



Oral Health Week March 2020 Take Care of YOUR 20 in 2020



Dental and oral hygiene is an area of great importance in Britain today. However, it is proven that dental pain caused by tooth decay is detrimental to school performance and that time off due to treatment and extractions is a major contributor to low school attendance figures!

Why not incorporate dental wellness into British Science Week (6-15 March) and encourage children to take good care of their 20 teeth in 2020?

In class:

- Discuss the importance of tooth brushing twice a day
- Learn about a healthy diet for the teeth and body
- Talk about visiting the dentist and where to find one if necessary
- Learn about the function of the different teeth

To enrol your school in the LiveSmart Programme
email charity@dentalwellnesstrust.org
or visit dentalwellnesstrust.org

Suggested activities

Can you make some toothpaste with your class?

Each child will need:

A teaspoon of bicarbonate of soda

One drop of essential peppermint oil

A teaspoon of coconut oil

What to do:

Mix the ingredients together to make a smooth paste. Small mirrors and toothbrushes would be useful to demonstrate brushing all surfaces, use a pea sized amount!

Can you make a healthy snack with your class?

Each child will need:

A selection of fruit including strawberries, apple, grapes, blueberries, banana etc

A chopping board and knife

A wooden skewer

What to do:

Talk about the importance of a healthy diet and good food choices. Allow the child to chop the fruit and thread the pieces on to the skewer- enjoy!

Sugar in Drinks Experiment

What to do: Place a hardboiled egg into 3 clear cups or beakers

Cover one with water, one with orange juice and one with full sugar coca cola

Observe the damage to the eggshell (calcium) over the week