

Colour
me in!

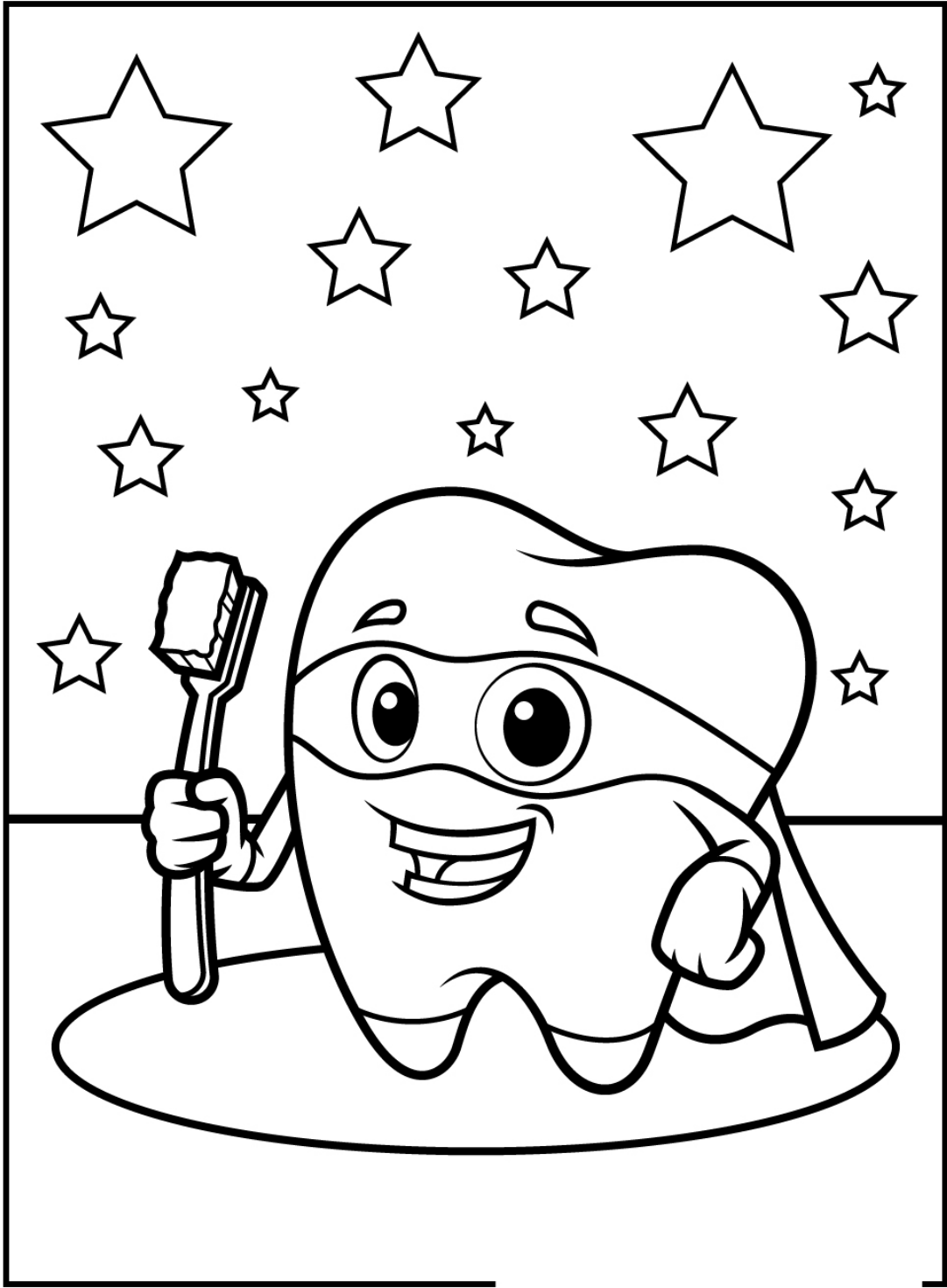


Happy Smiles
Club.

