

Snacks for Teeth - Activity Card

What can affect our teeth? -

There are many things that can negatively affect our teeth but by far the biggest offender is refined sugar.

Bacteria in our mouths feed on sugar and produce acid which attacks the outer enamel layer. Enamel acts as a natural defence but is weakened by acid, and can lead to tooth decay and cavities.

The Challenge -

Our bodies do need sugar but only a limited amount and should not exceed 5 cubes (4-6yrs), 6 cubes (7-10yrs) or 7 cubes (11yrs+) per day. Natural sugars found in fresh fruit and vegetables are better for us than the refined sugar or free sugar found in processed foods.

Use the white teeth to list foods which might be healthy for us and kind to teeth. These should be foods which are firm, crunchy and high in water or calcium. Such as -

- Celery / Cucumber
- Carrots / Radishes
- Low Fat Cheese
- Apples / Bananas

List the foods on the yellow teeth which are unhealthy for us and our teeth. These might be things like -

- Dried Fruit / Sweets
- Crisps / Excess Bread
- Fizzy Drinks / Fruit Juices
- Ice Cream

Remember sugar comes in all sorts of different forms and is not always easy to spot. Sugar on food labels can also be listed as -

- Sucrose / Maltose / Dextrose
- Fructose / Glucose / Isoglucose
- Syrups / Nectars / Juices

Think about how you can reduce the **amount** of sugar and **how often** you eat and drink it. Limiting this will lower the risk of tooth decay.

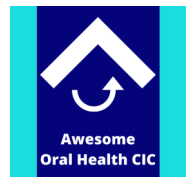
Extension Home Learning - Cost V Nutrition



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