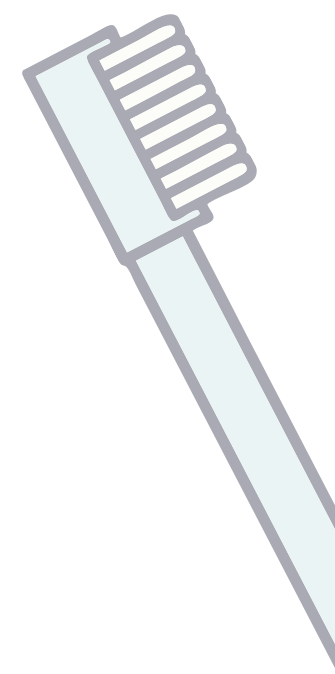
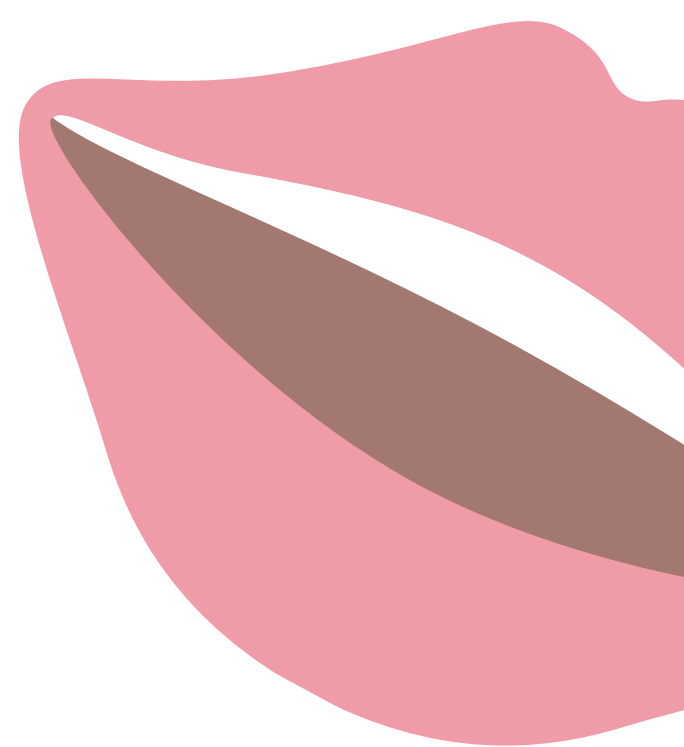


