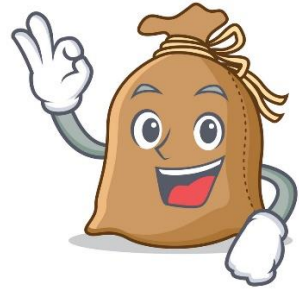




# ACTIVITY PACK

# Activity 1

## Feely Sacks



### Information for staff/carers

This activity includes foods and drinks that form a part of a healthy diet and are good choices for between meal snacks. Toothbrushes and toothpaste are also included in the activity.

When food or drink cartons are chosen, you could discuss with the children why these are good for them.

When toothbrushes or toothpaste are chosen, you could talk about;

- What toothpaste tastes like?
- How it helps our teeth?
- Why they should brush their teeth?
- How often they should brush their teeth?
- Whether they do it on their own or have any help?
- What might happen to their teeth if they do not brush?

### Resources

Large sack possibly with a drawstring opening.

Ten items associated with teeth and healthy eating

e.g. Toothbrush, toothpaste, beaker, plastic milk carton, empty yoghurt pot, various vegetables, bread roll (Plastic foods if possible)

### How to play the game:

- Ask the children to sit in a circle
- Place items into the sack and place in the middle of the circle
- Let the children pass around the sack and take turns to feel an object
- Ask them to describe it and guess what it is (what shape it is, Is it hard or soft?)
- Talk about the object as a group, emphasising the important health aspects

# Activity 2

## Designing a lunchbox



### Information for staff/carers

This activity encourages children to enjoy a picnic meal as part of healthy eating and perhaps to try healthy sandwich fillings that they might not have eaten before. When making the sandwiches and filling the lunchboxes, you could discuss with the children why the sandwiches are a healthy choice.

### Resources

A selection of recycled materials suitable to make box shapes – card, cartons, cereal boxes, shoe boxes.

Scissors, paper, glue, sticky tape, napkins, string, ribbon, wool or other suitable materials for handles. Sample lunch boxes.

Bread, butter or margarine, fruit and different sandwich fillings.

Sandwich filling ideas:

Lettuce, cottage cheese, fromage frais, cheese, carrots, cucumber, tomato, avocado, apple, banana, egg, pepper, celery, cheese bread

**If making sandwiches at the setting, then check if any children are allergic before preparing the sandwiches**

### Making the boxes

- Show the children a few sample lunchboxes of different colours and sizes.
- Why do they think they are similar shapes?
- What do the children think they should put in the boxes?
- Let the children choose suitable materials to make a lunchbox
- Line the inside of the boxes with paper napkins for cleanliness.
- When boxes are complete, display them on a table until ready.
- Remind the children of the importance of washing their hands before handling the food.

# Activity 3

## Matching toothbrushes to beakers



### Information for staff/carers

Regular supervised tooth brushing with a fluoride toothpaste reduces tooth decay in children.

This activity uses toothbrushes to meet education goals to draw attention to the health benefits of brushing. You could discuss with the children:

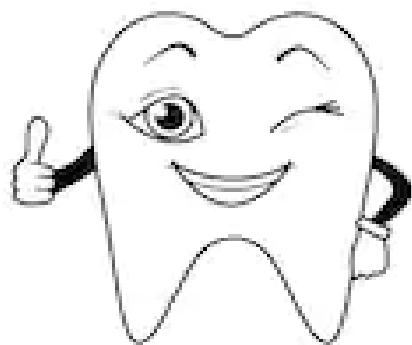
- Why they brush their teeth?
- How often they should brush their teeth (At least twice a day, before bedtime and on one other occasion)
- Whether they do it on their own or have help?
- What happens to their teeth if they didn't brush them?

### Resources

Yogurt pots or plastic cups, lollipop sticks, small rectangles of sponge, glue, coloured or white tissue paper, thick paint (different colours)

### Activity

- Let each child choose a pot to make a beaker and cover this with glue
- Spread tissue paper all around the pot adding more glue if necessary
- Allow glue to dry
- The children can choose a different colour and paint the pot, covering the tissue completely
- Give each child a lollipop stick to paint in the same colour as their beaker
- When it has dried, stick to a rectangle sponge to create the bristles of the toothbrush
- Allow to dry
- Stand the brushes in the beakers and talk about their brushes and colours
- Let the children write labels for their beakers if they can
- Play matching games by putting the appropriate coloured toothbrushes into their same coloured beakers.
- Play matching games with the coloured beakers with dolls or puppets and the toothbrushes
- Give each puppet a beaker and find the brush to match and pretend to clean the puppets or dolls teeth.