John G Plummer & Associates
Dental Surgeons



Dental Activity Book



5 steps to good oral care

1

Brush your teeth twice a day

with a fluoride toothpaste, before bed and on one other occasion

Spit, don't rinse; rinsing washes the fluoride protection away



2

Limit sugary snacks & drinks

Remember to eat lots of fruit and vegetables! Try to limit sugary drinks – water or a glass of milk is healthier for your teeth

3

Supervise your child

Supervise your child during toothbrushing until they are at least 7 years old



4

Visit your dental professional regularly

Ensure you and your child visit your dental professional regularly

5

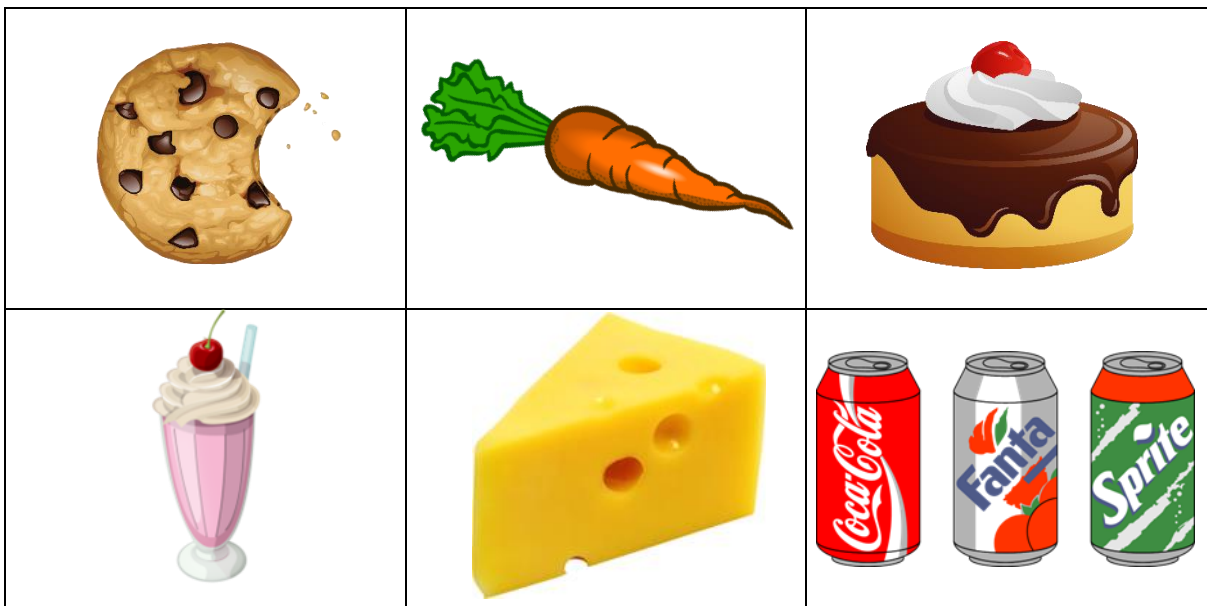
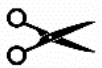
Change your toothbrush every 3 months

If the bristles on your toothbrush are looking worn, they won't remove as much plaque so it's time for a new one!



Sort
the
snacks!