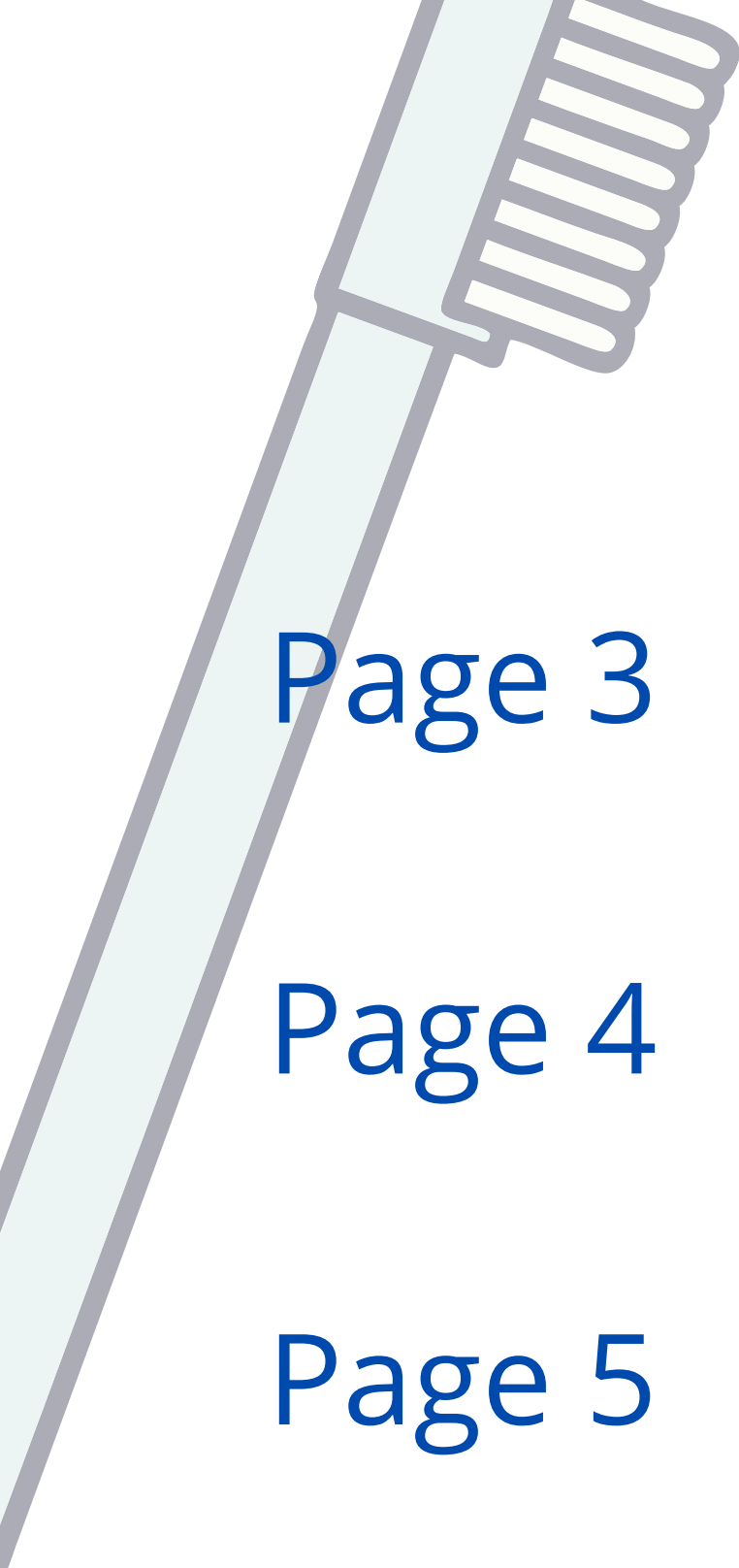


# **ORAL HEALTH IMPROVEMENT TEAM**

# **Oral Health for Children**

## **Work sheets**





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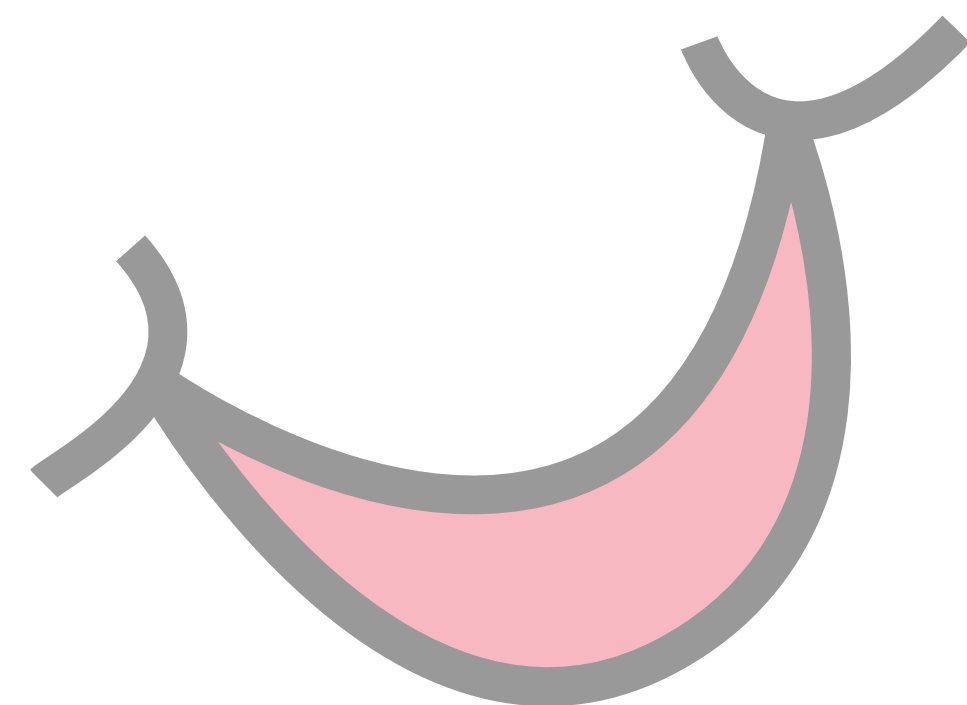
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# Introduction

