

Tooth Decay and Dental Health

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To describe the importance of dental hygiene, and the impact sugar can have on tooth decay

To understand the responsibility of looking after your own body

To explain how a poor diet can lead to many health risks

NEW VOCABULARY

Tooth Decay, Dental Health, Hygiene, Oral Care, Enamel, Cavities



STARTER ACTIVITY

What can cause tooth decay?
How can you look after your teeth?
What are the short and long term effects of a poor diet on the body and mind?



3 Minutes

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

There are **no stupid questions**
It's OK to get things wrong

Be Non-Judgemental

No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support



Tooth Decay and Dental Health

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER

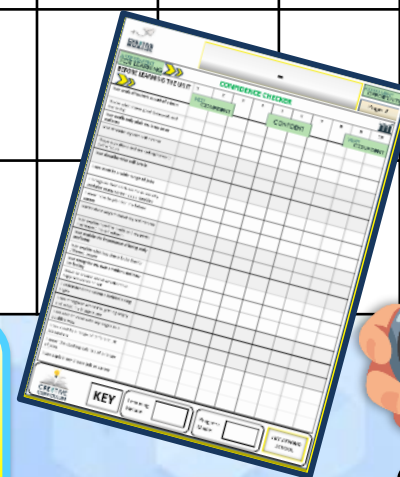


BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I know how to look after my teeth										
I can explain the importance of oral hygiene										
I know the associated risks of a poor diet on my own physical and mental health										



Complete a baseline assessment of where you think you are at for this lesson

(Discuss or complete sheet)



2 Minutes

I'm not confident at all on this topic

A little confident

Confident

Very confident

I am super confident on this topic



Pam Ayres -
"Oh I Wish
I'd Looked
After Me
Teeth"

2 Minutes

PLAY VIDEO

Task

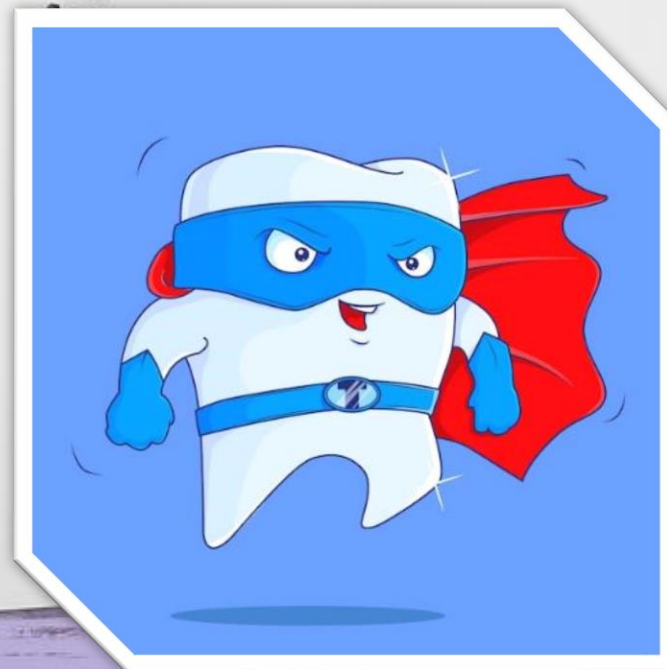
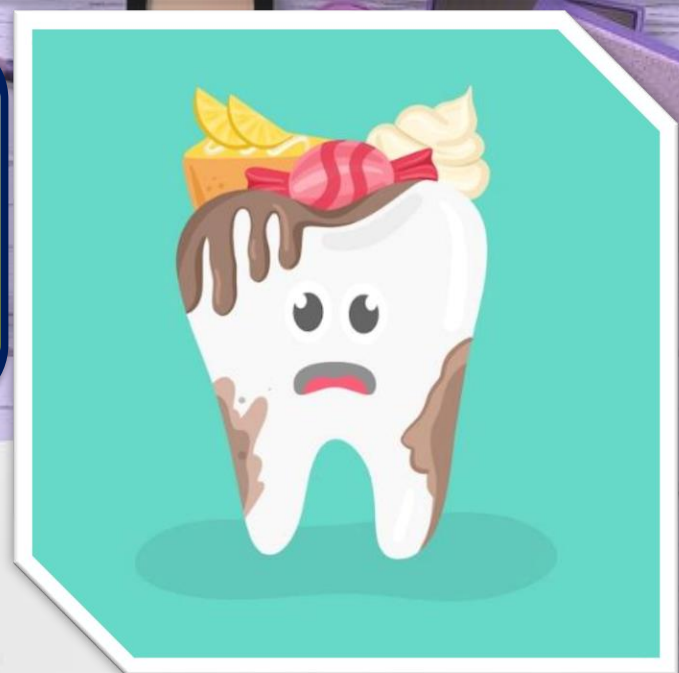
How can we maintain good oral hygiene?

What is the serious message that comes out of this poem?



Write a short story that
links all four pictures.
The moral of the story must
be:

**“Look after your teeth and
they will look after you”**



Task

What is the message from these images?



