



# Key Stage 1

## Lesson One

### Diet & Snacking

Oral Health Foundation  
**KEY MESSAGE**  
for this lesson

Have less sugary  
foods and drinks

**KS1 LINK**  
for this lesson

**PHSE – HEALTHY EATING:**

- The characteristics of a poor diet and risks associated with unhealthy eating - tooth decay
- What constitutes a healthy lifestyle, and how to maintain it, including the benefits of healthy eating and dental health

Supported by



Free Downloadable Dental Health Education Resource

[www.dentalbuddy.org](http://www.dentalbuddy.org)



Registered Charity No. 263198

## DIET & SNACKING

We should all eat a healthy diet; this helps to keep us healthy and our teeth strong.

A balanced diet should contain (Eatwell guide):

- 38% Starchy food (bread, potatoes, cereals, pasta, rice etc.)
- 40% fruit or vegetables
- 1% oils
- 12% protein (meat, fish, pulses, beans)
- 8% dairy

**DISCUSSION:** which foods do we have in our meals and where do they belong to the parts of the eatwell guide.

Sugar and foods and drinks that contain sugar, are not good for our teeth.

**Plaque** (this is the soft, sticky stuff that forms on our teeth) contains lots of bugs. When we have foods or drinks that contain sugar, these bugs feed on the sugar and produce **plaque acid**. This acid can cause holes or cavities to form in our teeth. This is called **dental decay**.



## ACTIVITIES

- Draw own Eatwell Plate showing favourite meal.
- Make a food diary for a week. Then try to identify the sugar in your diet and what you could swap this for.

## EQUIPMENT

- Eatwell guide poster
- Eatwell guide templates
- Food diary template

## RESOURCES

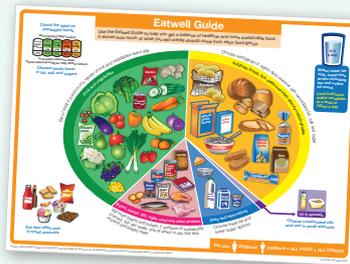
The Oral Health Foundation has a comprehensive range of teaching resources to support teachers delivering oral health education. These include leaflets, posters, wall charts, story books, models, educational games and demonstration puppets. To browse our complete range of resources please visit [www.dentalhealthshop.org](http://www.dentalhealthshop.org)

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

### Sugar Poster



### Eatwell Guide



### Sugar Wheel



### Children's Plaque Goody Bag with Toothpaste

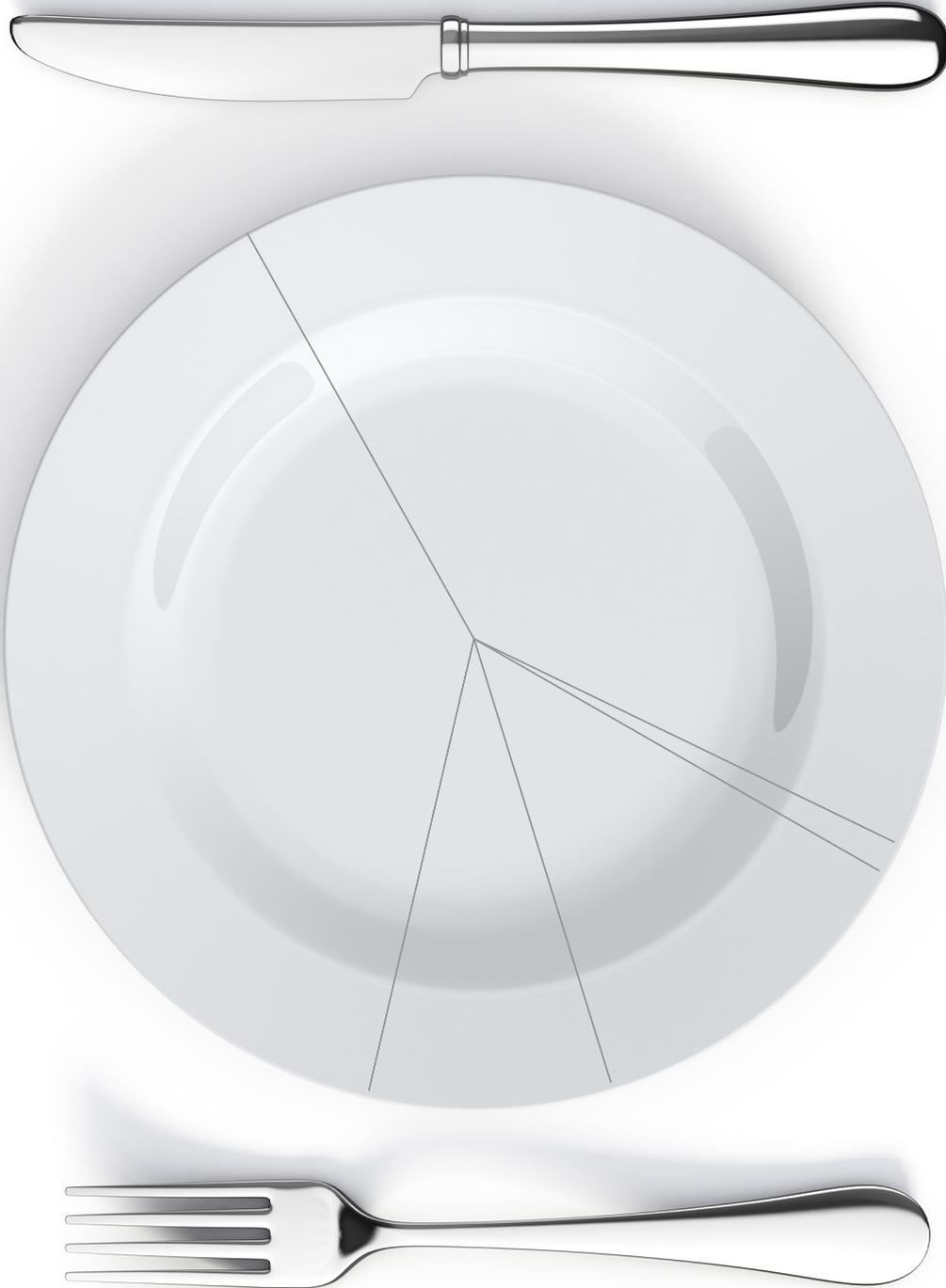


### Plaque Buster Pack with Toothpaste



### Tooth Friendly Snacks Magnetic Board





MY FOOD DIARY	Breakfast	Snacks & Sugary Drinks	Lunch or Dinner	Snacks & Sugary Drinks	Dinner or Tea	Snacks & Sugary Drinks	Notes
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

“I will cut down how much and how often I have sugary foods and drinks.”



