

Summer activity pack

Oral Health for Children

Whittington Health NHS Trust Oral Health
Promotion Team



Why is the food we eat so important?



Foods That Help Keep Teeth Clean And Healthy Include:

1. **Fruits and vegetables:** Crunchy, raw fruits and vegetables, such as apples and carrots, can help remove bacteria that adheres to the surface of the teeth. Melons, celery, pears, and cucumbers that have high water content also help clean teeth and promote overall health.
2. **Protein:** Lean meats, such as chicken, turkey, and white fish are a good source of protein, which helps strengthen tooth enamel. Nuts and low-sugar peanut butter also provide protein and are a quick energy source for kids.
3. **Calcium-rich products:** Low-fat dairy products, such as yogurt and skim milk, are excellent sources of calcium, which is crucial for building strong teeth. Cheese not only delivers calcium, but lingers on teeth and protects them, as well as providing protein and promoting saliva flow.

Some foods make teeth more susceptible to cavities and should be limited or avoided, if possible.

Limiting the intake of certain foods and drinks will lessen your child's risk for tooth decay.

Sugary drinks: juices, fizzy drinks and drinks containing large amounts of sugar and should be limited. Even regular milk, especially flavoured milk, contains sugar and should be consumed moderately.

1. **Chewy or sticky foods:** Hard or chewy sweets and dried fruits bars can stick to teeth and, if frequently eaten and allowed to remain on teeth without brushing, can lead to decay.
2. **Desserts:** Cookies, cakes, ice cream, and other sweets should be eaten in moderation. If possible, give sweet treats directly after a meal instead of as a snack, since more saliva is present in the mouth after a meal and can help clear away the sugar particles.
3. **Acidic foods and drinks:** Citrus fruits and tomatoes contain acid that can wear away tooth enamel if consumed too frequently. Consuming acidic foods and drinks with other foods as part of a meal will minimise the acid and protect the teeth.

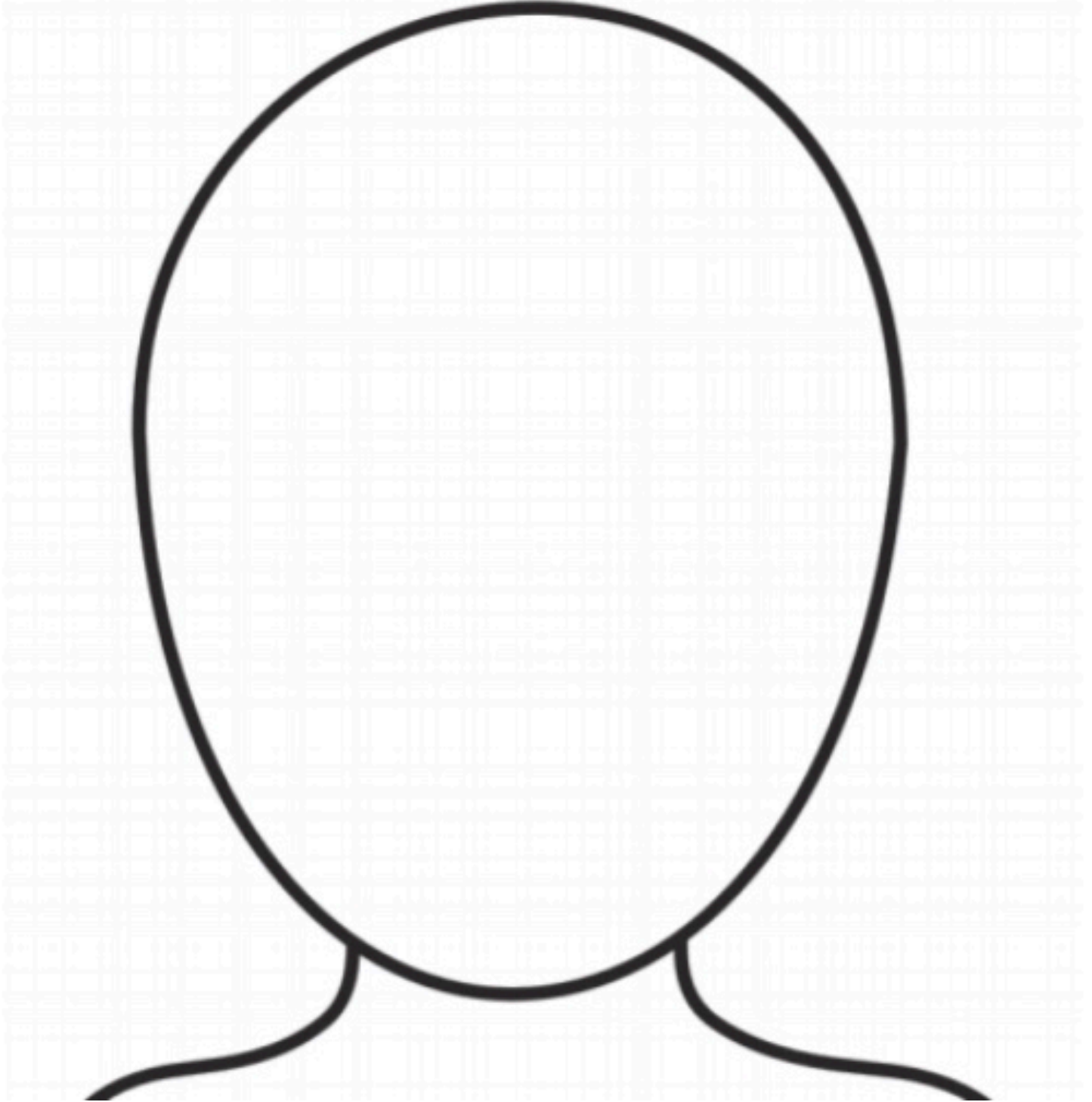
Your body is a complex machine. The foods we choose can affect our health and teeth.