The most significant oral disease for children and young people is tooth decay (dental caries). Tooth decay is a preventable disease and the risk factors are poor oral hygiene and poor diet.

For children tooth decay has both physical and psychological effects. When severe, tooth decay will cause children to experience pain, disfigurement, infections, difficulty eating, sleep deprivation and days off school. It can also affect nutritional intake and weight gain in very young children and can negatively affect school readiness.

**We are all in a position to help prevent this disease.**

Attached are some worksheets which link with our Oral Health video's, you can access these videos here:

<https://youtu.be/p0IQciKRmqU> - Brushing

<https://youtu.be/cX4rS3Lw3A0> - Healthy and unhealthy foods

[https://youtu.be/0tpVqOW2h\\_w](https://youtu.be/0tpVqOW2h_w) - Visiting the dentist

After watching each video, use the work sheets to support further learning with the children.

The EY/SEND/KS1 worksheets are for guided teacher sessions

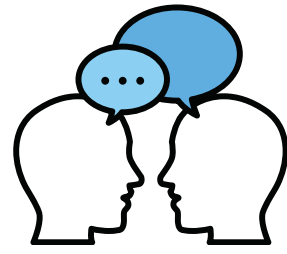


# Brushing Teeth

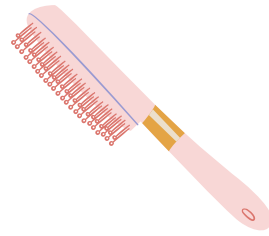
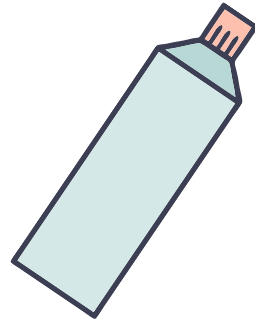
EY/SEND/KS1



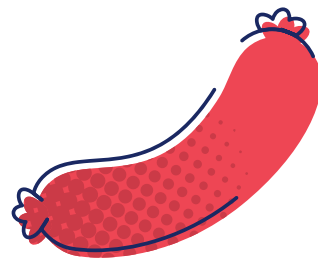
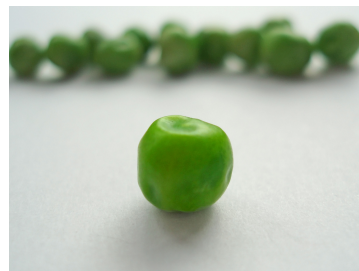
1. What do we need our teeth for?



2. What do we use to look after our teeth?



3. How much toothpaste should we put on our brush?



4. How many minutes should we brush our teeth for?



5. How many times a day should we brush our teeth?



6. What should we do with all the bubbles in our mouth after brushing?



7. What could help you brush your teeth for 2 minutes?

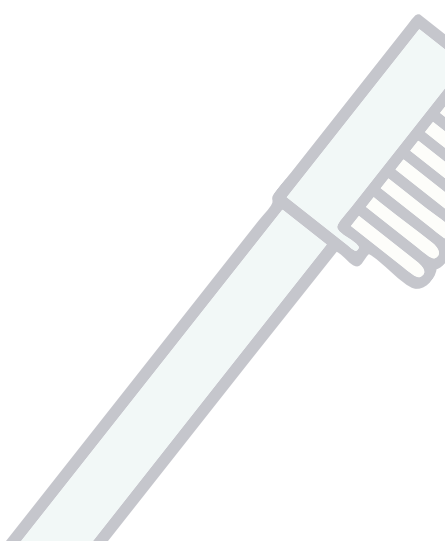


# Brushing Teeth

Lower KS2



1. What do we need our teeth for?
2. What do we use to look after our teeth?
3. How much toothpaste should we put on our brush?
4. How many minutes should we brush our teeth for?
5. How many times a day should we brush our teeth?
6. What should we do with all the bubbles in our mouth after brushing?
7. What could help you brush your teeth for 2 minutes?
8. What is the special ingredient in toothpaste that helps makes our teeth strong?



