



Oral Health

Time Taken:
15 Minutes



Objectives

This section will introduce participants to the topic of Oral Health.

How to Look
After Our Teeth

2

**What will
we learn?**

3

Food that Affect
Your Teeth

Why Oral Health
is Important?

1




4

Games and
Activities

Step 1





Why Oral Health is Important?

For today's session explain to the participants that we are going to talk about oral health.

-  Oral Health is the care of our teeth, mouth and gums.
-  Good oral health is needed to help us eat, speak etc.
-  Healthy teeth also give our face a lovely shape and beautiful smile!






Why do we look after our teeth?

-  To remove leftover food.
-  To stop us from having tooth decay.
-  To keep teeth white and clean.
-  To stop us having bad breath.










Step 2

Tooth Decay

-  When we eat or drink tiny pieces of the food can be left on our teeth. We have bacteria in our mouth all the time.
-  This bacteria changes the food left on our teeth to acid.
-  This acid attacks our teeth and causes cavities (holes in the teeth).

How to Look After our Teeth

-  Brush our teeth at least twice a day (morning and night).
-  Use a soft bristled toothbrush.
-  Change brush every 2-3 months (or when the bristles are worn).
-  Floss daily.
-  If you can't brush your teeth after meals chew sugar free gum.
-  Avoid unhealthy snacks between meals.
-  Visit your dentist for a check up every 6 months.

Step 3

Food that Affects your Teeth

This section will cover what foods are good to eat and what foods are bad to eat for your teeth. We will use the traffic light system to help us learn more.

Green: Go

These foods are a good option to keep our teeth healthy.

Amber: Caution

These foods can cause damage to our teeth so we must eat them in moderation. Unsweetened fruit juice is a good source of vitamins but can cause tooth decay. It is better to drink this at mealtimes.

Red: Stop

These foods will cause tooth decay if eaten too often, so we should limit the amount of them we eat.

Green Foods

Milk/Water
 Plain Popcorn
 Nuts
 Plain/Fruit Yogurt
 Low sugar -
 Breakfast Cereal
 Cheese
 Fresh Fruit
 Sugar-free Jelly

Amber Foods

Diluted Squash
 Pure Unsweetened
 Fruit juice

Red Foods

Fizzy/Sugary Drinks
 Sweets
 Sugar Coated Cereal
 Chocolate
 Sweet Cakes
 Biscuits
 Ice Cream



Games and Activities

 Checklist for bathroom

Step 4