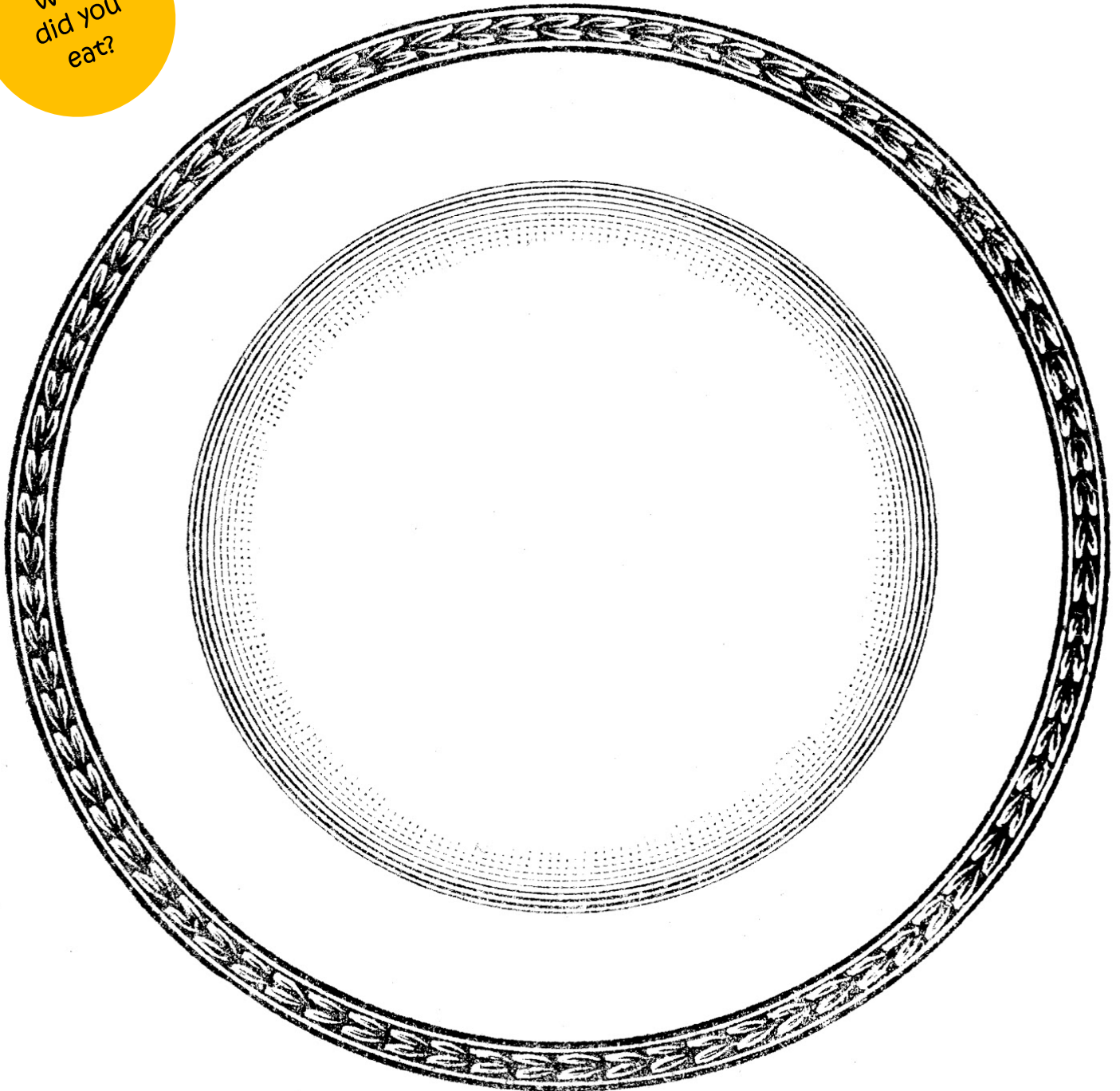
With the help of an adult, carefully cut out the food and drinks below and sort them onto what makes our teeth 'Happy' or 'Sad'



Created by The Happy Smiles Club Oral Health prevention Team 2023 - no copyright infringement intended.

Draw what you had for your dinner last night on the plate below, circle the healthy foods.

What did you eat?



Song
time!

Time for a sing song!

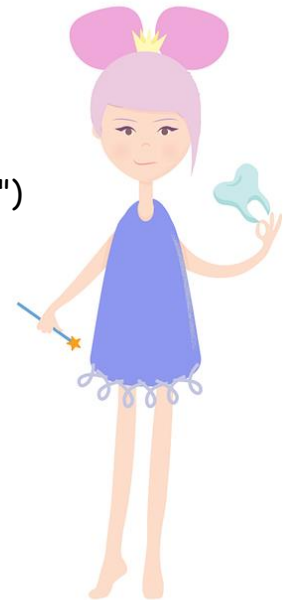
Here is a selection of our favourite nursery rhymes for you to sing with your children - with a Happy Smiles Club twist!

The Bristles on The Brush (Sing to the tune of "The Wheels on The Bus")

The bristles on the brush go round and round,
Round and round, Round and round.
The bristles on the brush go round and round,
All day long!

Brushing song (Sing to the tune of "Twinkle, Twinkle, Little Star")

Here's my toothpaste, here's my brush,
Take two minutes, I won't rush.
Working hard to keep teeth clean,
Front and back and in between.
When I brush for quite a while,
I will have a happy smile!



The Toothbrush Song (Sing to the tune of "Row, Row, Row Your Boat")

Brush, brush, brush your teeth, Brush them everyday,
We put toothpaste on our brush, To help stop tooth decay!
Floss, floss, floss your teeth, Floss them every day,
Using the string to clean between, Keeps the plaque away!
Brush, brush, brush your teeth, Brush them every day,
Happy, healthy teeth you'll have, If it's done this way!



