

Answer b.

Dentists recommend
children should visit
regularly, to make sure
that all teeth are strong
and healthy

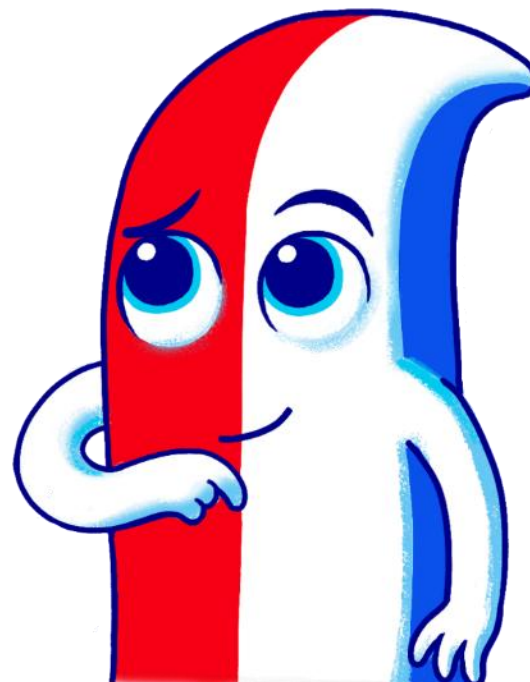


Next

**You only need to brush
the outside of your teeth**

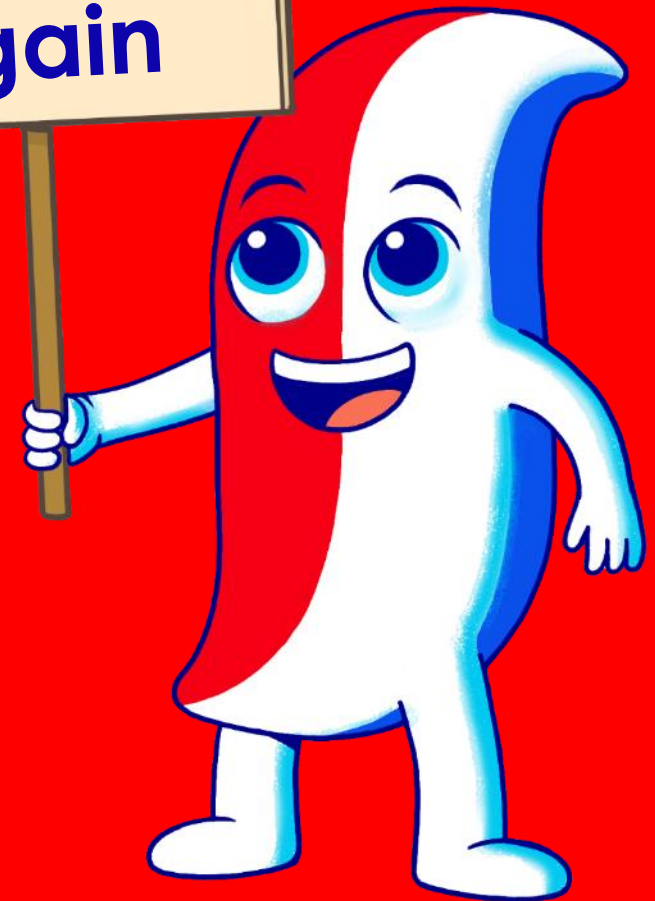
True

False



Uh ooh!
That's not right

Let's try
again




Perfect! That's right!

You need to brush **every surface of every tooth:**

- **Outside surfaces,**
from back to back
- **Inside surfaces,**
from back to back
- **Crunch zones,**
top and bottom

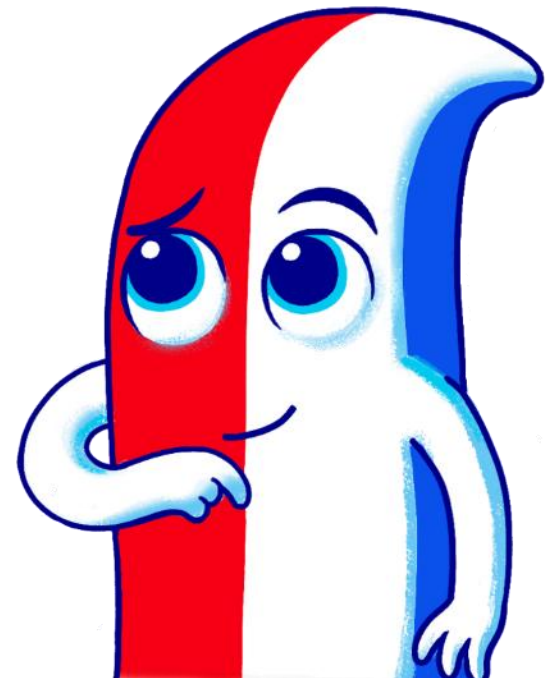
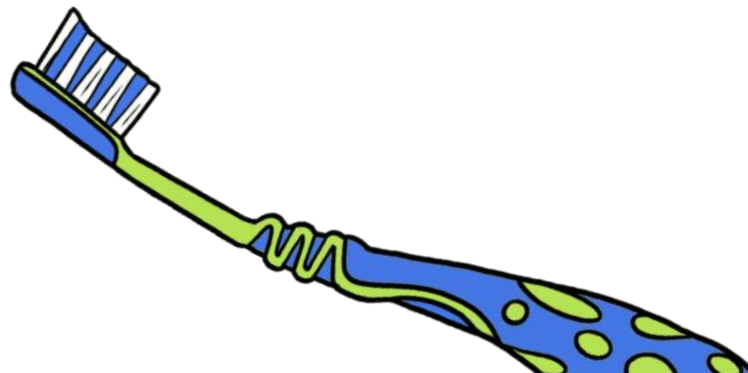