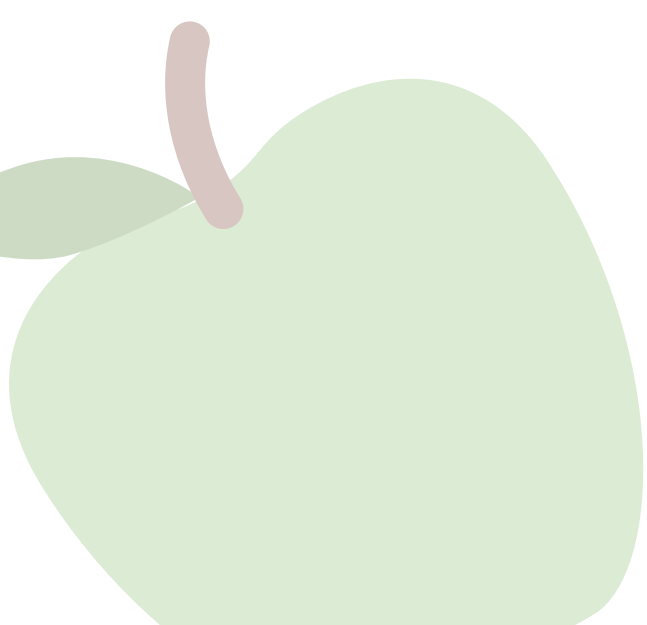
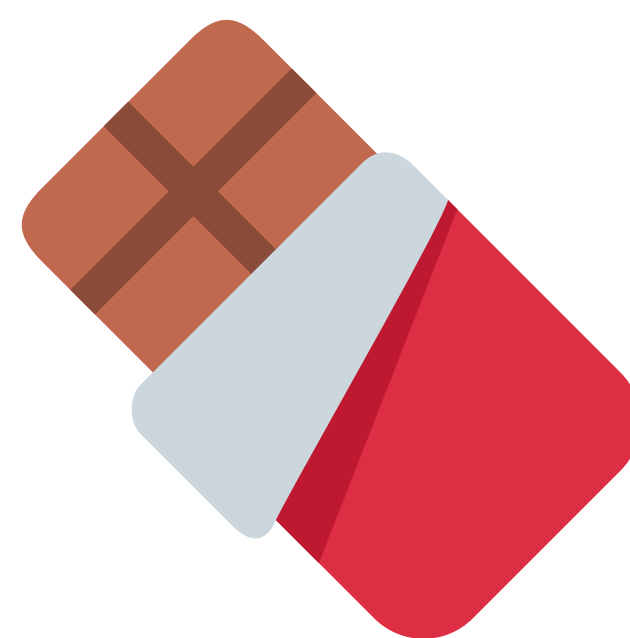
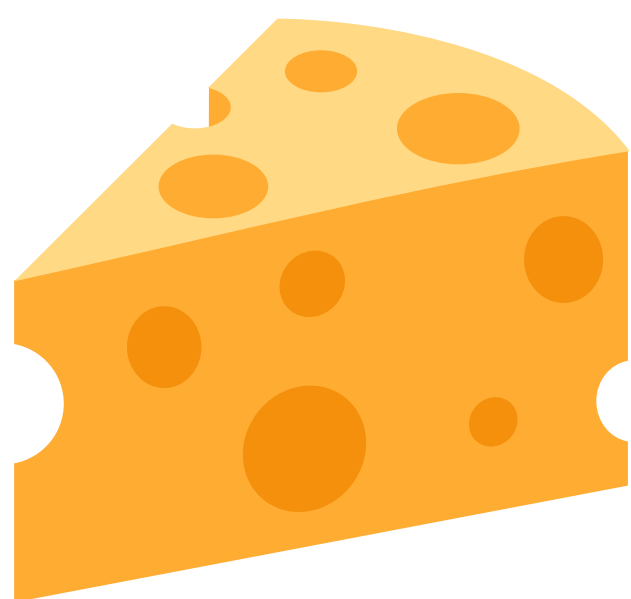
