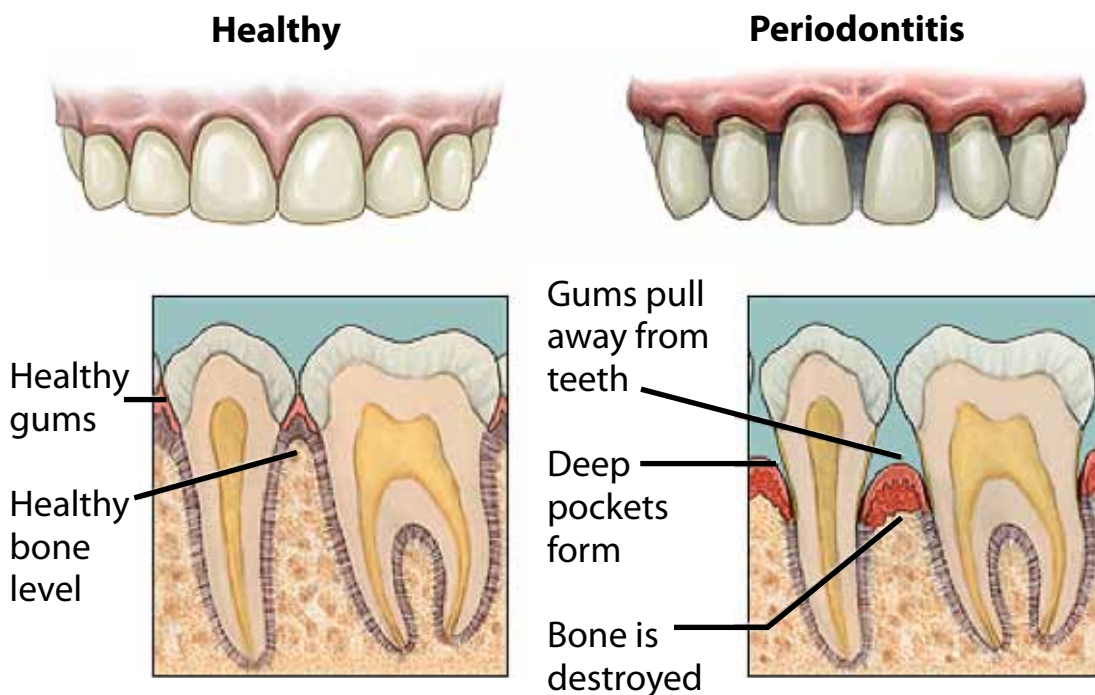


Dental Health

Do you want your teeth to be like this or this?



Periodontitis is an infection in your gums that can seriously affect your teeth. There are lots of ways to keep your teeth and gums healthy!

1 Circle the things that can be signs that you may have a gum infection.

toothache

bleeding gums

feeling healthy

having a headache

feeling sick

eating healthy food

it hurts to chew on one side of your mouth

bright white teeth

you can't taste your food properly

you have bad breath

your teeth hurt when you eat hot or cold food

brush your teeth

2 Draw a line to match the things that you should do to keep your teeth and gums healthy.



brush your teeth
morning and night
(especially at night because you
don't produce as much saliva)

see your dentist every
six months
for regular check- ups

eat lots of fresh,
healthy food, like fruit
and vegetables

floss your teeth regularly

wear a mouthguard
when training for sport
and playing sport

- 3** To keep your teeth and gums healthy, you should remember:
"The closer to the tree, the better for you."
Circle the foods that are "close to the tree" (natural).
Cross out the foods to avoid (too much sugar and acid).



- 4** Use words from the box below to finish these sentences.

I should _____ my teeth every day, morning and night.

Sports drinks can damage your teeth because they are too _____.

It is better for your teeth to eat an _____ than to drink fizzy apple drink.

Not brushing your teeth can cause _____ disease.

You should visit your _____ every six months for a check up.

apple

gum

brush

acidic

dentist

5 Here's a poem about brushing your teeth.

Brushing

Here's my toothpaste
Here's my brush
I won't hurry, 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.



Use the rhyming words below as ideas to write a rap that reminds you to look after your teeth.

brush rush fuss hush teeth beneath
gums hums floss loss toothpaste great haste
before school you're cool you're no fool before bed
keep good teeth in your head brush them well
your breath won't smell

6 KWL about dental health.

What I know	What I want to know	What I learnt