## **Activity 4**

**Eat this, not that**



### **Information for staff/carers**

This activity is aimed at promoting tooth-friendly snacks in-between meals and keeping sugary foods and drinks to mealtimes only. This prevents tooth decay and reduces the intake of sugar in children's diets

### **Activity**

1. Ask the children to find healthy foods such as fruit, vegetables and milk from old magazines.
2. Look for unhealthy foods such as sweets, biscuits and fizzy drinks.
3. Cut these out and place into a pile.
4. Take two small bags and draw a happy tooth on one bag and a sad tooth on the other.
5. Together, sort out the pictures and place the healthy foods into the happy tooth bag and the unhealthy food into the sad tooth bag.
6. Talk about how to improve diet for healthy teeth.

# Activity 5

## Make new words

### Information to staff/carers

Fun way of learning new words from the key word “toothbrush”.

You can talk about the new different words with the children and what they mean.

How many new words can you make with the letters used in **toothbrush**?



brush	_____	_____	_____
tooth	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

# Activity 6

## Word search 1

A fun way of finding new words associated with children's dental health.  
Discuss with the children the new words they discover

### WORDSEARCH

Try to find the following words:

apple                  gums                  dentist                  paste  
 fairy                  smile                  floss                  teeth  
 plaque                  fluoride

f	l	o	s	s	f	t	m
a	f	g	u	m	s	e	p
p	d	e	e	i	l	e	l
p	a	s	t	e	p	t	a
l	a	n	g	f	t	h	q
e	e	y	r	i	a	f	u
d	s	m	i	l	e	t	e
f	l	u	o	r	i	d	e

# Activity 7

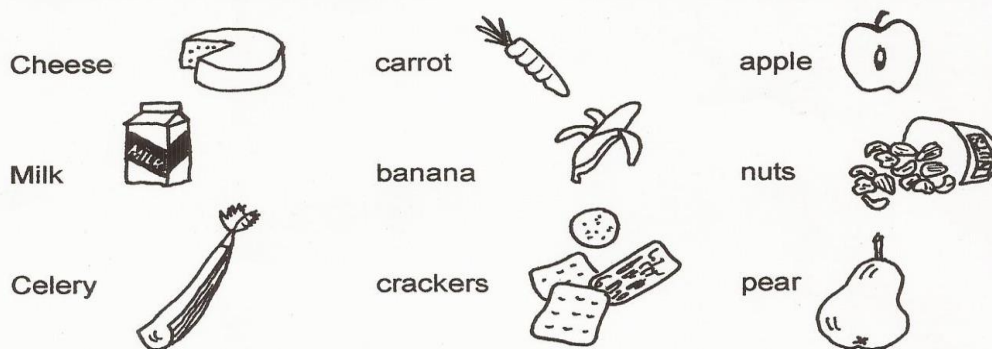
## Word search 2

A fun way of finding new words associated with healthy foods.  
Discuss with children what their favourite healthy foods are.

### WORDSEARCH

Can you find the healthy snack foods hidden in the square below?

c	e	l	e	r	y	a	x	n
a	h	s	b	z	m	t	w	b
r	p	e	a	r	i	v	c	s
r	q	g	e	v	l	q	r	u
o	n	u	t	s	k	c	i	d
t	a	p	p	l	e	s	s	n
p	s	f	a	l	o	a	p	b
c	r	a	c	k	e	r	s	m
b	a	n	a	n	a	d	l	c





# Activity 8

## Five toothbrushes song

### Information for staff/carers

Discuss with the children the importance of toothbrushes and how to maintain them.

Five toothbrushes, five toothbrushes,  
In a line, in a line.  
Take one down and use it, take one down and use it,  
Make teeth shine, make teeth shine.