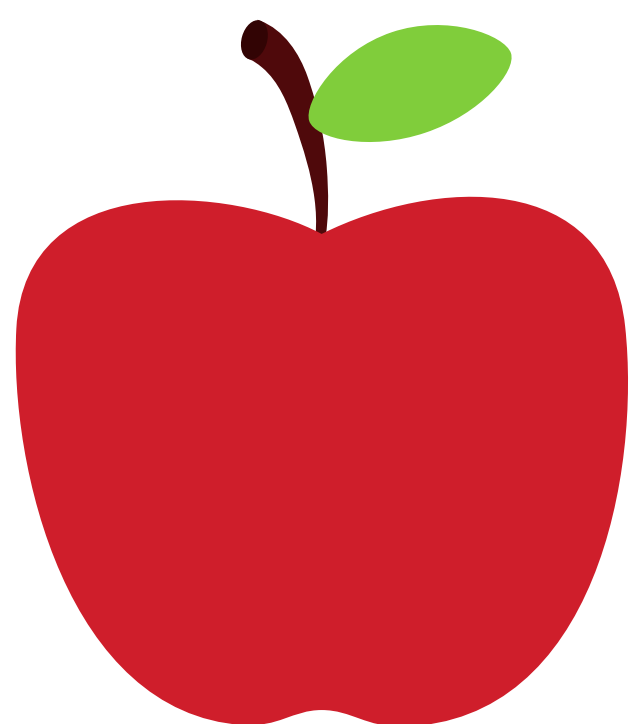
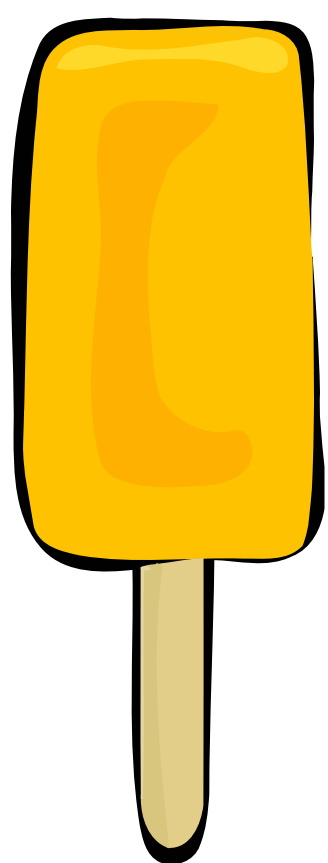
# Diet EY/SEND/KS1

