

<b>Lesson</b>	Food For Teeth	60-minute session
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>• Students to be able to understand how and what food affects our teeth</li> <li>• To be able to make better choices when it comes to snacks</li> <li>• To identify what actions we can take to ensure we have healthy teeth for longer</li> </ul> <p><i>(Potential links to PSHE &amp; Science )</i></p>	
<b>Resources Needed</b>	<ul style="list-style-type: none"> <li>• Pen &amp; Paper</li> <li>• Food &amp; Effect Cards</li> <li>• Teacher Resource</li> <li>• Tooth Worksheet</li> <li>• Scissors &amp; Glue (if required)</li> <li>• Our Teeth Diagram (if required)</li> </ul>	

*Adaption maybe required for needs and age. Consideration must be given to any allergy or dietary requirements.*

	<b>Outline</b>	<b>Resources</b>
<b>Introduction 10mins</b>	<p>Our teeth are precious as they help us eat, speak, smile and have a good quality of life. Did you realise that some foods impact our teeth while they are being in eaten? What foods do you think damage our teeth or are safer for them?</p> <p>Divide a piece of paper in half, label one side safer, the other damaging. Individually/pairs/small groups, in 2 minutes list as many foods as possible for each of the headers.</p> <p>Alternatively, for younger students use the food cards and arrange them under the correct heading.</p> <p>Feedback your answers to the class and discuss if the other students agree or disagree.</p> <p>It is important to cut down on how often we have sweet and sugary drinks and snacks and choose a healthier option instead.</p> <p><i>(You will find out how these affect our teeth later in the lesson plan)</i></p>	Pen & Paper Food Cards Teacher Resource
<b>Activity 1 – How our teeth work 20mins</b>	<p><b>Activity</b> Working in pairs/trios/small groups see if the students can correctly identify the different parts of a tooth by matching the names to the picture.</p> <p>Discuss what they have matched – were they able to correctly label the different parts? Do you know what does each part does?</p> <p><b>Enamel</b> is the outside layer of the crown of the tooth. It is a calcified tissue and does not contain any living cells or feel pain. It is the hardest substance in the human body and forms a protective layer over the softer dentine.</p> <p><b>Dentine</b> is found beneath the enamel and cementum. Dentine contains microscopic canals and tubes. When enamel is lost and the dentine is exposed, these canals and tubes allow hot and cold foods to stimulate nerves inside the tooth. This is the cause of sensitive teeth.</p> <p><b>Pulp</b> is contained within the very centre of the tooth. This soft material contains connective tissue, blood vessels and nerves.</p> <p><b>Gums</b> are the soft tissues covering the jaw bones which the roots of the teeth sit in. They also cover teeth which have not yet emerged into the mouth.</p>	Tooth Worksheet Pen or Scissors & Glue (if required) Our Teeth Diagram (if required)

	<p><b>Cementum</b> is the hard connective tissue which covers the root of the tooth, providing an attachment to the periodontal ligament.</p> <p><b>Periodontal Membrane (or Ligament)</b> is the fleshy tissue <b>around</b> teeth, it helps to hold the tooth in place <b>and acts like a hammock</b> by <b>absorbing</b> the stresses of chewing.</p> <p><b>Blood Vessels &amp; Nerves</b> provide the tooth with its nutrients.</p> <p>The <b>Crown</b> is the part of the tooth which is visible in your mouth and is normally covered in enamel.</p> <p>The <b>Root</b> is the part of the tooth which is below the gums, it anchors the tooth in place and connects it to the jaw.</p> <p>We have 20 baby teeth and as we grow these are replaced with our adult teeth. There are 32 adult teeth in total which are made up of 4 different types –</p> <p><b>Incisors</b> – these are the front 4 teeth and are used for cutting and chopping food.</p> <p><b>Canine</b> – these are the 4 sharp pointy teeth either side of your incisors. They are used to help tear food.</p> <p><b>Premolars</b> – the 2 teeth next to the canine teeth (8 in total), these are bigger and wider and are used for crushing and grinding food.</p> <p><b>Molars</b> – you have 12 - 16 (if you include wisdom teeth). These are the strongest, mashing up food until it is ready to swallow.</p> <p>(Younger children might like to use their fingertip to feel their teeth, and explore the difference.)</p>	
<p><b>Activity 2 – Effects of Food on Teeth</b> 20mins</p>	<p><b>Activity</b></p> <p>We now know more about how a tooth is made up, but do we know why certain types of foods are good or bad for our teeth?</p> <p>Working in the same pairs/trios/small groups can the students match the food cards to the effect each food has on teeth? Some of these will have positive effects and others negative. There may be more than one food for each effect.</p> <p>Discuss the answers as a class.</p> <p>Dental problems can affect our ability to sleep, play, work and socialise as well as our confidence and self-esteem.</p> <p>How can we tell if we have damaged our teeth or gums?</p> <ul style="list-style-type: none"> <li>• Bad Breath</li> <li>• Sensitivity</li> <li>• Toothache / Pain</li> <li>• Unpleasant Taste</li> <li>• Swelling / Redness</li> <li>• Teeth Colouring</li> <li>• Bleeding Gums</li> <li>• Chips / Cracks</li> </ul>	<p>Food &amp; Effect Cards Teacher Resource</p>
<p><b>Plenary</b> 10mins</p>	<p>What can we do to reduce the risks food and drink has on our teeth?</p> <ul style="list-style-type: none"> <li>• Eat more healthy by reducing the amount and frequency of sugary foods and drinks (keep to mealtimes)</li> <li>• Avoid snacks which are not tooth friendly, such as juice and dried fruit. Instead you could have, nuts, cheese, fresh raw vegetables or whole fruits</li> <li>• Drink plenty of water</li> <li>• Reduce sugary drinks, and drink them through a straw</li> <li>• Brush teeth twice a day, for 2 minutes with fluoride toothpaste (check the ingredients label for the right amount – 1000-</li> </ul>	

	<p>1450ppm)</p> <ul style="list-style-type: none"> <li>• Don't rinse or use mouthwash after brushing, to allow the fluoride in the toothpaste to continue its work for longer</li> <li>• When your adult teeth are fully grown floss once a day to remove food and plaque from between the teeth</li> <li>• Visit the dentist regularly to get teeth checked</li> </ul> <p>For additional Healthy Teeth resources see –</p> <p><a href="http://colgate.com">Oral Health Education (colgate.com)</a>  <a href="http://awesome-oral-health.com">Schools – Awesome Oral Health (awesome-oral-health.com)</a>  <a href="http://dentalhealth.org">Dental Buddy   Oral Health Foundation (dentalhealth.org)</a></p>	
<p><b>Home Extension Task</b></p>	<p>Download and print off the 'Brilliant Brushing Chart' from Awesome Oral Health to engage children in developing a twice daily brushing habit without rinsing for maximum effectiveness.</p> <p><a href="http://awesome-oral-health.com">Brilliant Brushing Chart to download – Awesome Oral Health (awesome-oral-health.com)</a></p> <p>You could also ask your parents to download the 'Brush DJ' app, which is recommended by the NHS, to make it more interesting.</p> <p><a href="http://www.brushdj.com">www.brushdj.com</a></p>	