Did you know?

By cutting out excess sugar from your diet, some of the benefits you will get are:

- *Healthier teeth*
- *More natural energy*
- *Better concentration*
- *Improved weight management*
- *Better mood and mental well-being*



What Would
Happen If You
Never
Brushed Your
Teeth?

3 Minutes



**“Besides bad breath,
there are some SERIOUS
consequences if you
don't brush your teeth!”**

Task

Video Review Questions

1. Why is brushing teeth so important?
2. What does brushing your teeth do?
3. What are cavities? How are they caused?
4. What is plaque? What are the consequences of having plaque?
5. What will happen if you never brush your teeth?

**“Looking after you
teeth is one of the
most important
things you can do”**

Tooth Decay & Bad Oral Tooth Care

Spot the difference

Did you know?

Bacteria in your mouth is both good and bad. Bad oral care can lead to harmful bacteria building up, leading to tooth loss and MRSA.

Did you know?

In ancient times, people used twigs to clean their teeth and scraped the surfaces with the frayed end

Did you know?

A few controversial studies have stated there are links between bad dental hygiene and dementia, as well as links with erectile dysfunction

How many cubes of sugar a day is the maximum for ...

*Young children aged
4 - 6*

What do you think?
(CLICK TO REVEAL)

*Young children aged
7 - 10*

What do you think?
(CLICK TO REVEAL)

*Teenager
11 - 18*

What do you think?
(CLICK TO REVEAL)

Did you know?

*The average teenager consumes 75 grams of sugar
(almost 19 cubes) every day. 1 cube = 4 grams*

Task

You must go to the shop and buy four different drinks.
The winner is the person who collects the least sugar cubes.

Tango Orange

Click to Reveal
Sugar Content

Can of Coca Cola

Click to Reveal
Sugar Content

**Can of Monster
Energy Drink**

Click to Reveal
Sugar Content

**Costa Coffee
Chai Latte**

Click to Reveal
Sugar Content

**A Glass of Pure
Orange Juice**

Click to Reveal
Sugar Content

**Lucozade Energy
Drink**

Click to Reveal
Sugar Content

**J2O Orange and
Passion Fruit**

Click to Reveal
Sugar Content

Buxton's Water

Click to Reveal
Sugar Content

Diet Coke

Click to Reveal
Sugar Content

**Volvic Flavoured
Water**

Click to Reveal
Sugar Content

**Innocent Fruit
Smoothie**

Click to Reveal
Sugar Content

**Ribena
Blackcurrant**

Click to Reveal
Sugar Content

How does sugar damage your teeth?

Our mouths naturally contain bacteria, including certain types that feed on sugars. When you consume sugary foods or drinks, these bacteria use the sugar as a fuel source to grow and multiply.

Acid production: As the oral bacteria consume sugar, they produce acid as a by-product. This can create an acidic environment in the mouth.

As the enamel wears away, bacteria can penetrate deeper into the tooth structure, leading to tooth decay and the formation of cavities.

Task

Use this information, and write a paragraph to convince someone who doesn't think it's important to brush their teeth to start brushing.

The acid created by oral bacteria can attack the protective layer of your teeth called the enamel.

Over time, the acid weakens and erodes the enamel, making the teeth more vulnerable to decay and cavities.

The acidic conditions promote the formation of plaque, a sticky film that adheres to the teeth.

Plaque provides a breeding ground for more bacteria and further contributes to enamel erosion.

Food Facts

Fruits and Vegetables

Provide a balanced intake of minerals and vitamins

Did you know?

Some people consider the gut as your second brain. Too much sugar could stimulate over production of the by-product gut flora and this can lead to depression, ADHD and other ailments.

Proteins

Proteins help you to build muscle, bones, cartilage, skin and blood. It also helps you heal quicker from injury.

Grains

Provide fibre and are a great source of carbohydrates which provide the body with a power source. Carbohydrates turn into glucose, which is a simple form of sugar, which the body can transport directly to the muscles.

Sugars

Best to avoid processed versions (chocolate, McDonalds, donuts, sweets, etc) as they can be found naturally in other foods so you don't need an outside source. Provides instant energy but you get a sugar crash. Overconsumption creates an imbalance of your natural blood sugar level.

Fats

Plant and animal based fat sources are good for the body, however fats from processed foods and sugars should be consumed in moderation.

Monounsaturated fats

Naturally occurring, good for the heart in moderation

Saturated fats

Naturally occurring, limited intake is recommended

Trans fats

Artificially created, the most harmful type of fat

What Do You Think?



“Tooth decay is just a normal part of growing up”

Talking Points



I think that ...

I don't think... is right because...

My opinion is...

I would argue the same because...

I disagree with... because...

Building on what... said. I think...

An alternate way of looking at this is...

I sort of agree, however....

I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?