Next



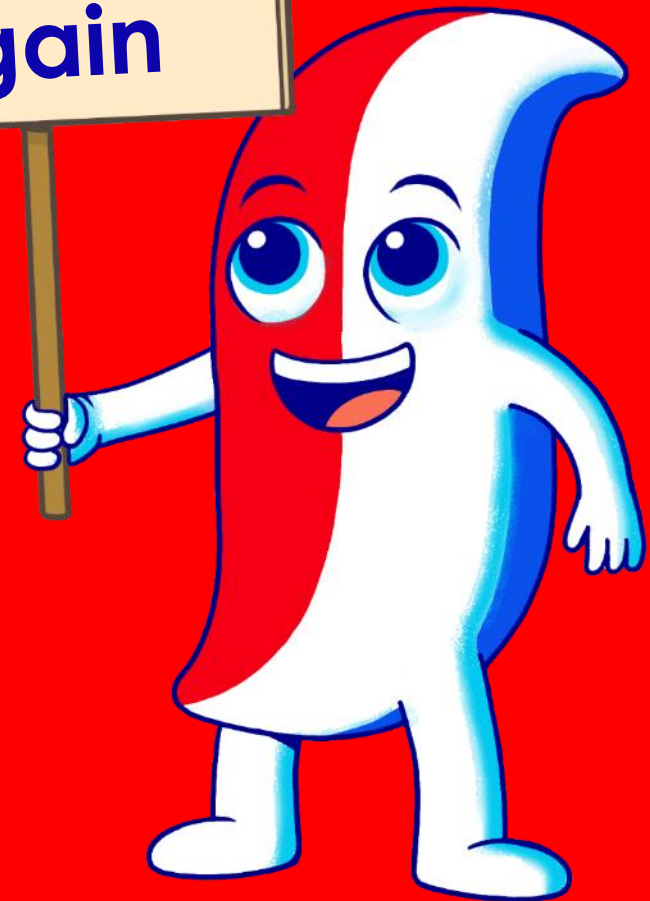
Which other parts of your mouth should you brush gently?

- a. Tongue?
- b. Throat?
- c. Gums?
- d. Lips?



Uh ooh!
That's not right

Let's try
again



Perfect!
That's right!

Answer a.
Answer c.

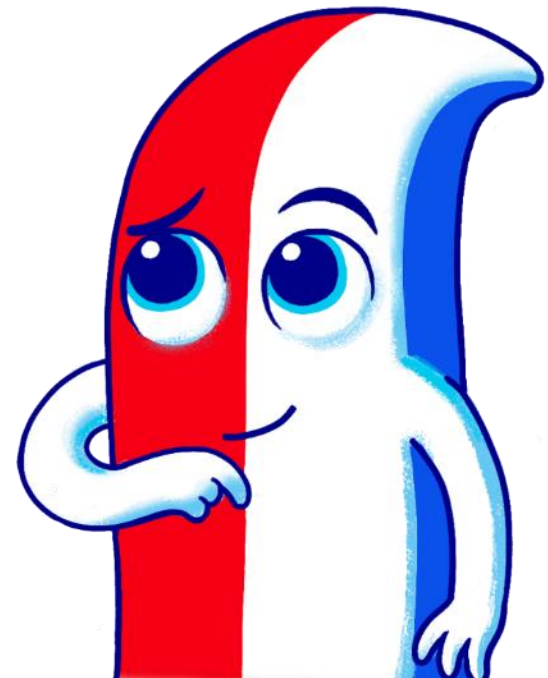
Gently brushing your
tongue and **gums** keeps
them clean and makes
your breath smell fresh



Next

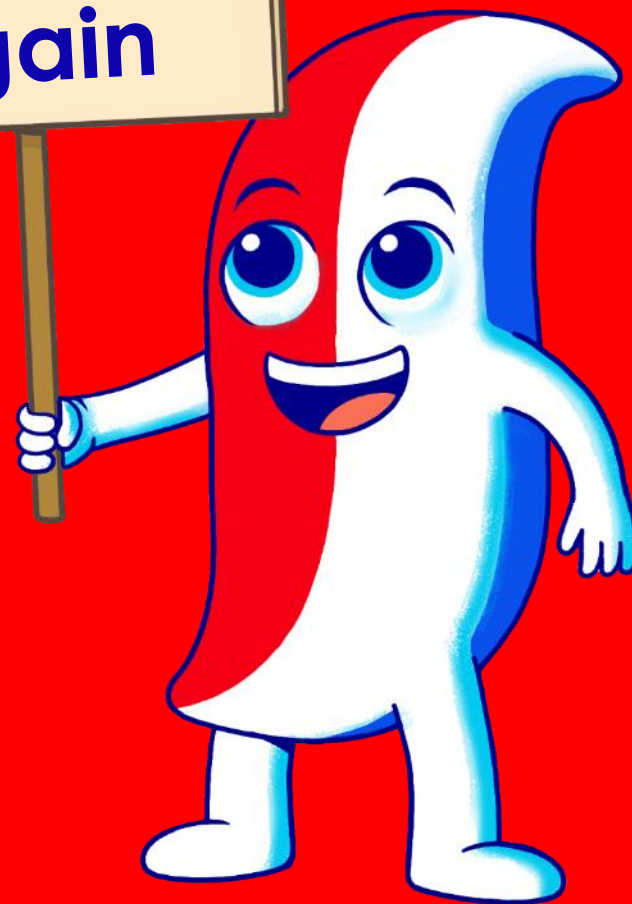
After you have brushed your teeth ...

- a. Spit out the toothpaste but don't rinse your mouth with water
- b. Swallow the toothpaste and put your toothbrush on a radiator to dry
- c. Spit out the toothpaste and swirl your mouth with water, to get rid of leftovers



Uh ooh!
That's not right

Let's try
again



Perfect!
That's right!

Answer a.

Spit, don't rinse.

Fluoride is a special ingredient in toothpaste that helps **shield** your teeth from Sugar-Bugs.

Let fluoride stay on your teeth to do its job.



Next

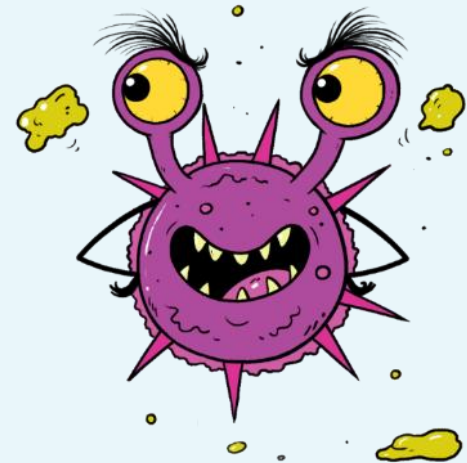
Keep your toothbrushing calendars going. And shine bright!





Next week ...
eating for tooth
health!