 Tooth-friendly foods	 Foods that are damaging for teeth
<ul style="list-style-type: none">✓ Water✓ Milk✓ Fresh fruit✓ Vegetables✓ Low-fat cheese✓ Breadsticks✓ Low-fat savoury crackers✓ Plain unsweetened yoghurt	<ul style="list-style-type: none">✗ Sweets and chocolate✗ Dried fruit (e.g. raisins)✗ Biscuits and cake✗ Ice cream✗ Sugary cereal and cereal bars✗ Fizzy drinks✗ Fruit juice and squash✗ Sweetened yoghurt✗ Squeezable food pouches✗ Jams, preserves, honey✗ Smoothies✗ Syrups and sweet sauces



Draw yourself smiling



Brushing My Teeth

Brushing my teeth is really important to keep them healthy and strong.



First I take my toothbrush.



Then I add a pea size amount of fluoride toothpaste.



I brush the back teeth.



I brush the front teeth for 2 minutes in total.



Then I spit into the sink but do not rinse my mouth.



A Tooth-Brushing Song

This Is the Way We Brush Our Teeth Sung to the tune of "Here We Go 'round the Mulberry Bush"



**This is the way we brush our teeth,
Brush our teeth, brush our teeth.
This is the way we brush our teeth
Cleaning top and bottom.
This is the way we brush our teeth
Brush our teeth, brush our teeth.
This is the way we brush our teeth,**

Cleaning in and out.

**This is the way we brush our teeth,
Brush our teeth, brush our teeth.
This is the way we brush our teeth,
Cleaning where we chew.
This is the way we brush our teeth,
Brush our teeth, brush our teeth.
This is the way we brush our teeth,**

Now we smile all day



👍 Top tips for a healthy teeth 👍

- Brush your teeth and gums for at least 2 minutes last thing at night and at one other time during the day.
- Use only a pea-sized amount of fluoride toothpaste.
- A gentle circle method is the most effective way of plaque removal.
- Spit - do not rinse your mouth with water after brushing.
Avoid tooth brushing immediately after eating acidic foods or drinks (eg: grapefruit, lemons, orange juice or jams) as the enamel on the teeth is at its softest.



Visiting the dentist



What Does the Dentist Do?

The dentist is a doctor who is specially trained to care for teeth. When you visit for a check-up, your dentist will

- Look at your teeth and gums to check for any problems.
- The dentist also wants to make sure your teeth are developing properly as you grow.
- The dentist will show you how to brush your teeth

It's important to visit your dentist every 6 months to make sure you're taking good care of your teeth and that your teeth and gums are healthy.

What Happens at the Dentist's Surgery?

