

Tuesday 19th December 2023

Dental Hygiene



Literacy Focus

- ✓ Write in full sentences.
- ✓ Use keywords in your work.
- ✓ Give reasons for your answers.

Do now: Complete entry quiz on dental hygiene.

Dental care

1: How many teeth are there in a full adult set of teeth?

- 20
- 24
- 28
- 32

3: What are the sharp pointy teeth at the side called?

- Molars
- Canines
- Central incisors
- Wisdom teeth

5: Brushing your teeth prevents ...

- Roots
- Wax
- Spots
- Plaque

2: Teeth not only help you eat, but they also help you:

- Taste
- Talk
- Hear
- Think

4: Why is it important to use a toothpaste that contains fluoride?

- Fluoride prevents crooked teeth
- Fluoride makes the toothpaste taste nice
- Fluoride sharpens the canine teeth
- Fluoride prevents tooth decay

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Recall

Join up the key words with the correct definition:

**Child Sexual
Exploitation**

Differences - these could be between people such as different races, religions and sexuality.

Diversity

That everyone has the freedom to live the life they want as long as it is legal and doesn't hurt anyone.

British Values

Things which are really important in the UK and to life in the UK - can you think of an example?

Individual Liberty

When someone uses a child (under 18) through an imbalance of power for sexual activity.

Excellent Classroom Habits:

Because we are respectful we:

Sit up straight - back to the chair, facing forward

Listen - face the speaker, hands empty, don't interrupt

Follow instructions - first time, every time, without discussion or debate.

Because we are ambitious we:

Participate in learning - 100% effort, 100% of the time.

Because we are resilient we:

Work independently - hands down, read the instructions, try all tasks and challenge ourselves.

Progress Check:

- ✓ Can you explain what dental hygiene is?
- ✓ Can you explain how to take care of your teeth?
- ✓ Can you explain how different foods can affect your dental wellbeing?

*“A little progress
every day adds
up to **BIG** results.”*

Unlocking vocabulary:

plaque



Define: Because Tai didn't brush his teeth regularly he had a build up of plaque on his front teeth.



Write down dictionary definition
A sticky deposit on teeth in which bacteria grows.



Create

Write the word in your own sentence

Which food do you think keep our teeth healthy?

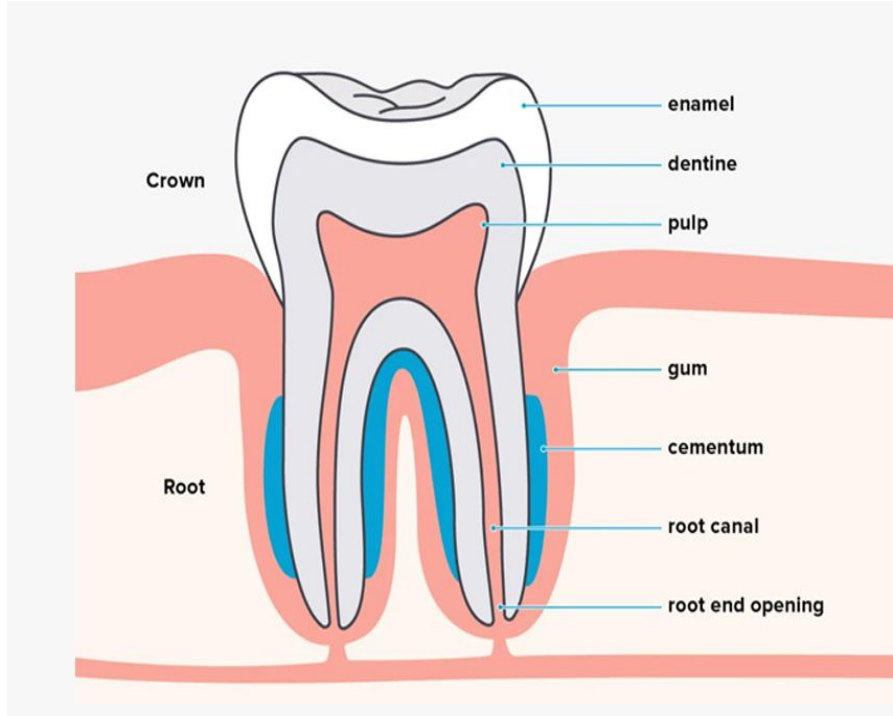
Write a list of 5 foods/ drinks which you think keep our teeth healthy.

