

DENTAL HEALTH



How can I look after my teeth?



What are healthy foods?

What are your favourite fruit/vegetable?

Draw your favourite dinner.

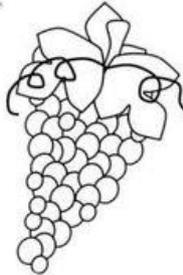
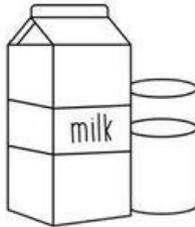
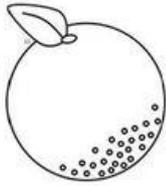
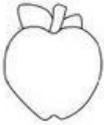
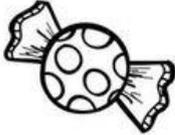
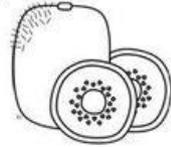
Well Being: Dental Health

Dental Health Words		
tooth 	toothbrush 	floss 
toothpaste 	dentist 	mirror 
cavity 	chair 	dental pick 
mouthwash 	teeth 	tooth fairy 

- * What can you see?
- * I see a **tooth**.
- * I see a **toothbrush**.
- * I see floss, I use this to.....
- * I see **toothpaste**, I
- * I see a **dentist**, I visit him
- * The dentist uses a
- * He can see my
- * I can rinse with.....
- * I like the **tooth fairy** because.....

Good
for My
Teeth
Bad
for My
Teeth

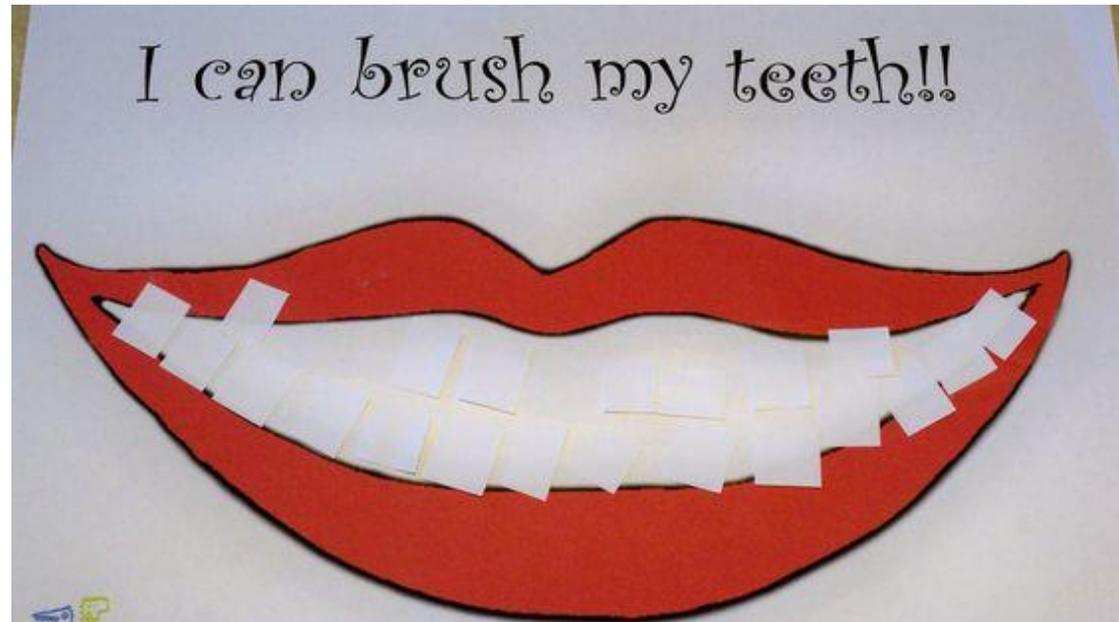
Color things that are GOOD for your teeth. Put an X on what is BAD for your teeth!



Name: _____



With the help of an adult draw a mouth shape and cut white strips of paper and glue them



Can you count how many teeth
you have?



Brushing Big Teeth Activity

*Health Activity: Brushing BIG Teeth

***Materials:** ice cube tray, old toothbrush, floss or string, shaving cream (optional)

*This fun activity uses an upside-down ice cube tray as a set of giant teeth! It's also a great opportunity to talk about dental health.

*In addition to the ice cube tray, provide your child with an old toothbrush and floss (it can be real floss or another kind of string). Now they can practice cleaning the teeth. If you have shaving cream (and don't mind a little mess), use that as pretend toothpaste.

*While your child is working, talk about why we brush and floss our teeth. (When food and germs stay on our teeth, they can get holes called cavities. So we brush our teeth clean!)

How to look after your teeth



The Dental Rap

Use your toothpaste,
The size of a pea,
Use a good brush,
Are you listening to me?
Brush for two minutes,
The length of a song.
Brush morning and night
And you can't go wrong.

TWO TERRIFIC STORIES

<https://worldbookonline.com/wbel/#/stories/bk000029/en-US?category=jobs>



Going to the Dentist

<https://worldbookonline.com/wbel/#/stories/bk000019/en-US?category=mybody>



A Loose Tooth

Can you send a photo of you using your
toothbrush and toothpaste?