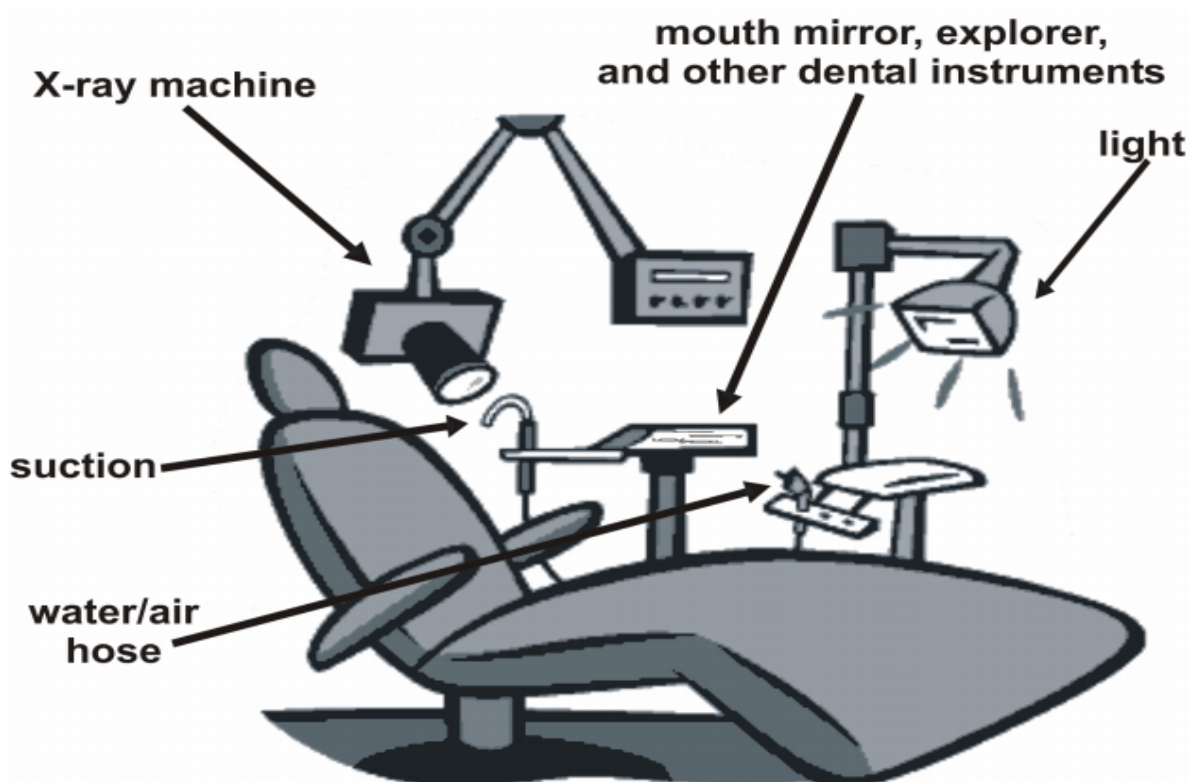
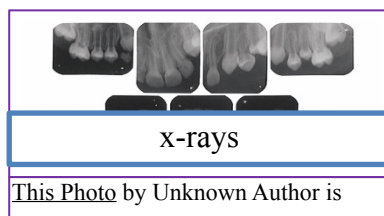
After your name is called in the waiting room, you will go into the dental surgery room and sit down in a big, comfortable chair that is like a huge recliner. The chair will have a place to rest your head and lots of room for you to stretch out your legs. Next to the chair may be a little sink with a cup that you can use to rinse out your mouth as your teeth are being cleaned.



Checking for Cavities

During your visit, the dentist might take X-rays, or pictures, of your teeth. X-

rays are like superhuman vision. They can show cavities hiding between your teeth and problems beneath your gums. A **cavity** is a decayed, or rotted, part of a tooth.



Mouth mirror



Bib



Protective glasses



**Draw your favourite healthy food
on the plate below**



**EAT THEM
TO DEFEAT THEM**

YrR

Maths



Pick the carrots from the garden.
How many can you find?
Colour them in.



**EAT THEM
TO DEFEAT THEM**

YrR

Colour the
vegetables

Bb



Broccoli

Cc



Carrot

Pp



Peas

Pp



Pepper

Tt



Tomato

Ss



Sweetcorn



'Aggie the Alien' needs your help!!



When 'Aggie the Alien' went to the dentist, her dentist said as well as brushing her teeth 'twice a day', Aggie must try to avoid eating sugary food and drinking sugary drinks in between her meals.

Can you help 'Aggie the Alien' choose a healthy snack and drink from the choices below? Circle your answers.