An eggsperiment to try

Did you know eggshells are a lot like the outside of a tooth? And, like a tooth it can get eaten away when it comes into contact with sugar.

You will need:

1. Some hard-boiled eggs (at least 4, white eggs work best!).
2. Fizzy drink (any brand), orange juice, milk and water.
3. Some plastic cups.

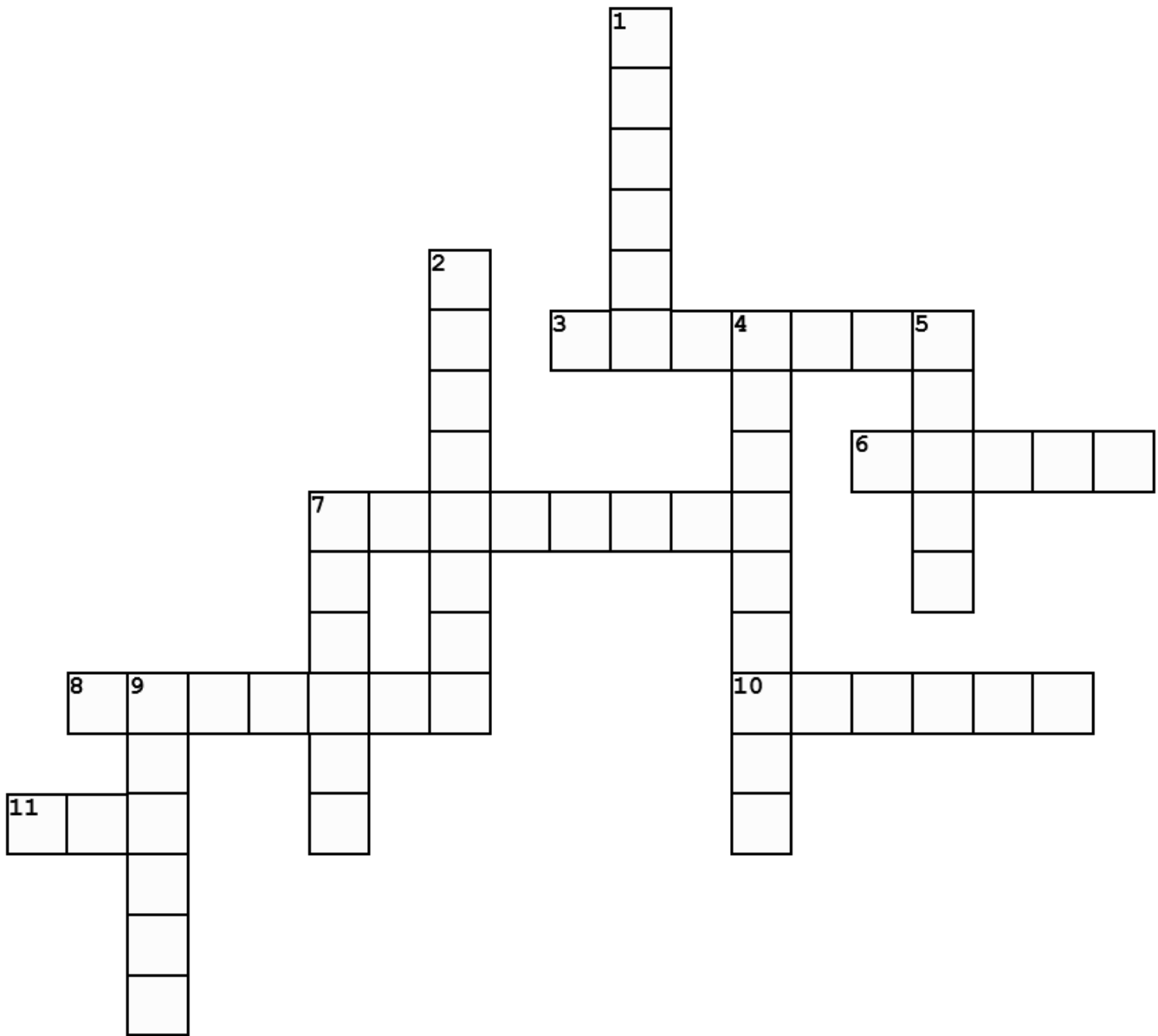
Before you start this experiment, have a think what happens to teeth when they drink sugary drinks? What other drinks can hurt teeth? How they we protect our teeth. Maybe you can try this experiment with different types of drinks?