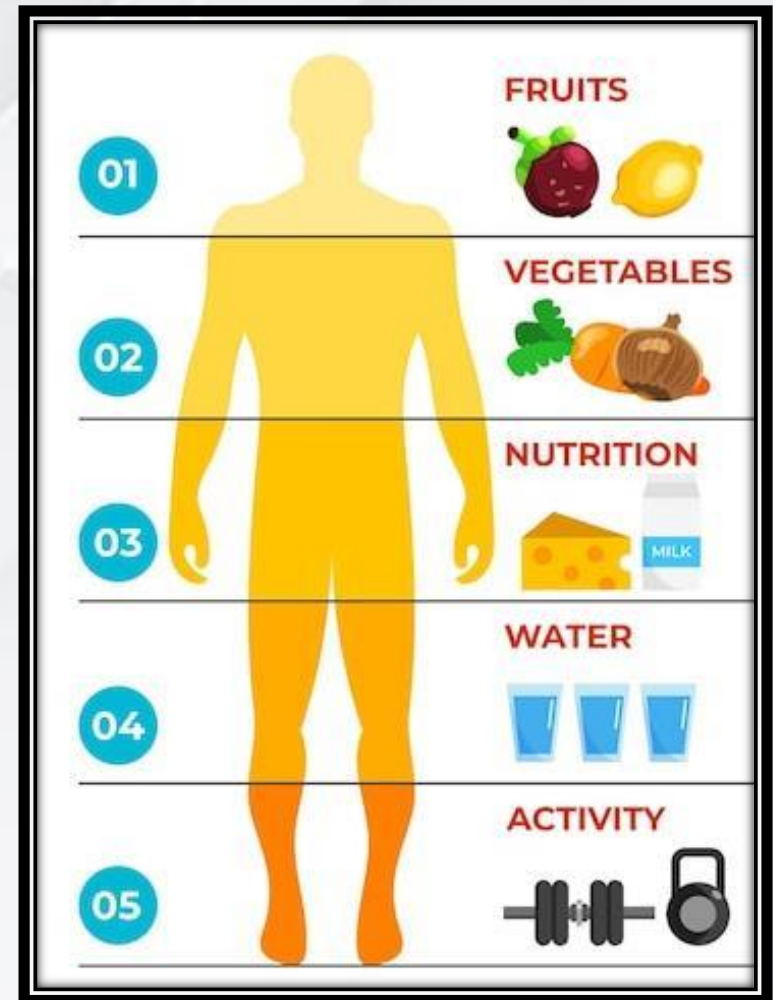


Healthy Body Your Responsibility

You must look after yourself as you become an adult and your body changes

IT IS YOUR RESPONSIBILITY TO STAY HEALTHY

- Eat a healthy balanced diet (five fruit and veg a day)
- Drink plenty of water
- Eat the right number of calories for how active you are to maintain a healthy weight. (E.g. If you play lots of sports you will need to consume more calories)
- Exercise helps us maintain a healthy weight, keeps our heart, body, muscles, bones and mind in good condition and reduces your risk of major illnesses (like diabetes).
- Being healthy can lower your risk of early death
- Daily physical activity will help you stay healthy and happy
- Get an uninterrupted, good night's sleep (a minimum of 8 hours) for your mind to rest and your body to recover and develop










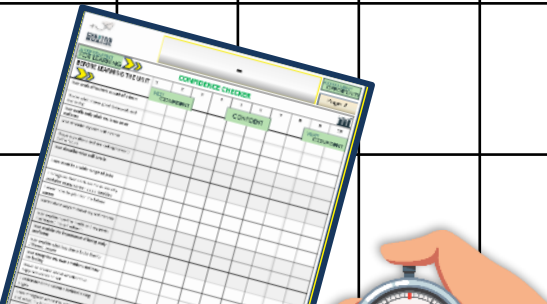
REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



AFTER THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT						
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Complete the confidence checker of where you think you are at for this lesson


(Discussion or complete sheet)





3 Minutes

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 Confident

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HOMEWORK SUGGESTION

Homework Explained

Draw a picture of a tooth, and label it with every important piece of information you can think of to do with tooth decay and good dental hygiene.

DUE DATE

It must be submitted by..

Hand / Google
Classroom





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ ChildLine - You can talk to us about anything. No problem is too big or too small. Call us on 0800 1111 or chat to us online <https://www.childline.org.uk>
- ☐ <https://kidshealth.org/> - A large range of health subjects covered including health eating for children and teens
- ☐ <https://kidshealth.org/> - great advice for parents, kids, and teens on staying healthy
- ☐ <https://www.nhs.uk/> - Loads of information on a very wide range of physical and mental health issues

HEALTH
& WELLBEING

SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

**Before I only knew...
now I also know...**

**The key words for this lesson
were...**

I'm really proud of the way I have...

Today I have tried to...

**The most important thing I have
learnt today is...**

I used to feel ... but I now feel ...

**Before I would have done...
Now I will ...**

Next lesson I would like to...

**A question I would like to ask
is...**

**I would like to learn more
about...**

**I know if I need further support
or help I could speak to.... or
contact...**

**I now know I can supported
others by...**

**One thing I didn't realise was...
this will help me to...**

2 Minutes





REFER TO MINDFULNESS POWERPOINT