Until then,
keep brushing
those Sugar-
Bugs away!



Eating for tooth health

PSHE & Science for
pupils aged 5-7



Lesson 3

N.B. See notes
for guidance

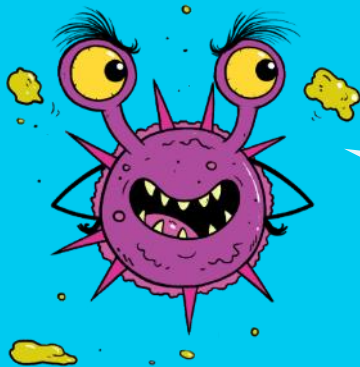
How is your toothbrushing challenge going?



2-Fee

Which tooth is hardest to clean?

Why? What could help you?



What helps get rid of Sugar-Bugs?

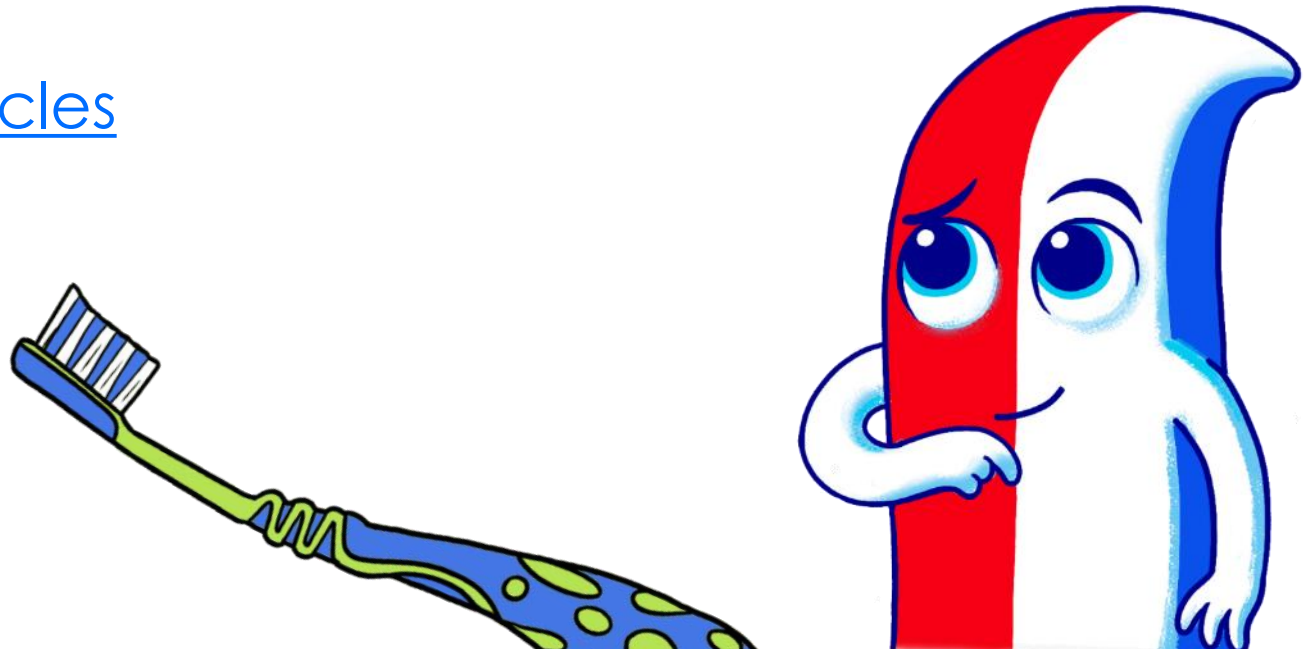


Freshy



Which brush-strokes should you use to clean your teeth?

- a. Up and down
- b. Side to side
- c. Small circles



Perfect! That's right!

You need to use **all**
the different types
of brush-strokes:
up and down, side
to side, small circles



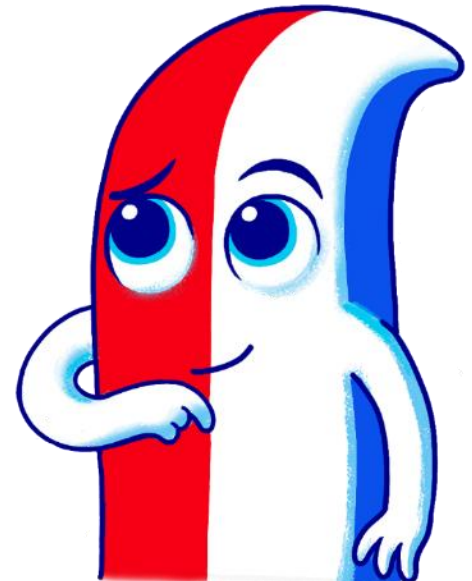
Next

What should you brush in front of, so you can see what you're doing?

a. A cuddly toy

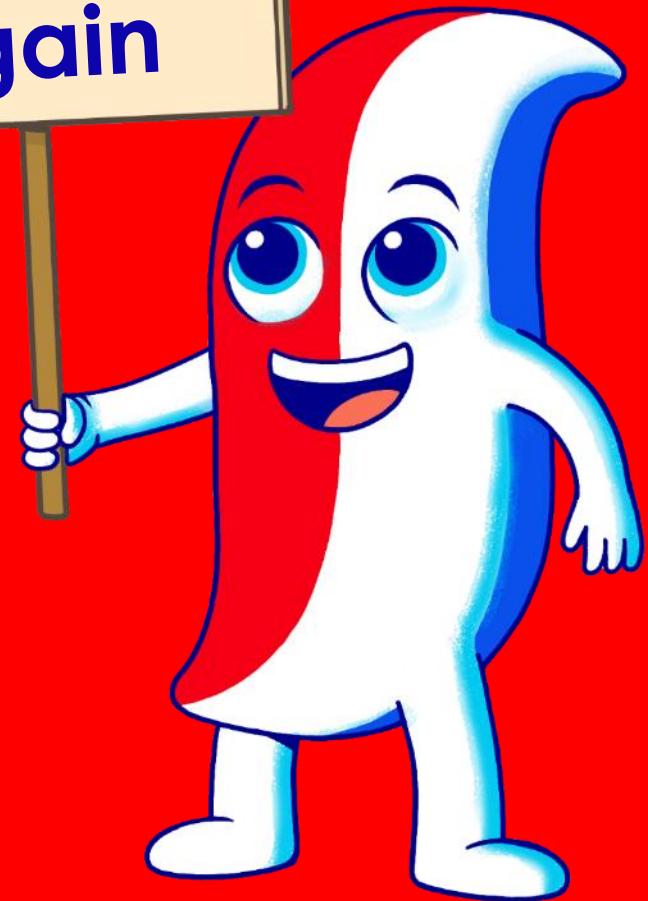
b. A mirror

c. A cat



Uh ooh!
That's not right

Let's try
again



Perfect!
That's right!