Your answers could include:

- Water
- Yoghurt
- Cheese
- Milk
- Fruit
- Nuts
- Leafy greens

**Corrections in red pen -
make sure you have 5
correct answers written
in your book!**

Teeth: what to expect



Babies/ toddlers grow “milk teeth” - these are smaller than adult teeth.

They fall out between 6-12 years old and are replaced by an adult set of teeth.

If these fall out there are no more - so it is important to take care of your teeth!

Your enamel is the protective, outer covering of your tooth. It shields your tooth crown (the part you can see above your gums) from cavities and damage. Tooth enamel is incredibly durable. In fact, it's the hardest substance in your body — even harder than your bones.

Sugar and the impacts to our teeth

- **Plaque** develops when sugars (and carbohydrates) are left on our teeth frequently.
- When left, **plaque** can dissolve enamel leading to small holes in teeth (cavities).

Gum disease

- Gum disease is common in adults.
- Build up of bacteria on teeth and gums.
- Side effects: bleeding gums, soreness, swelling and bad breath.

Can you think of examples of sugars and carbohydrates which you eat?



Click [here](#) to see how tooth decay can happen and be prevented!

Recall: Mini Whiteboards

False!

Cavities are small holes in our teeth caused by plaque and decaying.

True or False?

Cavities in our teeth are a good thing.

Recall: Mini Whiteboards

True!

Leaving your teeth unbrushed can lead to a buildup of plaque. The plaque can dissolve the enamel on your teeth leading to cavities.



True or False?

Plaque can cause cavities.

Recall: Mini Whiteboards

False!

Enamel protects your teeth from decay and germs. It is very hard but regular brushing helps it to stay in good condition.



True or False?

Enamel wears off teeth easily & it doesn't matter.

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Keeping our teeth clean and healthy

Regular tooth brushing

- Fluoride toothpaste twice a day.
- 2 minutes each time.
- All surfaces of your teeth (and even your tongue!)
- Don't rinse your mouth with water, just spit it all out.

Interdental cleaning

- Dental flossing- used to remove plaque and food.
- Interdental brushes are an alternative to this.



Recall: Mini Whiteboards



2 minutes

It is so important to brush our teeth twice a day, but how long should we spend on them each time?

How should we take care of our teeth?

Watch [this video](#) from the NHS.

Using everything you have learnt so far - create a table with 7 things you should do and should NOT do to look after your teeth.

How to take care of your teeth	
Should Do	Should NOT Do

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How foods can affect your teeth

