



Early Years Lesson Three

Food & Drink

Oral Health Foundation
KEY MESSAGE
for this lesson

Have less sugary
foods and drinks.

EYFS LINK
for this lesson

Physical development:
To make healthy choices
in relation to food.

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Free Downloadable Dental Health Education Resource
www.dentalbuddy.org



FOOD AND DRINK

Some foods and drinks are good for our teeth. Sugar is not good for our teeth.

We should try not to eat or drink things that contain sugar.

THINGS THAT ARE NOT GOOD FOR OUR TEETH:

DISCUSSION: can we think of any foods and drinks that taste sweet that we like to have?

- Sweets
- Biscuits
- Cakes
- Fizzy drinks
- Fruit juice
- Squash
- Dried fruit

THINGS THAT ARE GOOD FOR OUR TEETH:

DISCUSSION: these are foods that don't contain sugar and are tasty treats.

- Rice cakes
- Bread sticks
- Cheese
- Toast and crumpets
- Fruits and vegetables
- Milk
- Water

If we have too much sugar, too often, this could cause holes in our teeth, that the dentist will have to fix.

This is because the bugs that live in our mouth, love to eat sugar. As they eat or break down sugar, they produce acid. This acid is what dissolves the tooth surface and is the first stage of tooth decay.

This is why it is important to cut down how often we have sweet and sugary foods and drinks and choose a healthier snack instead.

ACTIVITIES

- Ask the children to sort the pictures of food and drink into things that are good for our teeth and the things that are not good for our teeth.
- Draw the bugs that live in our mouths and make holes in our teeth.
This is a good time to go over toothbrushing again.
You should brush your teeth for 2 minutes, last thing at night and at least one other time during the day, with a fluoride toothpaste.

EQUIPMENT

- A mixture of pictures of foods and drinks that are good for our teeth and some pictures of foods and drinks that are not good for our teeth. Can the children put them in the right groups: 'Healthy for teeth' and 'Unhealthy for teeth'.
You may wish to use real foods and the children can choose their healthy snack and shelve/bin the bad one!
- Paper and crayons to draw the bugs that live in our mouths.

RESOURCES

The Oral Health Foundation has a comprehensive range of teaching resources to support teachers delivering oral health education. These include leaflets, posters, wall charts, story books, models, educational games and demonstration puppets. To browse our complete range of resources please visit www.dentalhealthshop.org

To deliver the lesson outlined above, the following resources are particularly relevant:

Sugar Poster



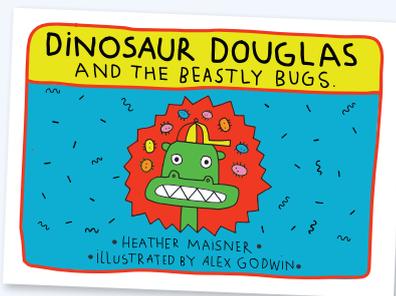
Get Out of My Mouth & Oh No! Not the Sweets