Answer b.

Brush in front of a **mirror**
so you can see what
you're doing and make
sure that **every tooth**
gets cleaned.



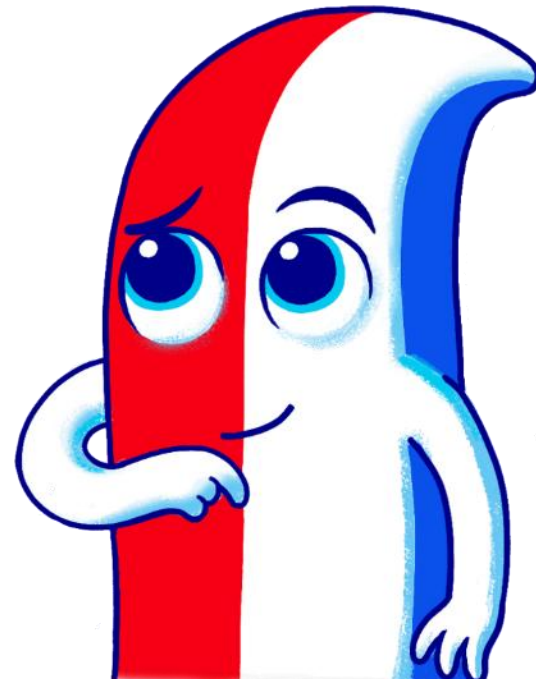
Next



**The harder you brush, the
more you'll protect your teeth**

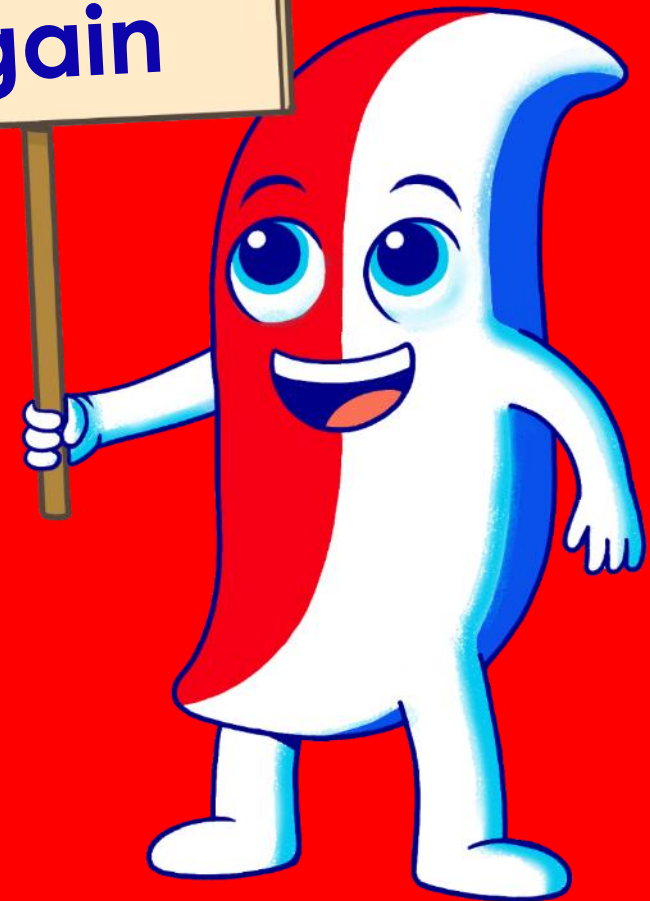
True

False



Uh ooh!
That's not right

Let's try
again



Right answer!

That was false

Brushing too hard can damage your **gums**.

Gums help to **protect your teeth**.



Next

The Shine Bright Song

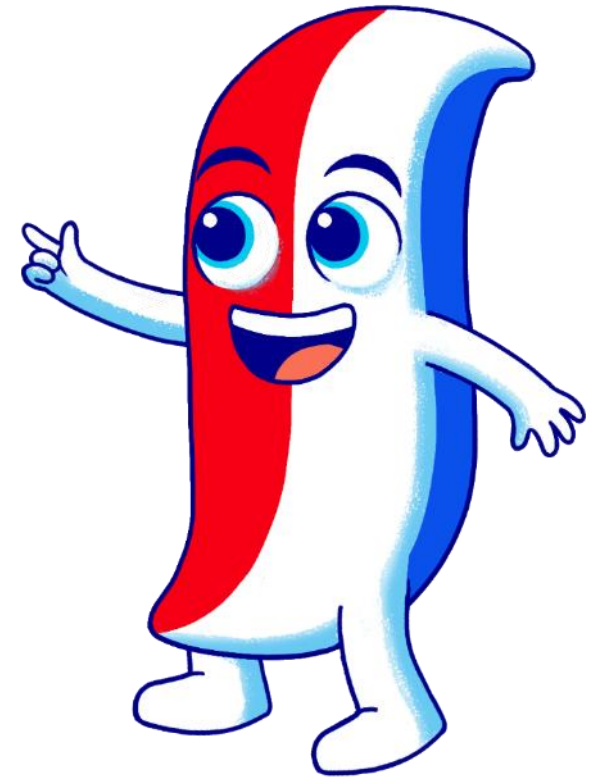


Can you do the actions?



In this lesson ...

- Eating for tooth health.
- Hunt the hidden sugar.
- Make a story.
- Design a sticker.
- Pinky promise.

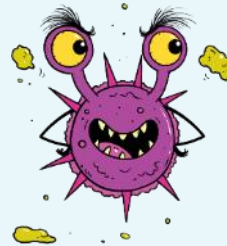


What happens in your mouth when you eat and drink?