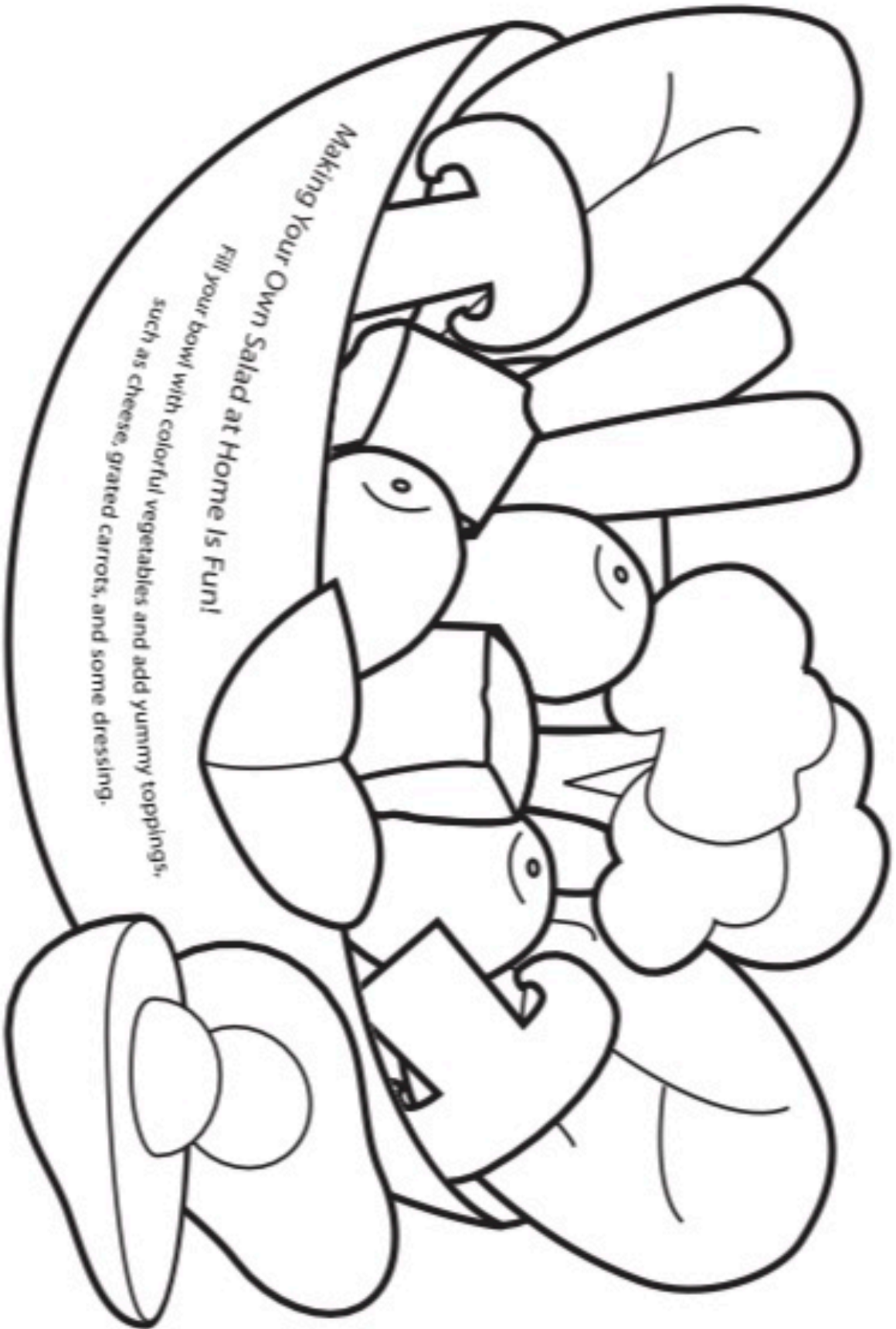
Cheese	Apples	Plain rice cakes	Chocolate	
Plain popcorn	Biscuits	Cake	Pineapple	
Breadsticks	Raisins	Oranges	plain crackers	
Water	Milk	Juice	Fizzy Drinks	Flavoured Water



Thank you

Answers: Cheese, apples, Plain rice cakes, Plain popcorn, Pineapple, Breadsticks, Oranges, plain crackers, water & milk.