9 Astonishing Food Items That are Beneficial for Your Teeth

Several Glasses of Water



Garlic



Almonds



A Bowl Full of Yogurt



Cheese



Apples



Pears



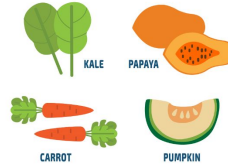
Meaty Meal



Healthy Teeth Starts with A Healthy Diet



VITAMIN A



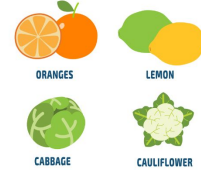
KALE

PAPAYA

CARROT

PUMPKIN

VITAMIN C



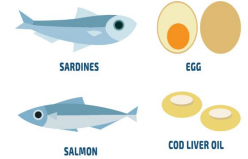
ORANGES

LEMON

CABBAGE

CAULIFLOWER

VITAMIN D



SARDINES

EGG

SALMON

COD LIVER OIL

CALCIUM



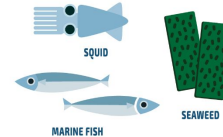
MILK

YELLOW TOFU

CHEESE

YOGURT

FLUORIDE

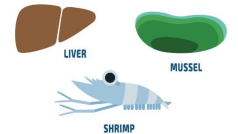


SQUID

MARINE FISH

SEAWEED

PHOSPHORUS



LIVER

MUSSEL

SHRIMP

Sugar dissolves enamel

Typical values	100ml contains	250ml contains	%GDA*	typical adult
Energy	199kJ 47kcal	500kJ 120kcal	6%	2000kcal
Protein	0.5g	1.3g		
Carbohydrate	10.5g	26.3g	29%	90g
of which sugars	10.5g	26.3g		70g
Fat	trace	trace		
of which saturates	trace	trace		
Fibre	trace	trace		
Sodium	trace	trace		
Salt equivalent	trace	trace		

* Guideline daily amounts

Vitamins/Minerals 100ml contains 62.5mg (100% RDA)

We all have some sugar in our diet - it's part of a balanced diet. Sugary food and drinks are one of the main causes of tooth decay.

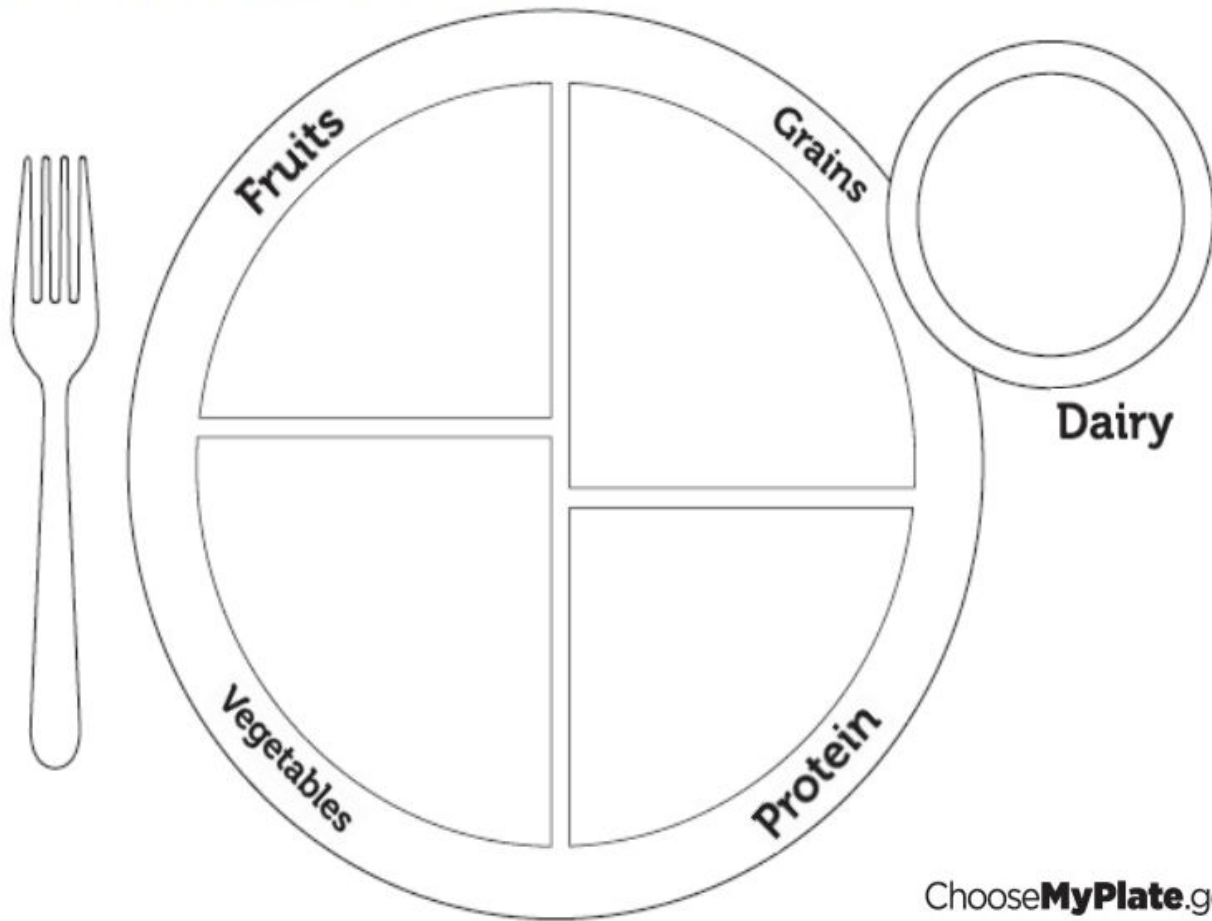
Acid is produced when the bacteria in your mouth break down the sugar. The acid dissolves the tooth surface, which is the first stage of tooth decay.