Four toothbrushes, four toothbrushes,  
Tall and straight, tall and straight.  
Use one in the morning, use one in the morning,  
Don't be late, don't be late.

Three toothbrushes, three toothbrushes,  
Clean and bright, clean and bright.  
Use one when it's bedtime, use one when it's bedtime,  
Keep teeth white, keep teeth white.

Two toothbrushes, two toothbrushes,  
Hard to hold, hard to hold.  
Throw them in the bin now, throw them in the bin now,  
They're too old, they're too old.

One toothbrush, one toothbrush,  
By itself, by itself.  
Put in the beaker, put in the beaker,  
On the shelf, on the shelf.

### Activity

*Sung to the tune of 'Frère Jacques'*

Choose five children to be the toothbrushes standing in a line and let the rest of the children sit on the floor.

For the first three verses, choose a child from the floor to take away a 'toothbrush'.

At the end of the fourth verse, both 'toothbrushes' sit down.

For the last verse, a child is chosen to be the new 'toothbrush'.

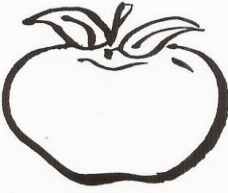
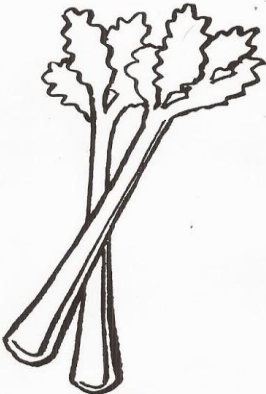


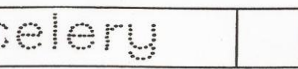
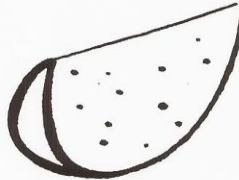



This child then chooses another four 'toothbrushes' if the song is to be repeated.


# Activity 9

## Healthy snacks

This activity is aimed at promoting healthy snacks between meals.  
Discuss with the children, the importance of healthy foods.

**Healthy Snacks**  
These foods are good for your teeth.  
Write over the dotted words. Tick the boxes.


		
apple <input type="checkbox"/>		pear <input type="checkbox"/>
		
milk <input type="checkbox"/>	celery <input type="checkbox"/>	cheese <input type="checkbox"/>
		
banana <input type="checkbox"/>	carrot <input type="checkbox"/>	nuts <input type="checkbox"/>


 Colour the pictures.


# Activity 10

## Help Mr Tooth


This activity is aimed at promoting tooth-friendly snacks in-between meals and keeping sugary foods and drinks to mealtimes only

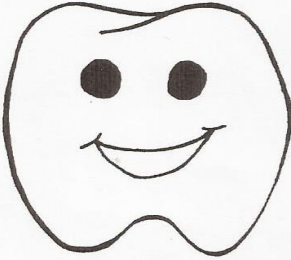
1. 


2. 

3. 

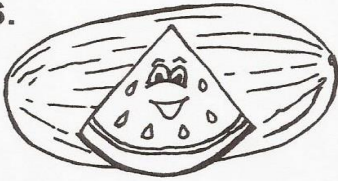
**Help Mr. Tooth find the tooth friendly snacks!**

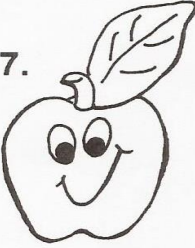
4. 





5. 


**Color the foods that would be healthy snacks for Mr. Tooth!**


6. 

7. 

8. 

9. 

10. 