Method

1. Hard boil your eggs (avoid cracking the shell as cracked eggs will not work for this experiment) and let them cool down.
2. Fill your plastic cups with each drink. Leave enough room, so they do not overflow.
3. Add a single, hard-boiled egg to each cup.
4. Cover with cling film and let them sit at room temperature for 24 hours.
5. Take the eggs out. The eggshell in the fizzy drink should have started to dissolve, leaving an egg that looks and feels more like a water balloon. Discuss the changes you see with each egg and ask your pupils what they think has happened.

NB: If you leave the egg in the fizzy long enough (a few days), the entire shell will dissolve!

Love your TEETH crossword











Across

Down

- | | |
|--|--|
| 3. The tooth doctor who checks our teeth | 1. Furry white substance on our teeth |
| 6. What we shouldn't do after toothbrushing | 2. This keeps our teeth strong! |
| 7. Motion used when brushing | 4. Total number of adult teeth |
| 8. The most important time of day to brush our teeth | 5. Number of times we should brush a day |
| 10. The strongest muscle in the human body | 7. A hole in the tooth |
| 11. The correct amount of toothpaste to put on our brush | 9. The hard outer covering of the tooth |

Created by The Happy Smiles Club Oral Health prevention Team 2023 - no copyright infringement intended.

Can you help Mr Molar with his sugar sums?

Work out the total cube of sugars in these items of food:

 +  =

 +  =

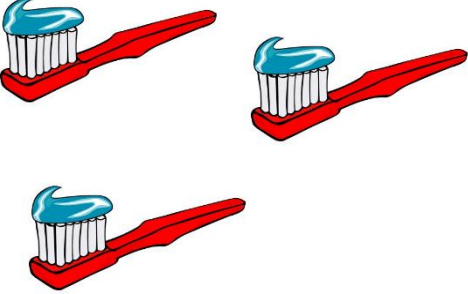





 +  =



Can you count?

Counting

Count the pictures below and circle the correct answer

	 3 4 5
	 3 4 1
	 3 2 5

Get in
touch!

Our Oral Health Prevention Clinics:

Thorpe St Andrew

83 Mary Chapman Close, Norwich NR7 0UD
01603 700990
(Monday & Tuesday)

Great Yarmouth

8 Queen Street, Great Yarmouth NR30 2QP
01493 842559
(Monday)

Bradwell

Beccles Road, Bradwell NR31 8HB
01493 662717
(Mondays & Tuesday)