Sugar in food and drinks

Some sugars occur naturally in food and drink, such as fruit, honey and milk.

Other foods have sugar added to them by the manufacturer, which is sometimes called processed food. These may include:

- cakes and biscuits
- sweets and chocolate
- flavoured milks and yoghurts
- sugary breakfast cereals and cereal bars
- jams
- fruit canned in syrup
- sauces and syrups, such as some pasta sauces, marinades and ketchup

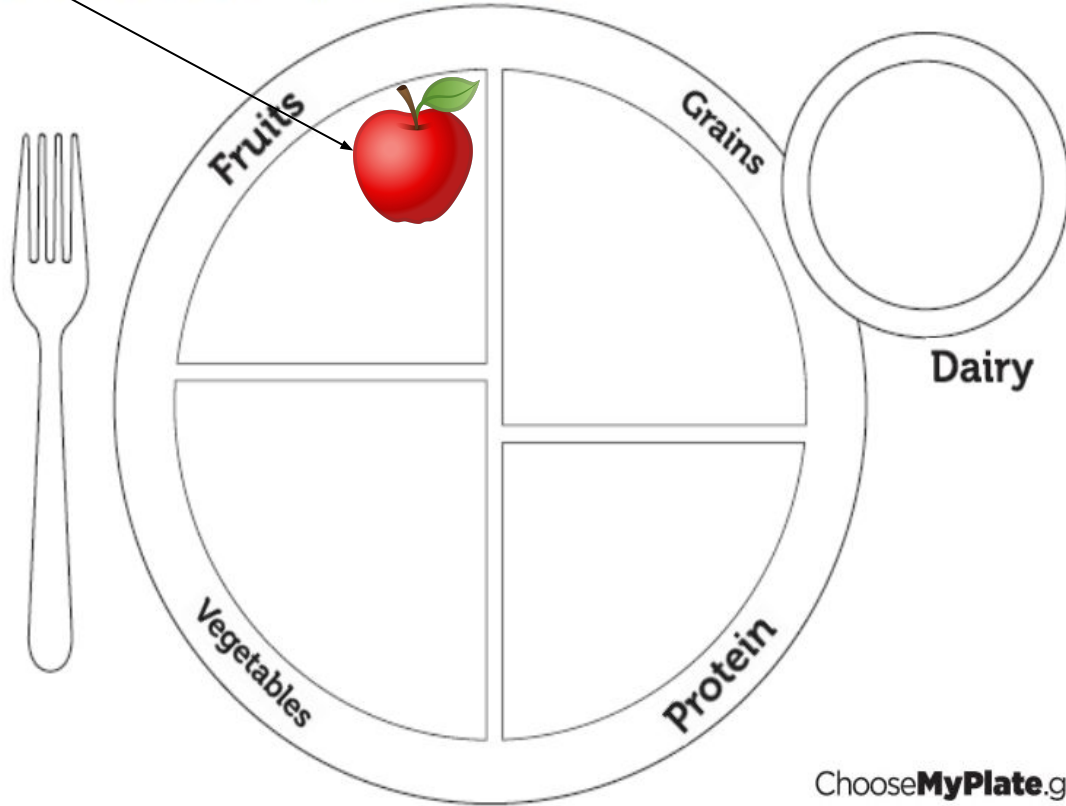


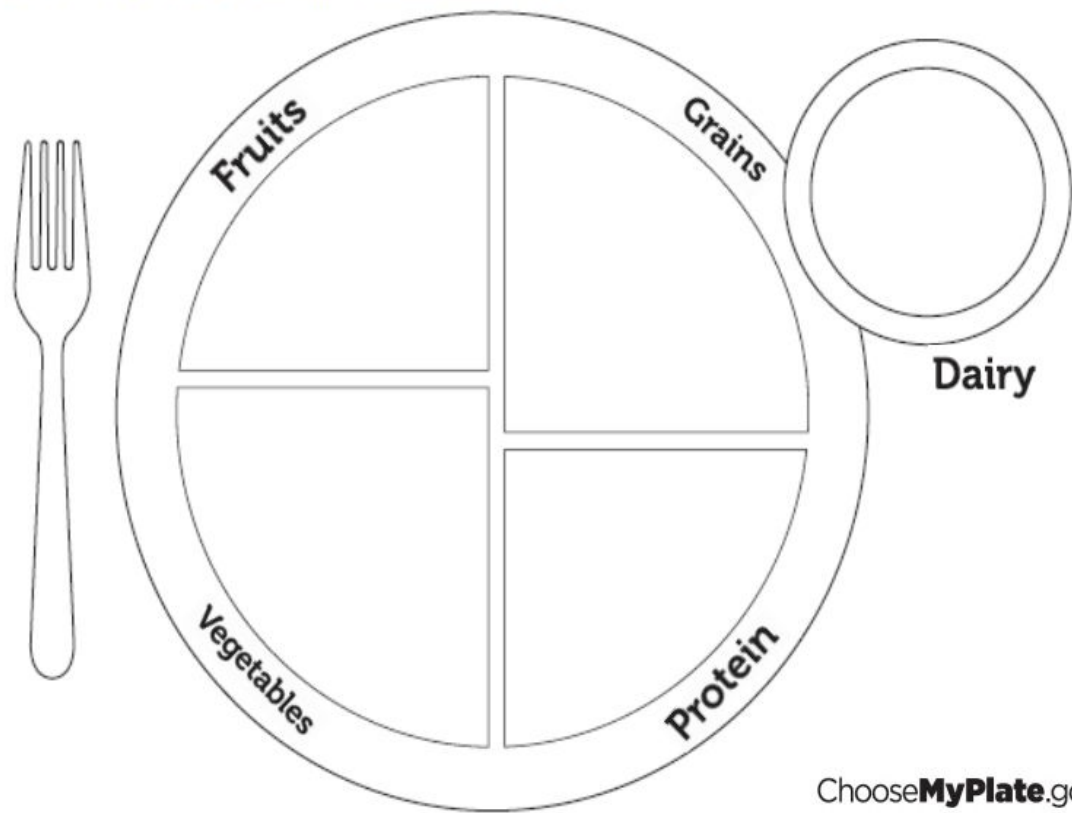
Use your plate to draw and label as many good foods - which are good for you and for your teeth in each section.

Once you have done this - annotate each food with a reason **why** it is good for your body and teeth.

Challenge: Can you think of 8 foods which are bad for your teeth and explain why?

Apples are good for you because they have vitamins in them and eating them can help remove plaque.





Choose**MyPlate**.gov

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1: Plaque develops when _____ deposits are left on our teeth

- Cheese
- Sugar
- Meat

2: What does plaque dissolve?

- Carbohydrates
 - Sugar
 - Salt
 - Enamel
-

3: Gum disease is uncommon in adults

- True
- False

4: We should brush our twice a day but for how long each day?

- 1 minute
 - 2 minutes
 - 3 minutes
 - 4 minutes
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5: Lots of fruit juice can harm our teeth

- True
 - False
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