Spit / saliva gets squirted in your mouth, from your **cheeks** and **under your**

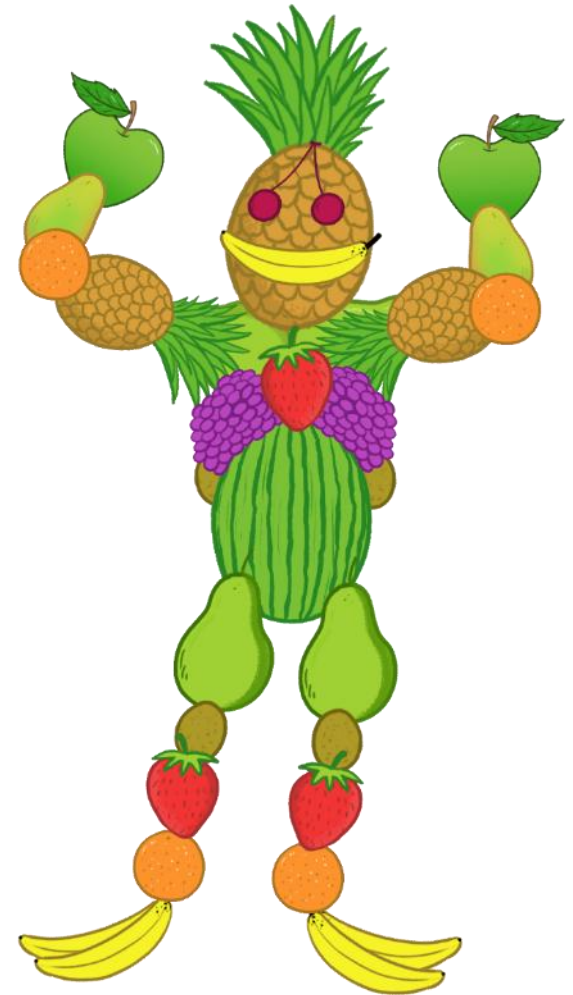
Food gets chewed then swallowed.

Some bits of food **get stuck** between your teeth. **Sticky food sticks** to your teeth.



Sugar-Bugs use **sugar in your food** to damage your teeth.

**Can you think
of any foods
we need to eat
to keep our teeth
and bodies healthy?**



Eating different foods helps our teeth and bodies stay healthy

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

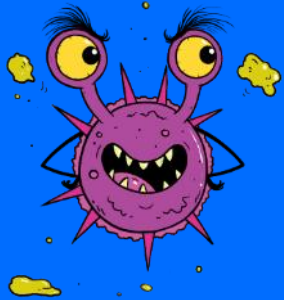
See notes for Eatwell Guides for alternative diets

Video

How much sugar hides in different foods?



3 meals a day is better for teeth than lots of snacks



Sugary snacking and drinking between meals keeps feeding Sugar-Bugs on our teeth. Eeek!

If you really want sugary foods and drinks, try to have them at **meal-times**, not snack-times.

If you do snack, try to choose **healthy options** and drink water or milk to help **wash away** any sugar.





**What top tips can
you think of to
protect your teeth
from hidden sugar?**

**Stop / reduce eating and
drinking sugary snacks**

**Only eat sugary food at
meal-times**

**Brush when you wake.
Brush before bed.**

Activity

Make a story



1. One day, Lily woke up feeling sad.

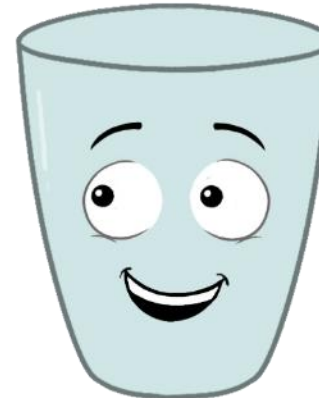
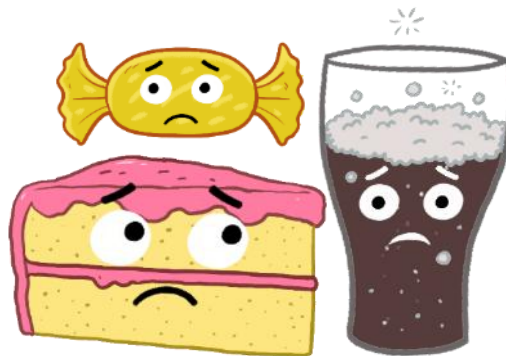
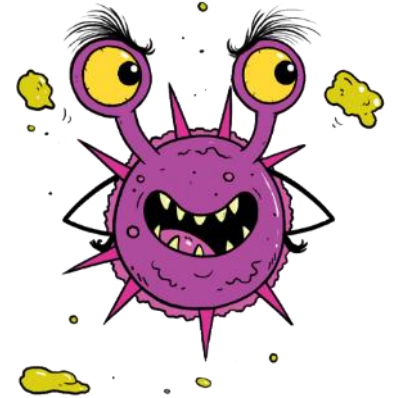
2. When she licked her tongue over her teeth, they felt strange and rough.

3. Then she remembered she had not brushed her teeth last night! Eeek!

What happened yesterday?
What will happen today?



Make a story activity



Design a sticker



Thinking about what you have learnt, what would you like to **see on a sticker?**

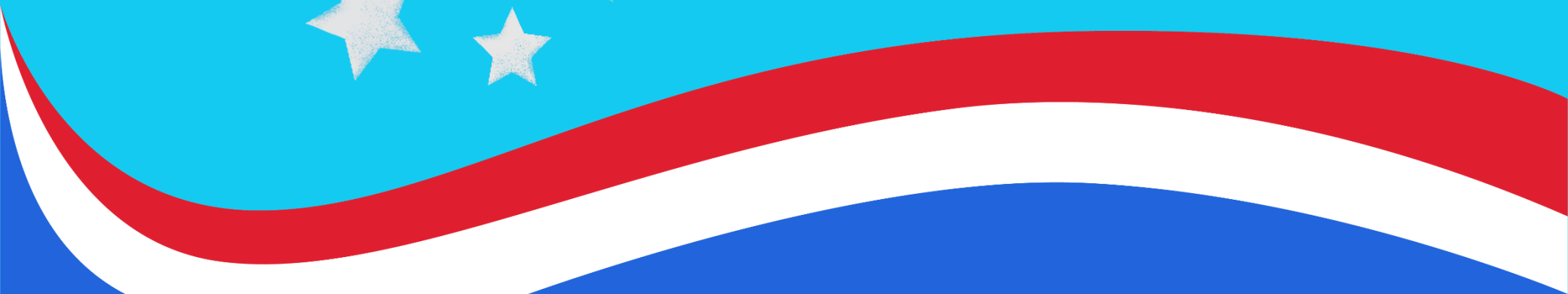
What is your **message?**
Keep it simple and clear.