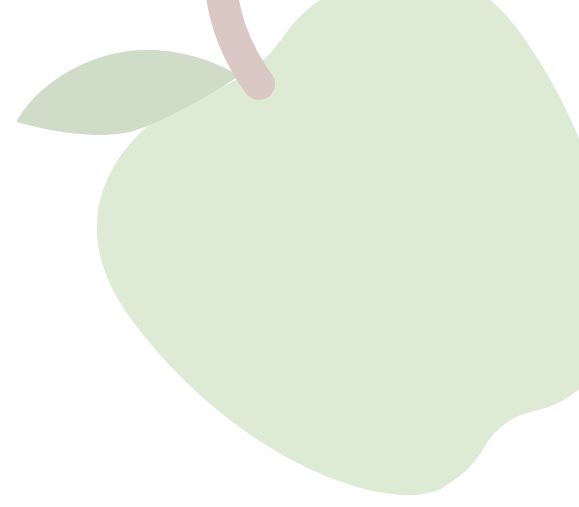


On a plain piece of paper can you draw two plates. One with a happy face and one with a sad face.

Then cut out the foods/drinks below or draw some of your own and think about if they have sugar in. If they do then they should be kept to mealtimes and will go on the sad plate.

If they don't contain sugar they can go on the happy plate and be eaten anytime





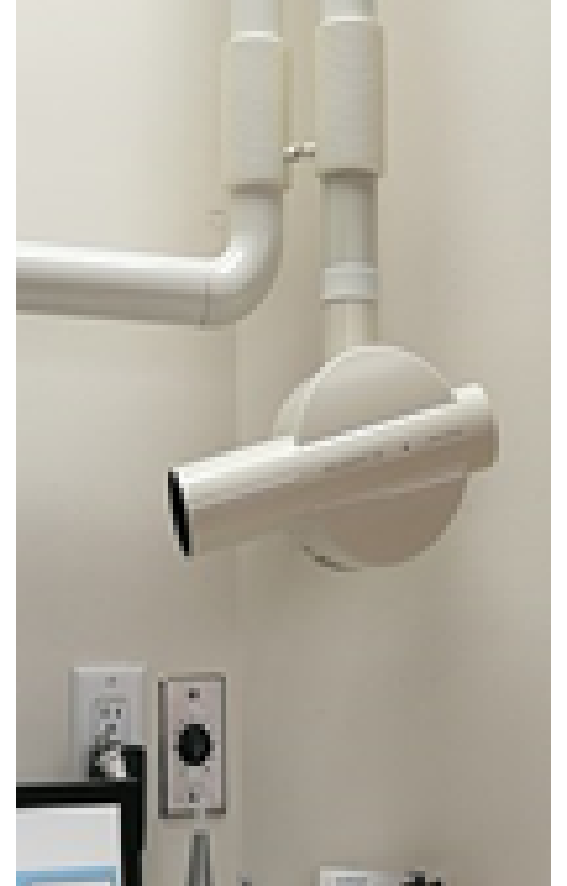
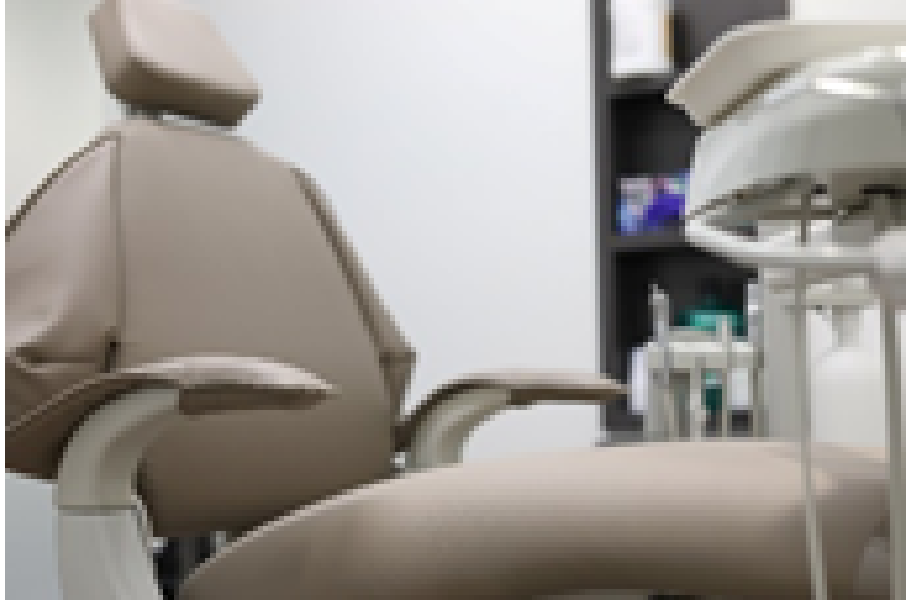
1. What is it in food and drinks that can affect our teeth?
2. What happens when the sugar mixes with the bacteria in the plaque on our teeth?
3. Can you name or draw 4 food or drinks that are NOT tooth friendly?
4. If we are going to eat or drink something with sugar in, when should we have it?
5. Can you name or draw 4 foods or drinks that are tooth friendly



