

Oral Health

Year 1 – Lesson 1

LESSON OBJECTIVES/SKILLS:

Pupils will:

- State why we need our teeth.
- Demonstrate an effective tooth brushing technique for appropriate length of time.
- Recall the ingredient in toothpaste that protects our teeth.
- Identify who helps to look after our teeth.
- Select foods that are healthy choices.

LEARNING ACTIVITY/LESSON OUTLINE:

- Children to listen to Boris' story - discussion throughout about Boris' choices and what we use our teeth for.
- Children to demonstrate tooth brushing using puppets/mouth model for an appropriate length of time.
- Children to answer question on 'what is the name of the magic sparkles (fluoride) when we brush our teeth?' using nominated questioning.
- Children to answer 'who helps us to look after our teeth?' Using role play outfit, select some children to dress up as the dentist re-enacting what to expect in a dental visit.
- Children to select foods using Healthy Chef resource grouping appropriately for children with higher level skills. Inclusive learning for others starting off with the more obvious foods. Engage class discussion about sugary foods.

KEY QUESTIONS:

Do I brush my teeth?

Why is it important that I brush my teeth?

What foods are bad for our teeth?

RESOURCES:

- Boris story
- Puppets/mouth models and tooth brushes
- Dress up role play dentist outfit
- Healthy Chef

***Please note, if you do not have these resources in your school they can be borrowed from**

Designed to Smile. Please contact the relevant office number from below*

Swansea Area – Tel: 01792 301098 – Email Ryland.hopkins@wales.nhs.uk

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ASSESSMENT – Learning Outcomes:

Can the child.....

Meet their personal hygiene needs independently?

Understand that hygiene and the right types of food and drink are important for healthy bodies?