



LESSON ONE



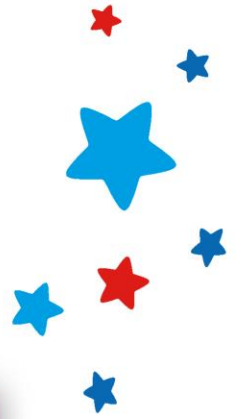
CREATING BRUSH TIME TALES





STARTER: READY, STEADY, DRAW

- THINK OF ONE THING YOU KNOW ABOUT TEETH.
- DRAW A PICTURE.





TODAY'S LESSON IS ALL ABOUT...

TEETH

- **WHAT DO WE NEED THEM FOR?**
- **HOW CAN WE TAKE CARE OF THEM?**

If you look after your teeth, your teeth will look after you!





ORAL HEALTH

6 - 12 MONTHS:
MILK TEETH START GROWING

3 - 4 YEARS:
A FULL SET OF 20 MILK TEETH

5 - 6 YEARS:
MILK TEETH START FALLING OUT
AND ADULT TEETH APPEAR

12 - 14 YEARS:
A SET OF 28 ADULT TEETH

17-21 YEARS:
FOUR WISDOM TEETH APPEAR FOR A
FULL SET OF 32 ADULT TEETH



**Temporary
Teeth**



**Permanent
Teeth**



HOW DO YOUR MILK TEETH HELP YOU?



1. **THEY HELP YOU EAT.**
2. **THEY HELP YOU SPEAK.**
3. **IF YOU LOOK AFTER THEM, BIG TEETH ARE MORE LIKELY TO COME THROUGH STRAIGHT, HEALTHY AND STRONG.**

They need you to help keep them safe!



BUT... ENAMEL ON MILK TEETH IS ONLY HALF AS THICK AS ADULT TEETH!



YOUR TEETH NEED YOU TO PROTECT THEM!

IF WE EAT SUGAR, AND FORGET TO BRUSH
OUR TEETH AFTERWARDS, IT TURNS INTO
ACID... AND THAT'S BAD NEWS FOR TEETH.
OVER TIME, ACID CAN CAUSE PAINFUL HOLES
IN OUR TEETH CALLED CAVITIES.

THE ENAMEL ON MILK TEETH IS ONLY HALF
AS THICK AS THE ENAMEL ON BIG TEETH, SO
THEY NEED EVEN MORE PROTECTION...





HOW CAN YOU HELP YOUR TEETH?

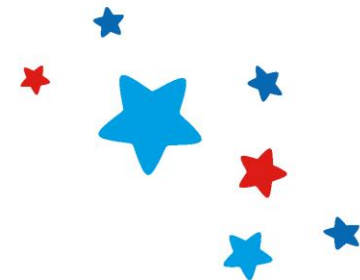
1. BY CHOOSING HEALTHY FOODS THAT ARE GOOD FOR YOUR TEETH.
2. BY KEEPING YOUR TEETH CLEAN AND HEALTHY.
3. VISIT THE DENTIST EVERY SIX MONTHS.



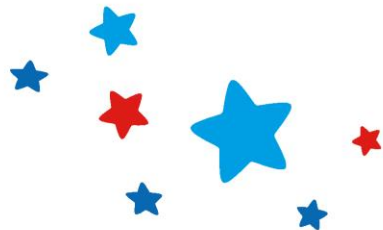
CHALLENGE 1: HEALTHY OR UNHEALTHY FOR TEETH?

YOU HAVE 2 MINUTES TO SORT THE FOOD CARDS INTO TWO PILES:

1. HEALTHY FOR TEETH



2. UNHEALTHY FOR TEETH





CHALLENGE 1: ANSWERS

1. HEALTHY FOR TEETH

CARROT

CELERY

CHEESE

MILK

WATER

CUCUMBER



2. UNHEALTHY FOR TEETH

SWEETS

CEREAL BAR

FIZZY DRINKS

CAKE

BISCUITS

JUICE DRINKS

