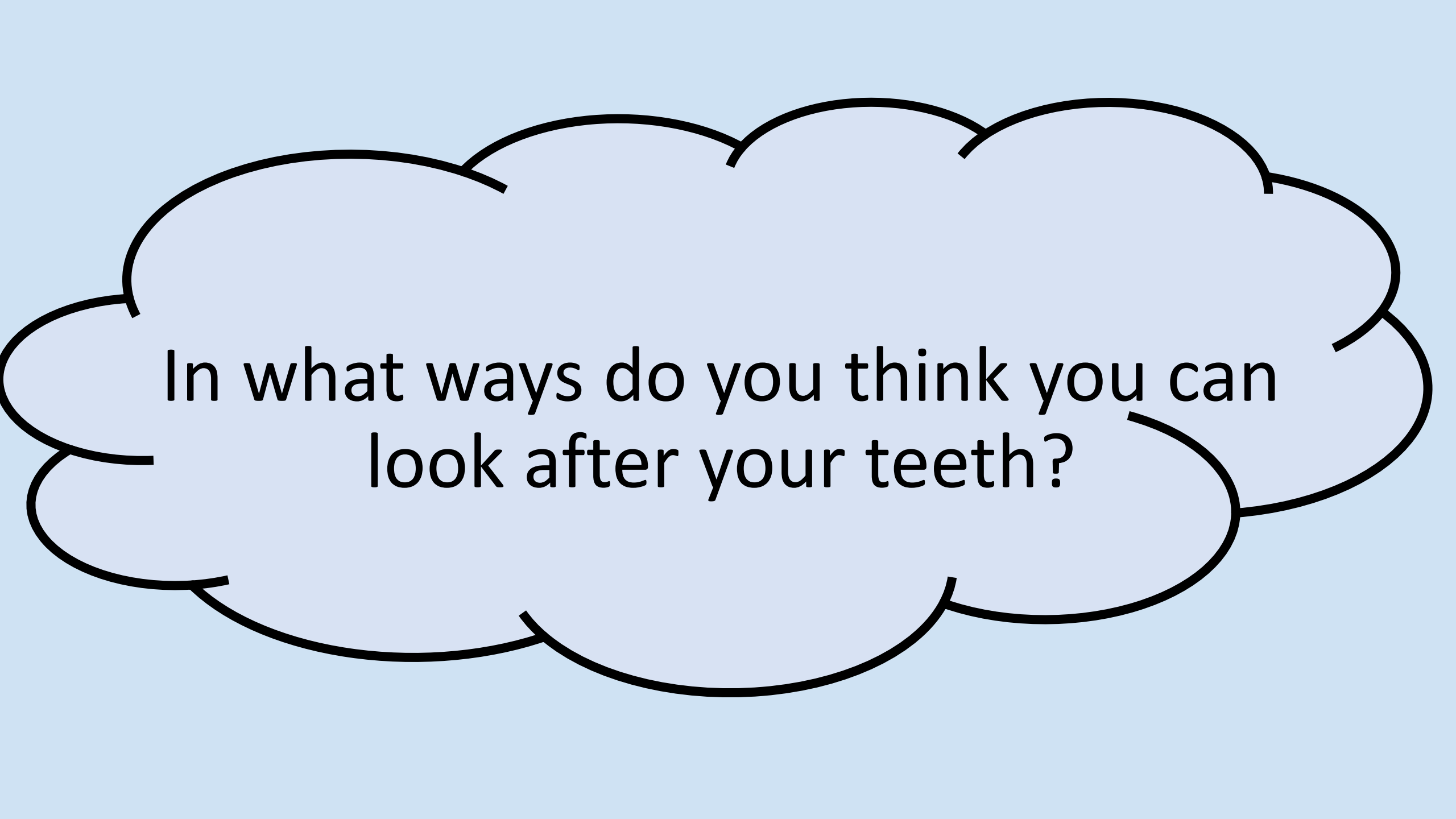


WALT: Look after our teeth



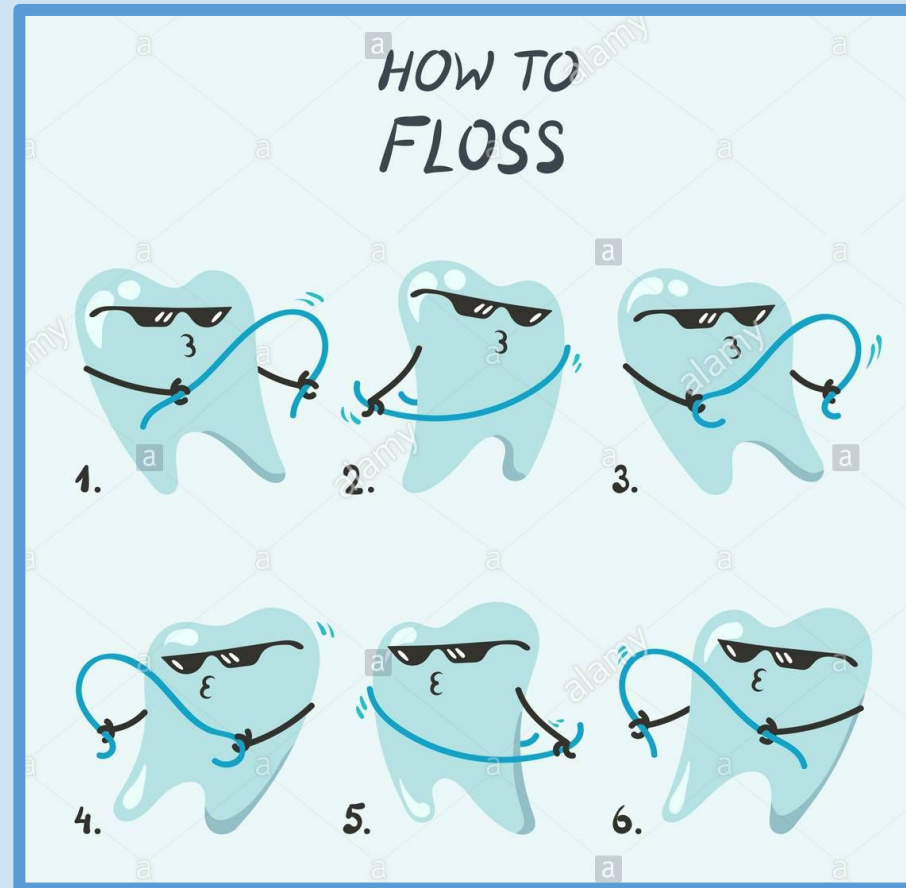


In what ways do you think you can
look after your teeth?

In what ways do you think you can look after your teeth?

Brush your teeth
twice a day

Try not to eat or
drink too many
sugary things



Visit the dentist
twice a year

Floss your teeth

What foods are good and what foods are bad for our teeth?

Have a think, perhaps talk to an adult or a sibling if you can.

Have a think about these....

- Milk
- Fizzy drinks
- Sweets
- Fruit and vegetables
- Cheese
- Bread

What foods are good for our teeth?

- Fiber rich fruits help to keep your teeth and gums clean
- Calcium in dairy products help put minerals back in your teeth and rebuild enamel
- Also green or black teas help to reduce and fight against plaque



What foods are bad for our teeth?

- Soft breads and crisps get stuck in your mouth and trapped between your teeth
- Sweets and fizzy drinks contain lots of sugar which can create cavities
- If you eat sweets go for the ones which clear your mouth quickly



Tooth decay

How are cavities caused?

1. Bacteria causes a build up of plaque.
2. Plaque acid attacks the tooth.
3. The tooth eventually rots away.



So what do I do to keep my teeth healthy?

- Brush regularly
- Visit the dentist regularly
- Floss
- Look after your gums
- Eat sensibly



Click on the image below to play the clip!