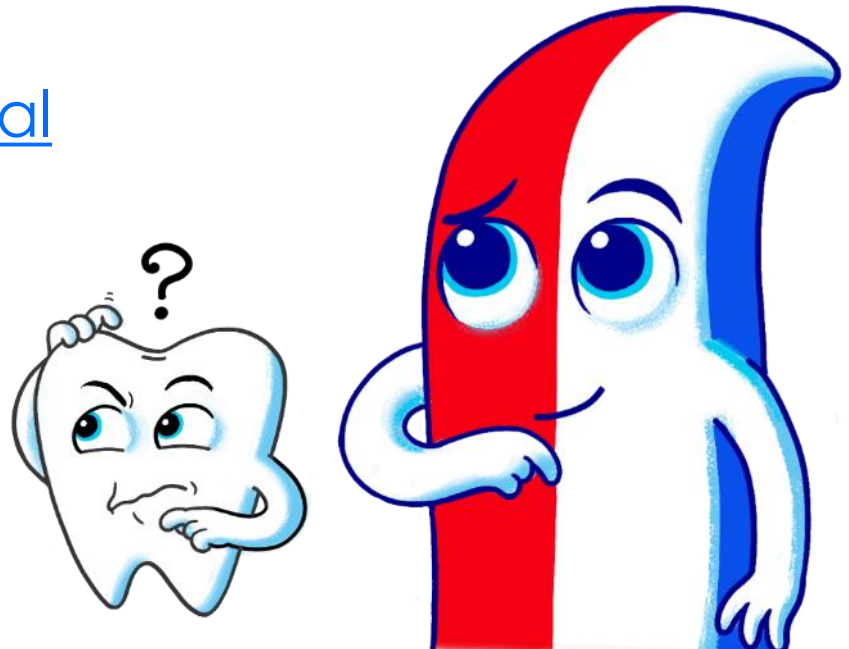
Quiz

How many can you
get right?



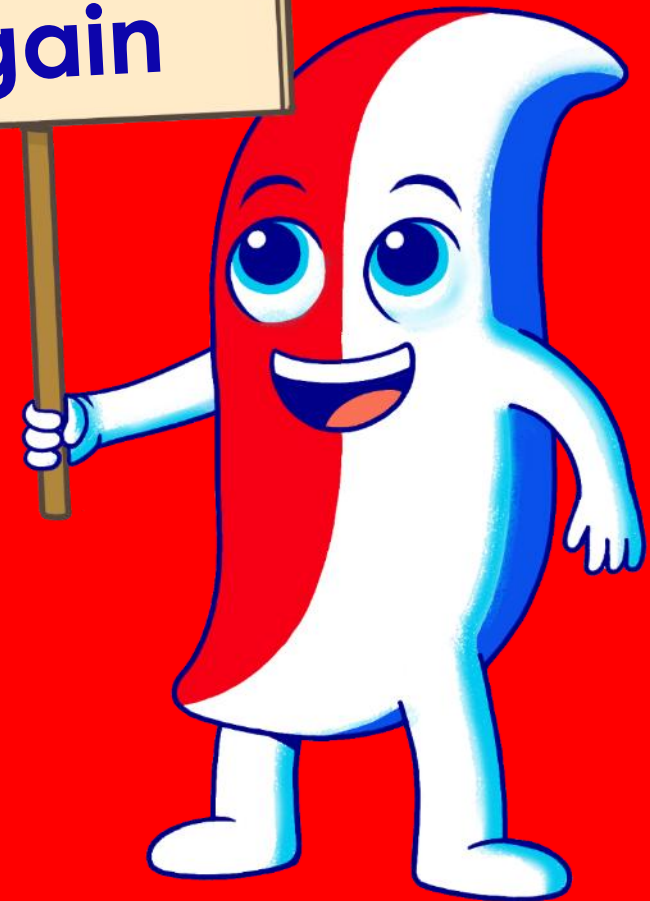
What is a good breakfast for your teeth?

- a. Honey-rich flakes cereal
- b. Plain wheat biscuit cereal
- c. Choco-frost cereal



Uh ooh!
That's not right

Let's try
again



Perfect! That's right!

Answer b.

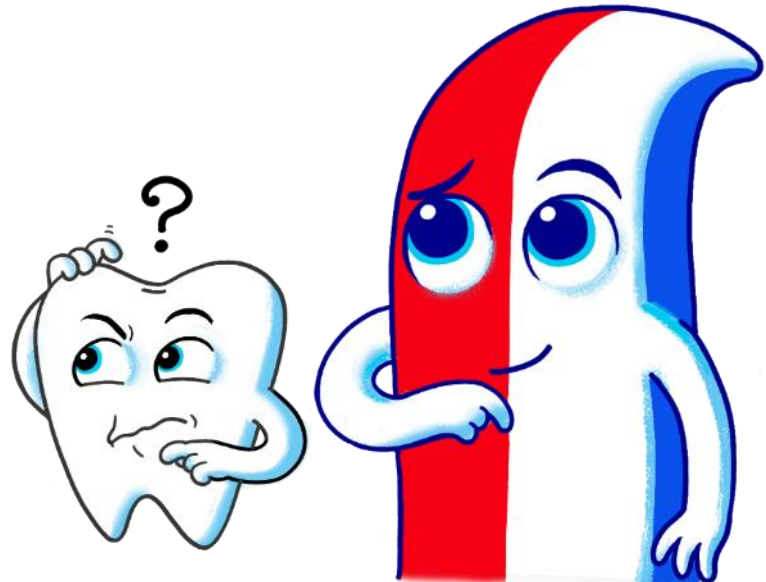
Many breakfast cereals contain lots of sugar. The best choices for healthy teeth are foods with **no sugar** or **low-added sugar** like wheat biscuit cereal.