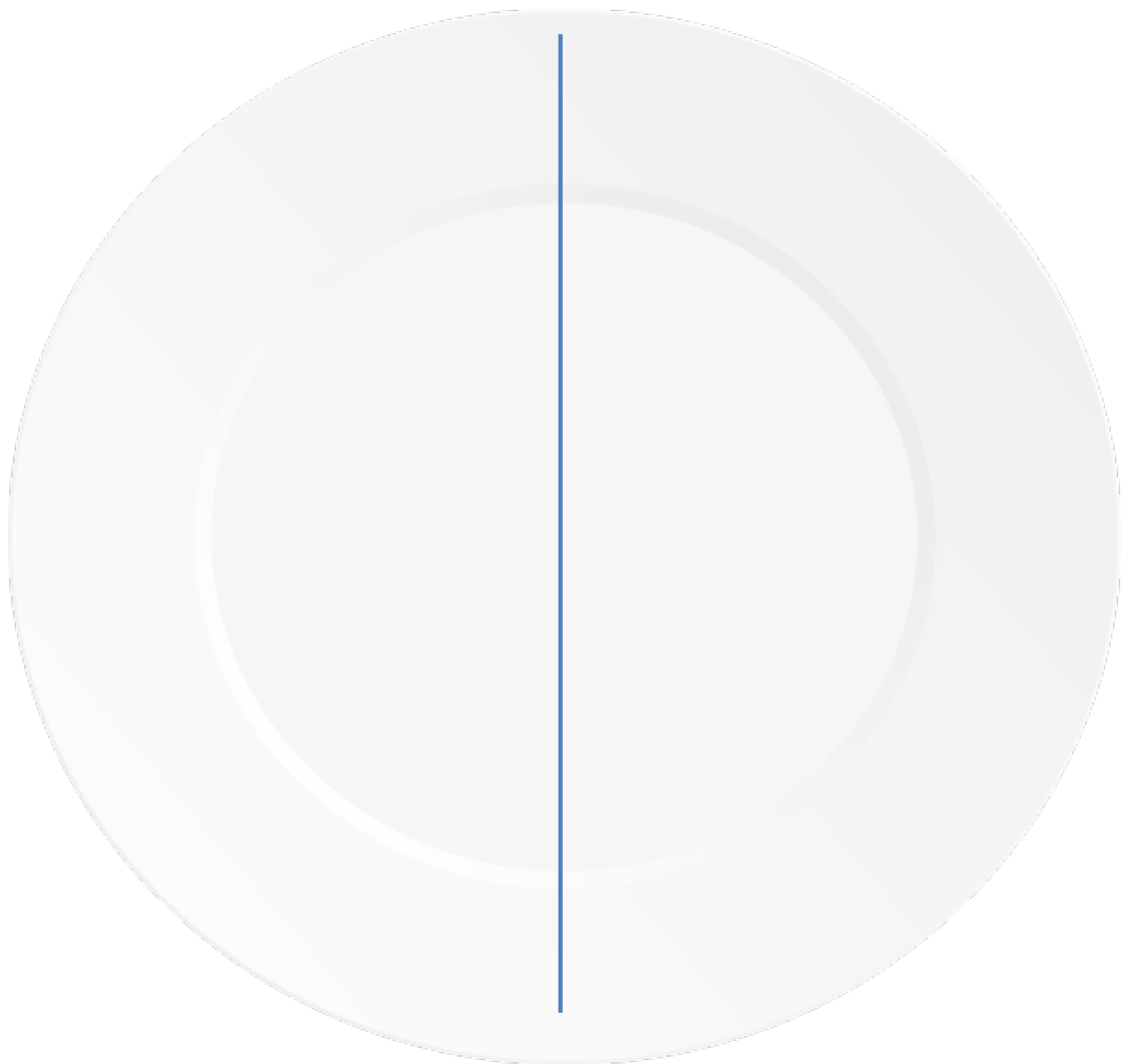




Cut out the pictures below and sort into the correct side of the plate



Healthy food



Unhealthy food



[Can you find the words below in this word search?](#)



Healthy Eating



B Z N K H N H P C B T H X W Q P G E K C G B A G
 G B K O G M E Z O E P K Z L D B F H S K I X L U
 R E I A Z A P S O H X G S Y T A M T F H N N X E
 Q A U G S A S S L A R E N I M I O R A G D Y S Q
 K X R S E L B A T E G E V K H R F H M A K V O K
 T A O P R O T E I N H Q I Z R J Q I H W W J G I
 X Q G R P G H H U Q L K G A I U N Y J S G U Y T
 J A W S U L B F M D R Z C C A B J M O F J S M X
 Y G C L N U P D N R U T G U O E N C H X E P V Q
 D I T X T I P C N R M J L P M F Y Q A T N E W Q
 X G R T Q H M Z T G R P H G F S Z H A F Q I F O
 N L E I J H W A R T O S T U N D S R K X H O D F
 N R D E I V E T T T S M N H S Y D A R S G G E Y
 Z V U Z T N U U A I H S L F K Y F Y F U I M T T
 E I X K E G W T A O V V U A H P I K T Q V I E G
 B N A O P F O F L H N E X O Y X S O V V U J F H
 O R U N G E T J C R O B B K Z I H N H R M U U E
 X O C Z S U W F I O H R B D S H I J F E L R T C
 Q U C U M Q X O G B A R Y O U M F H A B G P Z I
 B H J O F L J K O C B X N F T J D T U D B X V L
 O O R E N Q M F Z U B N C K S U V X Y G B L B A
 S E O T A M O T Y W D F A T F W S R E A J U X G
 H E Y T E I D R Y L Z O P N F S G N F B I A T B
 S N A E B M V Y A H D R X M L A M Z Q Y Z V S R