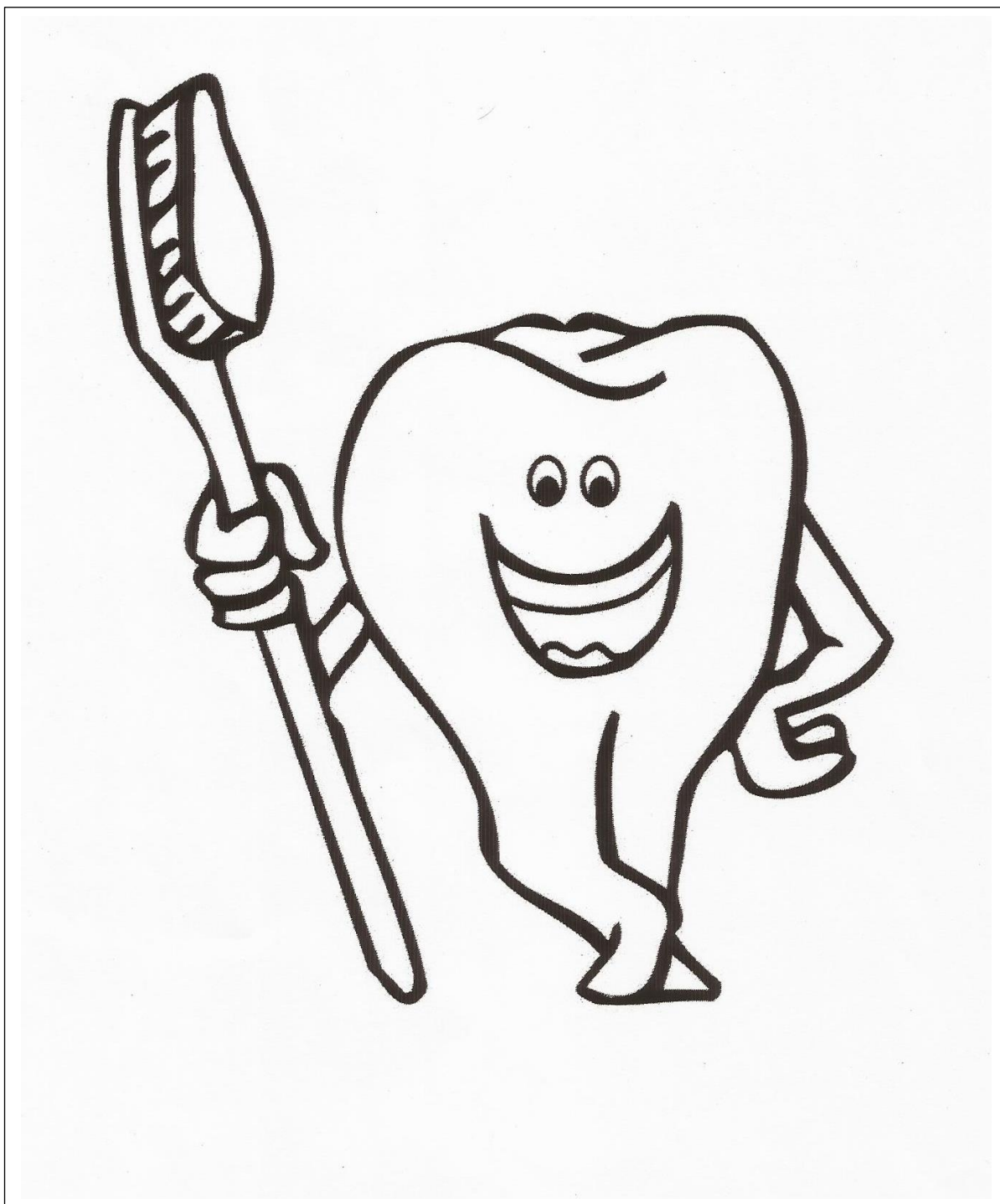
11. 

Answers: 2,3,6,7,9,11

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# Activity 11

## Colouring Sheets 1 of 4



# Activity 11

## Colouring Sheets 2 of 4



# Activity 11

## Colouring Sheets 3 of 4



# Activity 11

## Colouring Sheets 4 of 4



# Activity 12

## Toothbrush chart

This Toothbrushing Chart belongs to \_\_\_\_\_

Remember to tick a bubble after you brush!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Brushing your teeth twice a day, gives a clean smile and keeps plaque away

Tips for Terrific Teeth

Use the 2 for 2 rule. Brush your teeth for 2 minutes 2 times a day, once in the morning and once at night

Use a child-size toothbrush with soft bristles. Brush both the cheek and tongue sides of the teeth

- the flat chewing surfaces • the gums and tongue too!

Teach your child to spit out toothpaste after brushing; swallowing toothpaste with fluoride can lead to permanent spots on forming teeth.

Do not rinse your mouth out with water after brushing

Visit the dentist regularly for a check up




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