Lowestoft

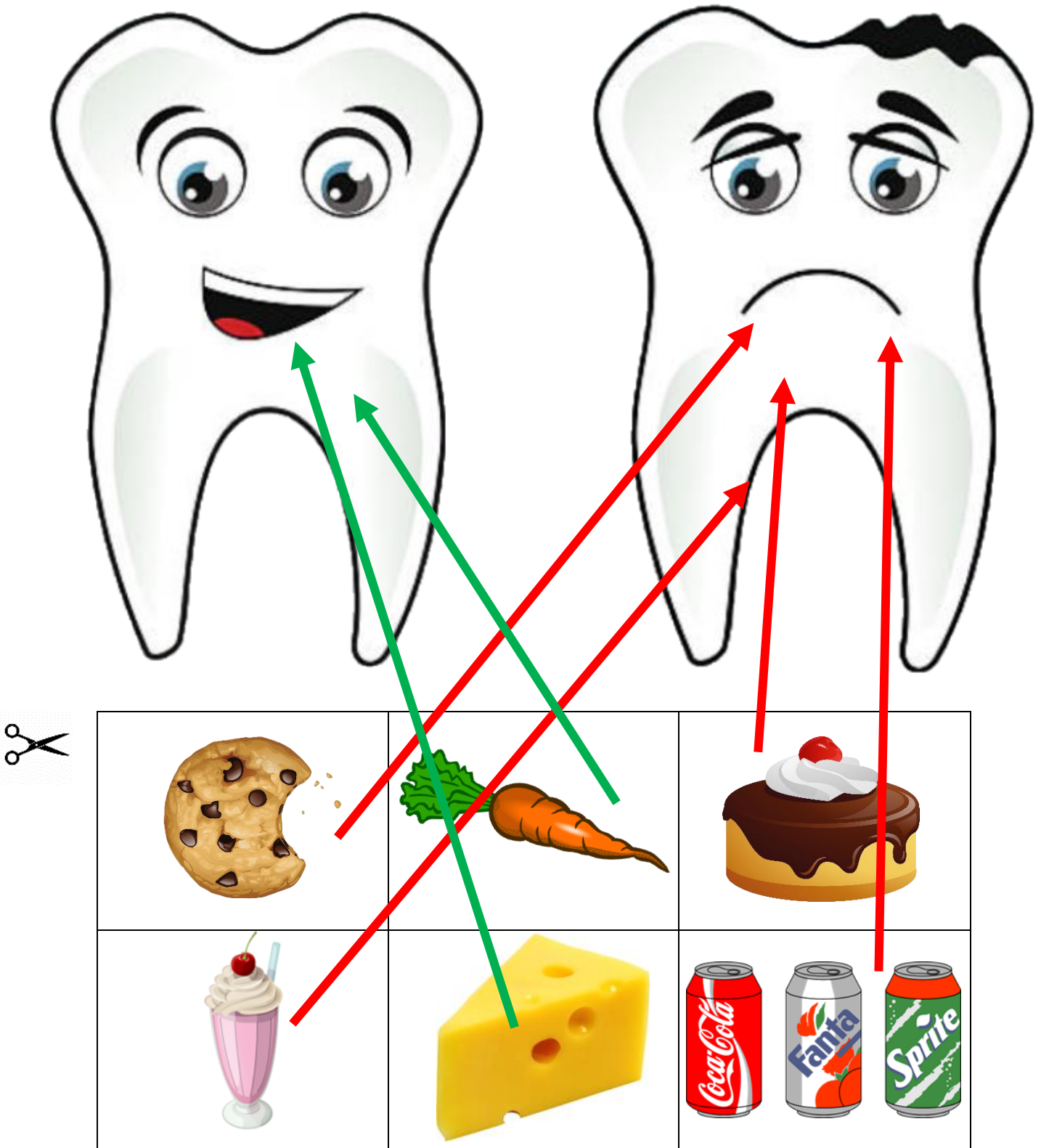
1 Corton Road, Lowestoft NR32 4PH
01502 567519
(Tuesday & Thursday)

Follow us: @happysmilesclub



Email: happysmiles@plummers.co.uk

ANSWERS



CROSSWORD


Across


- 3. Dentist
- 6. Rinse
- 7. Circular
- 8. Bedtime
- 10. Tongue
- 11. Pea


Down

- 1. Plaque
- 2. Fluoride
- 4. Thirty Two
- 5. Twice
- 7. Cavity
- 9. Enamel

Work out the total cube of sugars in these items of food:

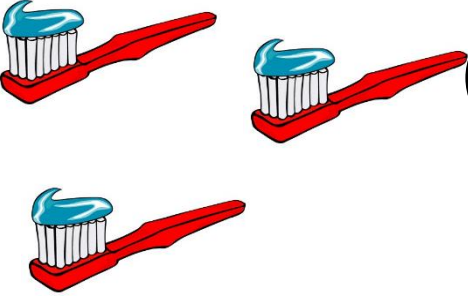
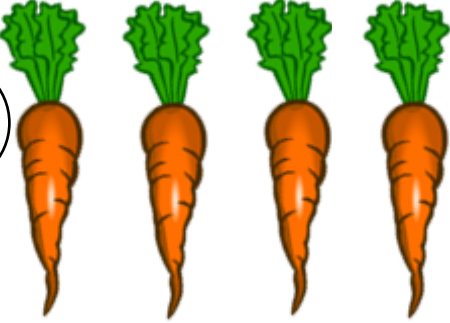





$$+ + = 6 + 6 = 12 \text{ cubes}$$


$$+ = 9 + 6 = 15 \text{ cubes}$$


$$+ = 10 + 6 = 16 \text{ cubes}$$

Count the pictures below and circle the correct answer

ANSWERS

 <p>3 4 5</p>	 <p>7 4 5</p>
 <p>3 4 1</p>	 <p>8 4 6</p>
 <p>1 5 9</p>	 <p>3 2 5</p>