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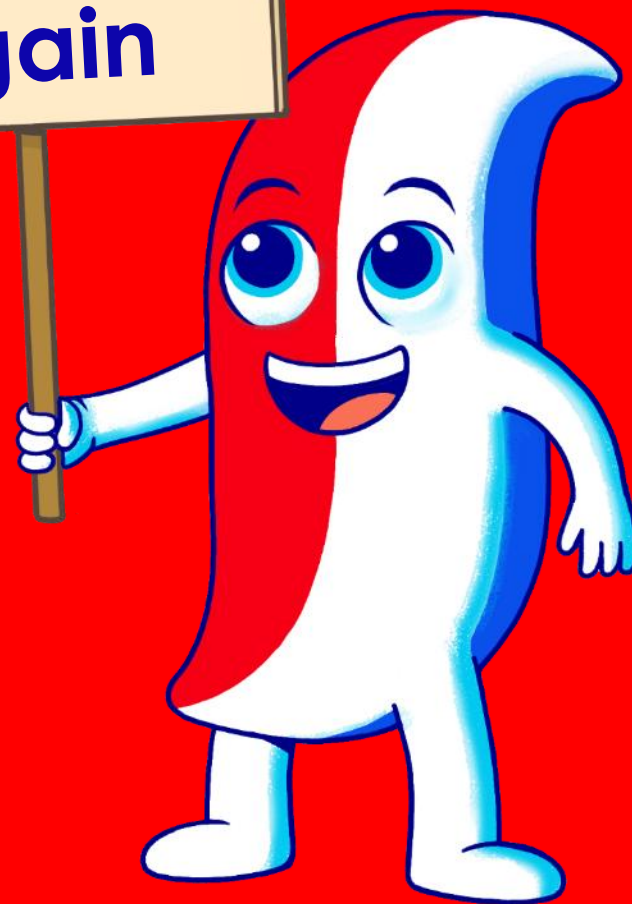
What would your teeth like you to eat at snack time?

- a. Chocolate bar
- b. Caramel cookie
- c. Carrot stick



Uh ooh!
That's not right

Let's try
again



Perfect!
That's right!

Answer c.

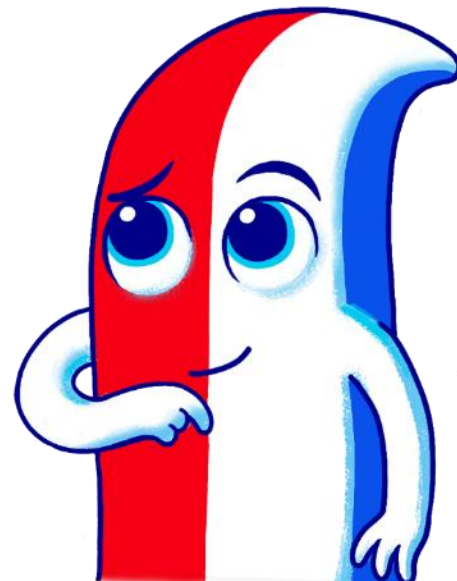
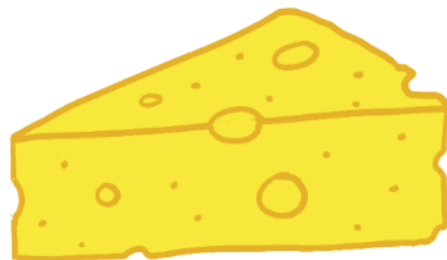
Fresh veg or fruit are
healthy choices for
your teeth!



Next

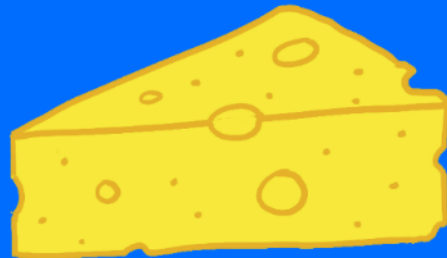
Why is cheese so great for our teeth?

- a. Sugar-Bugs can't use cheese to damage our teeth
- b. Cheese contains things that help strengthen teeth and bones
- c. Chewing cheese helps make protective saliva



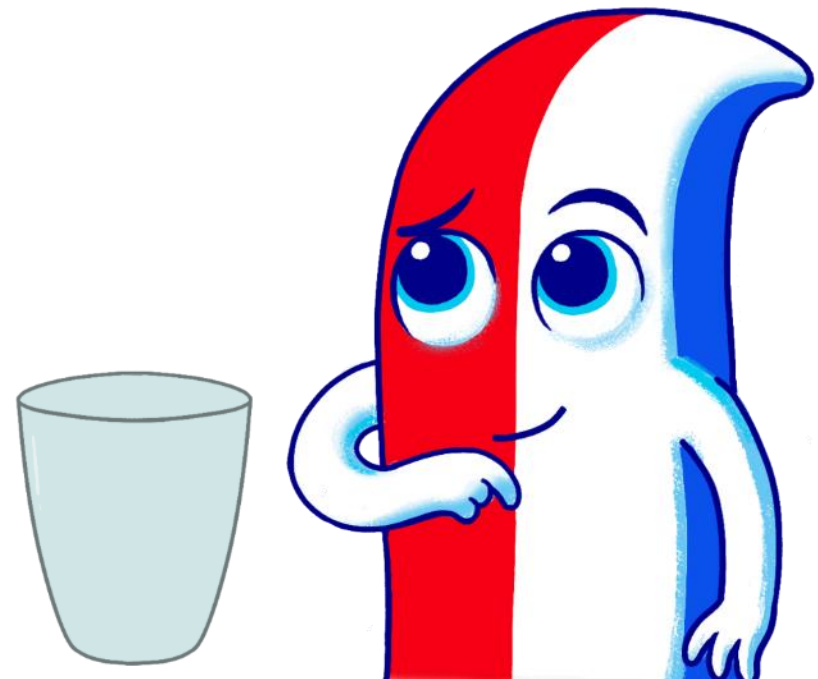
Super! All those answers were right!

As far as teeth are concerned, cheese is a wonder food.