Diet Carrots Peas Nuts Butter Tomatoes

Fruit Vegetables Protein Carbohydrates Fat Minerals Vitamins

Eggs Potatoes Beans Fish Meat



I Can Eat a

Rainbow

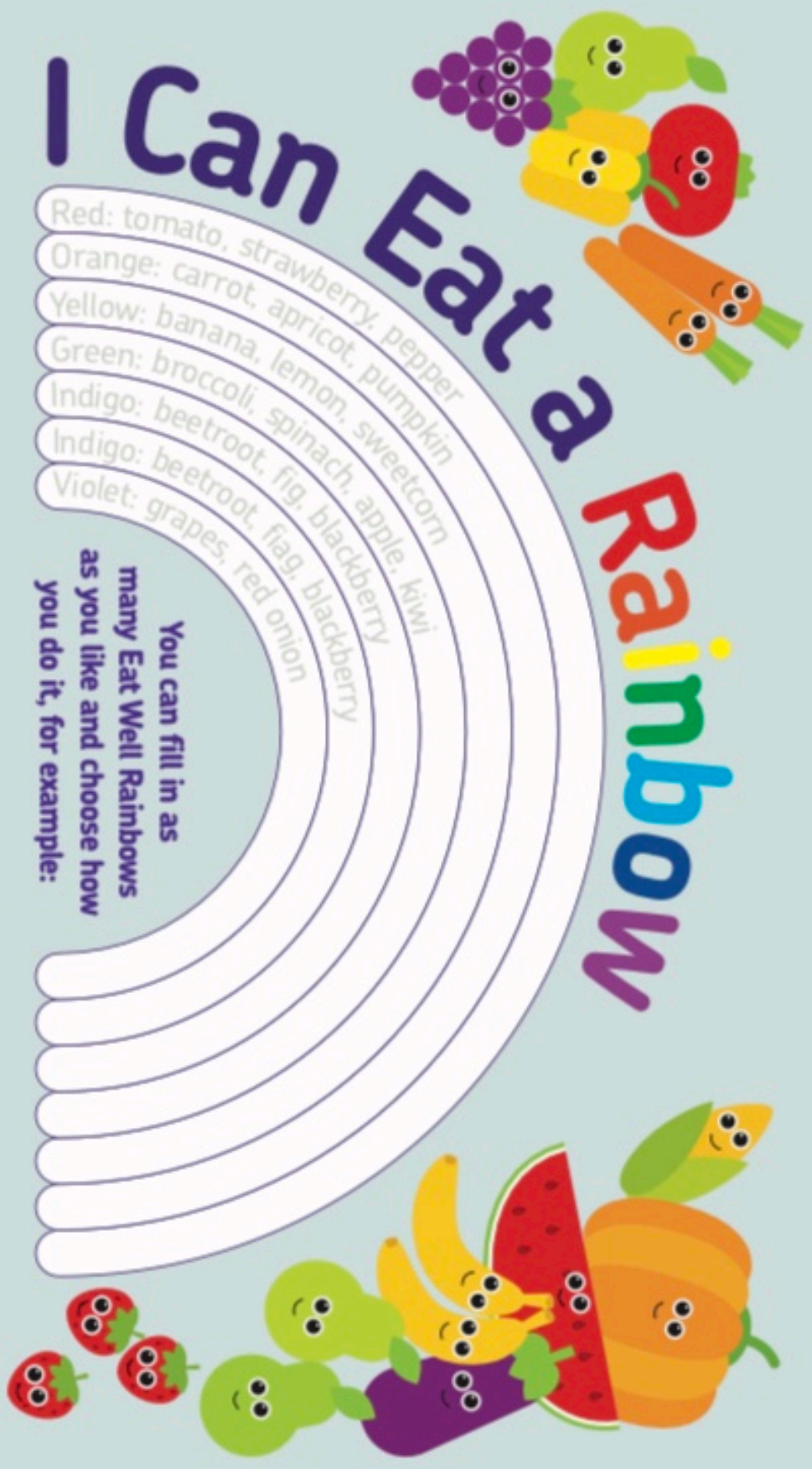
- Red: tomato, strawberry, pepper
- Orange: carrot, apricot, pumpkin
- Yellow: banana, lemon, sweetcorn
- Green: broccoli, spinach, apple, kiwi
- Indigo: beetroot, fig, blackberry
- Violet: grapes, red onion

You can fill in as many Eat Well Rainbows as you like and choose how you do it, for example:

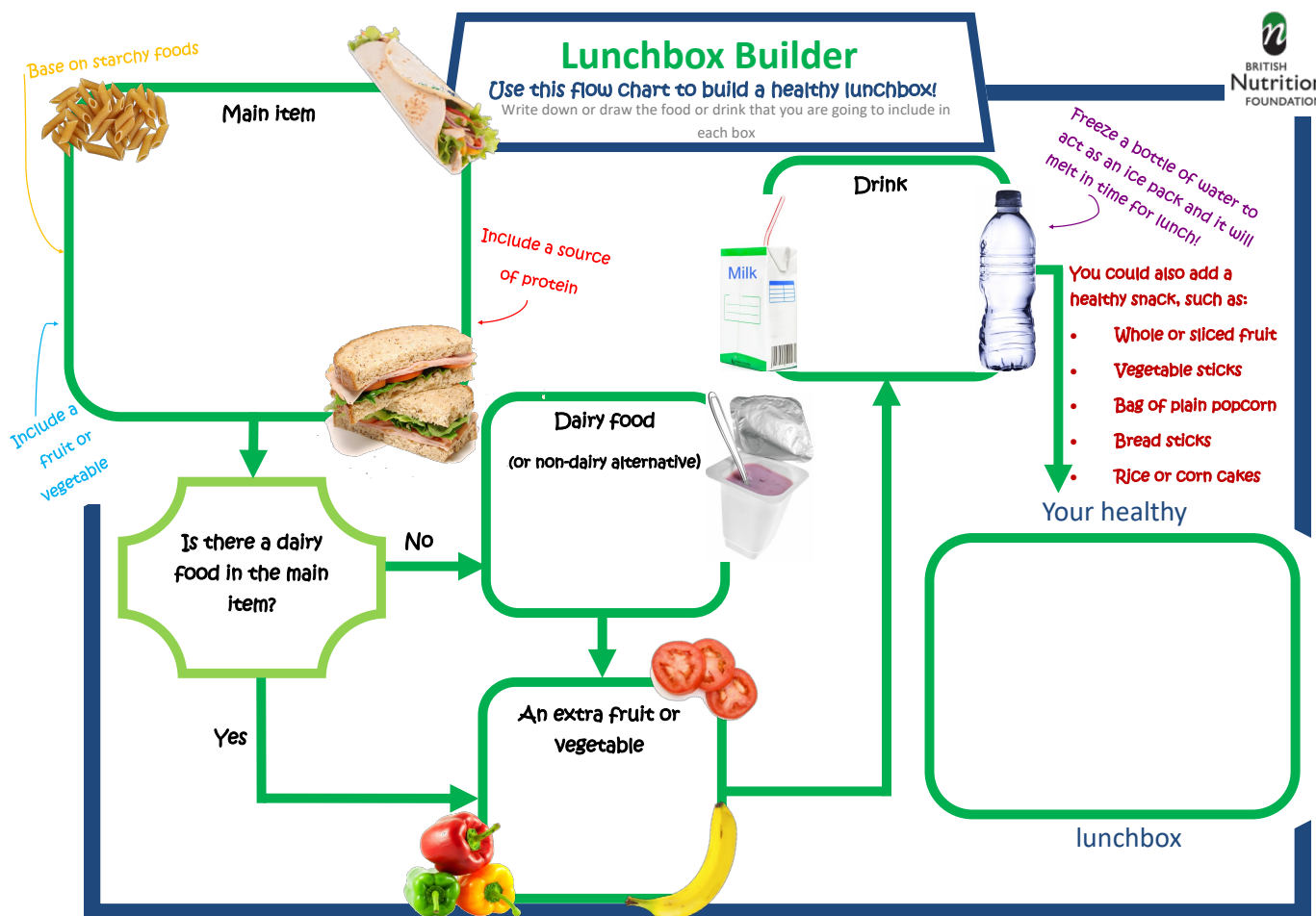
Every time you eat a fruit or vegetable, colour in the stripe of the rainbow in the same colour. For example, if you eat a banana, colour the stripe yellow and write 'banana' in the stripe.

Complete your rainbows in either one meal, one day, or over a week. It's up to you! Put your completed rainbows in your windows at home for others to see and enjoy.

Don't forget to share your creations with us by sending a photo of your rainbow and some of your rainbow meals or snacks to inspire others. Follow us @Brentcouncil on Facebook and Twitter. Post your pictures and don't forget to include #ICanEatARainbow.