# Visiting the Dentist

EY/SEND/KS1

1. Circle the picture when you see it
2. Talk about what it is used for





# Visiting the Dentist

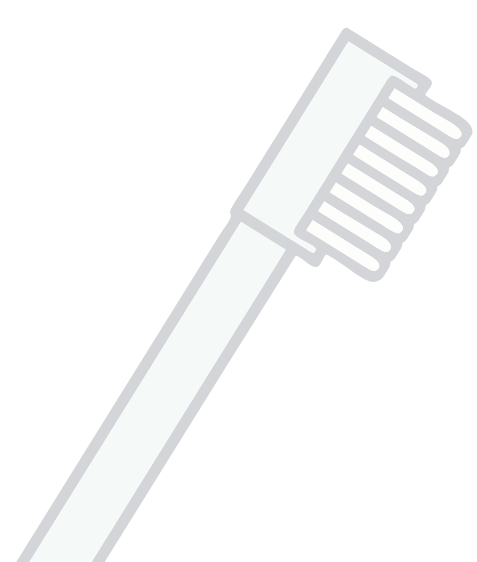
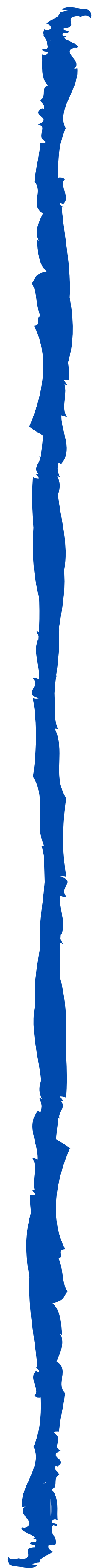
Lower KS2



What did you see?

What is it for?

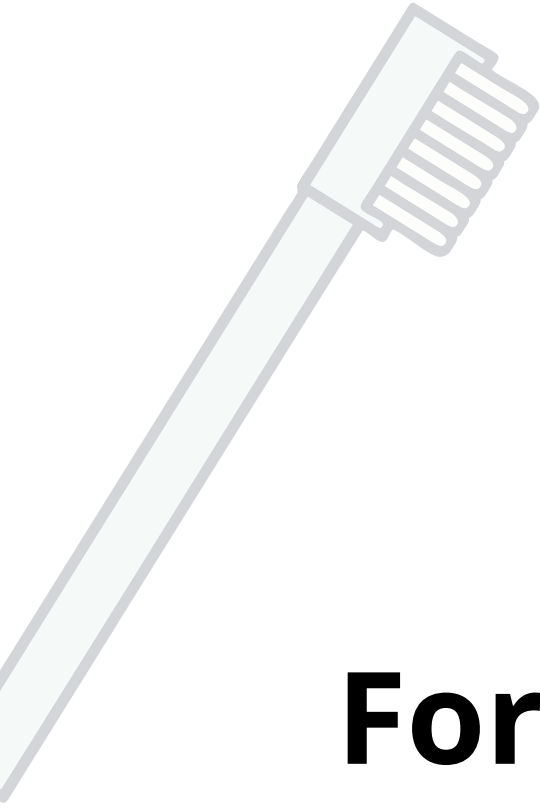
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



# Upper KS2 Activity

After watching the videos create a story board for your own video including the key facts about brushing, diet and dentist visits?

The storyboard template is designed for a video about dental hygiene. It features six rectangular panels arranged in a 2x3 grid. The top panel is split into two sections by a vertical line, with a lightning bolt symbol in the center. The middle panel is split into two sections by a vertical line, with a thought bubble on the right. The bottom panel is split into two sections by a vertical line, with a speech bubble on the left and a speech bubble on the right.



# Useful Links

**For more lesson plan ideas for KS1/KS2:**

<https://campaignresources.phe.gov.uk/schools/resources/keeping-our-teeth-healthy-lesson-plans>

**For other videos:**

Dr Ranj

<https://www.bspd.co.uk/kidsvids>

Hey duggee toothbrushing badge song

<https://www.youtube.com/watch?v=oStaJTHgHMU>

BBC CBeebies My First Dentist

<https://youtu.be/GGJRR5RsaIU>



**For other activities visit:**

Community Dental Services family fun page

<https://communitydentalservices.co.uk/oral-health/family-fun/>