Gimme Five



Dinosaur Douglas & the Beastly Bugs



Molly's Lunchbox

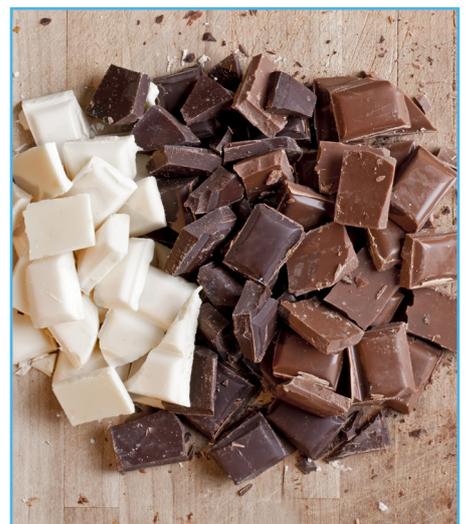


Tooth Friendly Snacks Magnetic Board

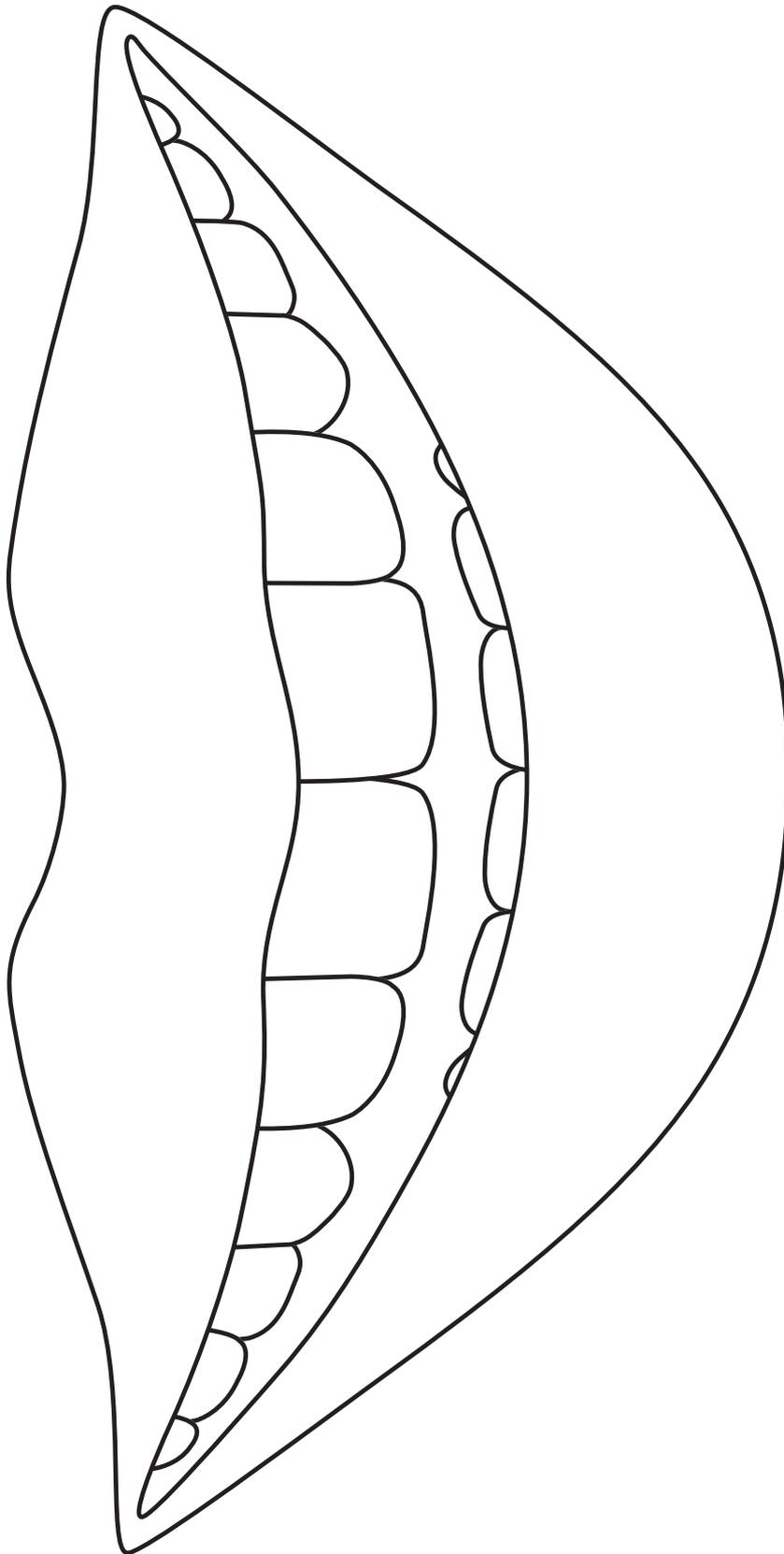


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