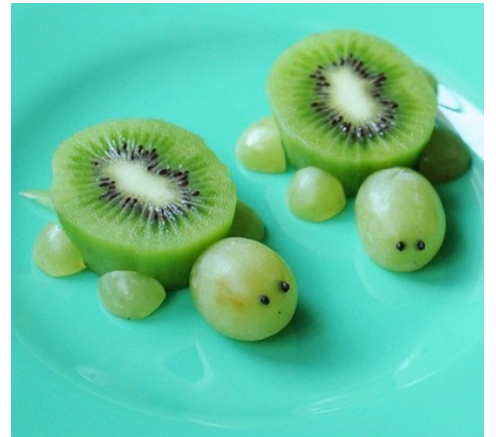


Foods that a healthy lunch box should include
A portion of lean meat, fish, eggs or beans, for example ham, chicken, beef, tuna, egg or hummus. A drink, for example unsweetened fruit juice, semi-skimmed milk or water.



This resource is designed for consumers who want to find out more about healthy eating. Last reviewed December 2016.

[Here are some tasty and healthy snack ideas!](#)



ਪੁਲੋਰਾਈਡ ਪਰਪਸੇਯੇਪ
ਪਯਨਪਠੁੱਠੀ ਓਰੁ ਨਾਨੇਯਕੁ
ਇਰਨੁੰਡੁ ਮੁਰੇ ਪਲ
ਤੁਲਕਕਵਮ. ਪਿੰਨਰ ਨੀਂਕਲ
ਊਕਲ ਪਲਪਸੇਯੇ ਵੇਲੀਯੇ
ਤੁਪੀ ਮੁਢਿਨੁੱਠੁ ਮਰੁਪਢਿ ਊਲਓ
ਵੇਨੁੰਡਾਮ!

NHS

Whittington Health
NHS Trust

اپنے دانتوں کو دن میں دو بار فلورائیڈ ٹوٹھ پیسٹ سے برش کریں۔
جب برش مکمل کر لیں تو ٹوٹھ پیسٹ کو تھوک دیں، مگر کلی نہ
کریں



**Brush your teeth twice a day using a Fluoride
toothpaste. Then when you have finished
spit your toothpaste out, but do not rinse!**

ਫਲੋਰਾਈਡ ਟੁੱਥਪੇਸਟੀ ਓਪਯੀਯ ਕਰੀਨੇ ਢਿਵਸਮਾਂ ਯੇ
ਵਯਨੁੰਡਾ ਢਾਂਠੁ ਸਾਢੁ ਕਰੋ. ਪਯੀ ਯਯਾਰੇ ਤਮੇ
ਸਮਾਸ ਕਰੋ ਯਯਾਰੇ ਤਮਾਰਾ ਢਾਂਠੁਨੀ ਪੇਸਟਨੇ ਯੁੱਕੀ
ਨਾਂਯੀ, ਪਰੰਤੁ, ਕੀਯਯਾ ਨ ਕਰੋ।

Caday ama rumeysa ilkahaaga laba
jeer maalintii adigoo isticmaalaya
daawada cadayga ilkaha ee Fluoride
leh. Kadib markaad dhamaysatid
waa tufi kartaa daawada ilkaha ee
laakiin ha biyo raacsiin!

ਫਲੋਰਾਈਡ ਟੁੱਥਪੇਸਟ ਦੀ ਵਰਤੋਂ
ਕਰਦੇ ਹੋਏ ਦਿਨ ਵਿੱਚ ਦੋ ਵਾਰੀ
ਆਪਣੇ ਦੰਦਾਂ ਉੱਤੇ ਬੁਰਸ਼ ਕਰੋ। ਫੇਰ
ਜਦੋਂ ਤੁਸੀਂ ਆਪਣੇ ਟੁੱਥ ਪੇਸਟ ਨੂੰ
ਬੁੱਕ ਰਾਹੀਂ ਪੂਰਾ ਬਾਹਰ ਕੱਢ ਦਿੰਦੇ
ਹੋ, ਤਾਂ ਕੁਰਲੀ ਨਾ ਕਰੋ।

Czyść zęby dwa razy
dziennie używając pasty z
fluorem. Następnie, kiedy
skończysz, wypluj ale nie
plucz!



[Join us for a kids club session on Wednesday 8th August at 1.30pm!](#)

Oral health session

Kids Club

Time: Wednesday Aug 18, 2021

@ 1:30 PM

Join Zoom Meeting



<https://us02web.zoom.us/j/81126628346?pwd=ZHo4S1hmSXcrR1ZDYzRTa1p3eWNZUT09>

Meeting ID: 811 2662 8346

Passcode: kidsclub

The oral health promotion team would like to invite you to join us.

Topics covered. –

What do we have teeth .Toothbrushing, Guess the sugar amount .
story time .



By The Oral Health Promotion Team Whittington Health Community Dental Service

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Date published: 07/07/2021
Review date: 07/07/2022
Ref: SC/DentServ/HAPOHC/01

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