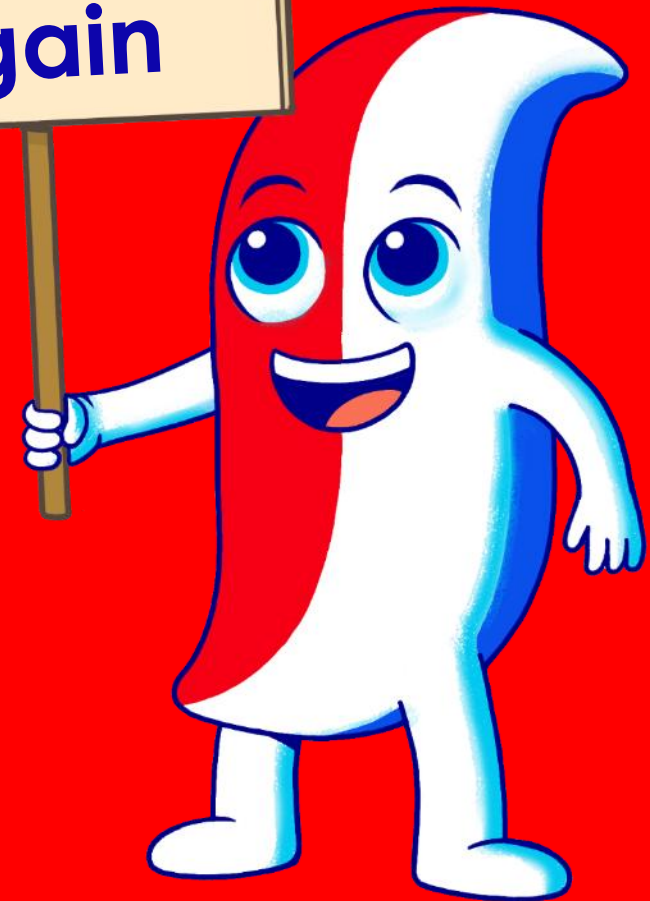
What would your teeth like you to drink?

- a. High-sugar fizzy drink
- b. Orange juice
- c. Water



Uh ooh!
That's not right

Let's try
again



Perfect!
That's right!

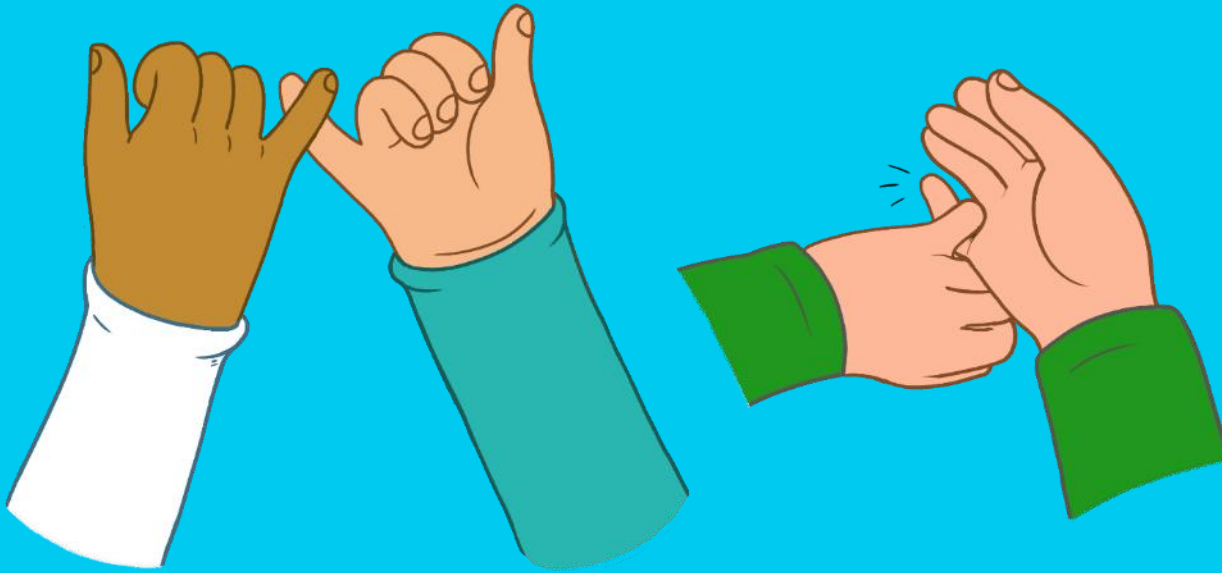
Answer c.

Water (and
semi-skimmed milk) are
both great choices.



Next

Let's make a pinky promise



What does '**promise**' mean?



Pinky promise



I promise

Pinky promise



to brush
my teeth

Up and down
brushing action



all my teeth

Wipe index fingers across outside
of mouth, from left to right



twice a day.

Hold up a finger on
each hand



Brush when
I wake.

Big wide stretch above head



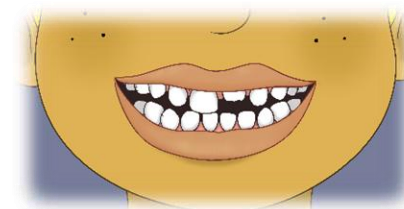
Brush before
bed.

Rest head on 2 hands



Get rid of
Sugar-Bugs,

Shoo away!

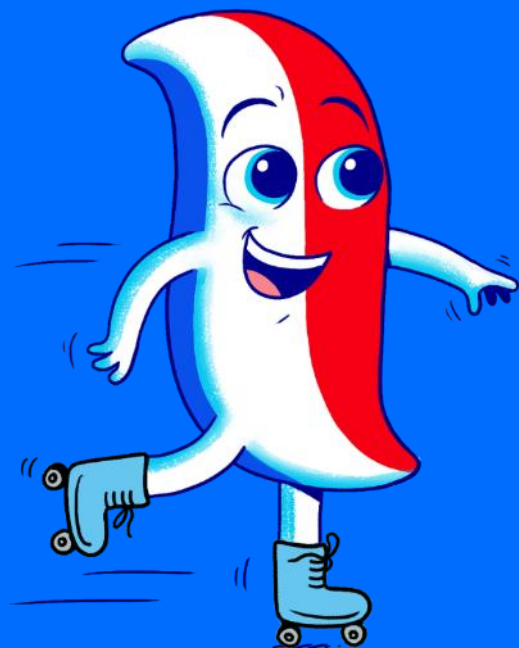


protect my
smile!

Point to huge smile

Keep your toothbrushing calendars going. And shine bright!





**Bring your
calendar back
next week ...
for a certificate!**

Until then,
keep brushing
those Sugar-
Bugs away!

