

This Dental Work Book belongs to:

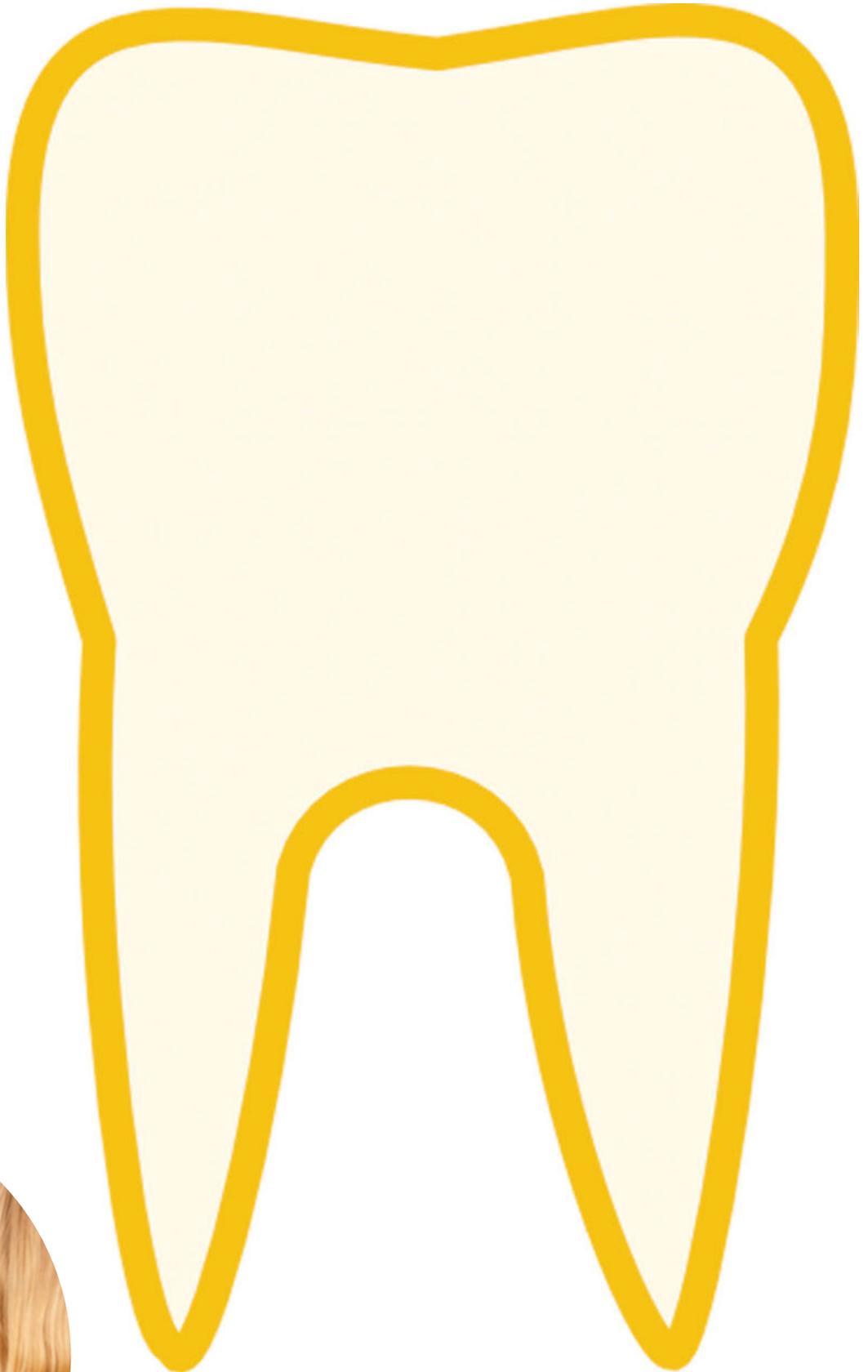
Series 3



*Oral Health Promotion*



This is the outline of a molar tooth, draw in and label the different parts.



# Describe the 5 steps in the process of decay

Fill in the missing words:

abscess

pulp

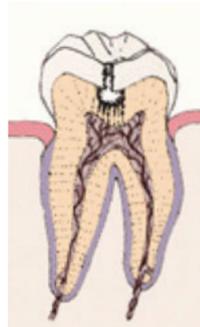
enamel

dentine

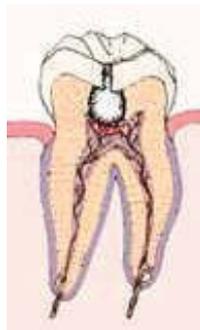
plaque



1) Sugar is changed into acid by the ..... bacteria.



2) Acid eats into the ..... and decay begins inside the tooth.



3) Decay spreads into the ..... . Hot and cold food and drink may cause pain.



4) When decay reaches the soft ..... of the tooth the nerve becomes infected and this can be very painful.



5) Infection can spread throughout the pulp resulting in the formation of an .....



## My Snacks

Write a list of snacks and drinks that you had yesterday and circle the ones that had sugar in.



# Food Labels

How do you know if a food is high in added sugar?

Take a look at the label. The ingredient list always starts with the biggest ingredient first and then in descending order of their weight. Or look at the nutritional information box. Sugars are listed as carbohydrates of which sugars

Nutritional information		
Typical values	Per 100g	Per 250g serving
Energy (kj)	414	848
Energy (Kcal)	98	201
Protein (g)	4.8	9.8
Carbohydrate (g)	16.1	33.0
Of which sugars(g)	5.9	12.1
Fat (g)	0.4	0.8
Of which saturates (g)	0.1	0.2
Fibre (g)	5.5	11.0
Sodium (g)	0.3	0.06
Salt equivalent	0.8	1.5



Nutritional information		
Typical values	Per 100g	Per 250g serving
Energy (kj)	72	179
Energy (Kcal)	17	43
Protein (g)	0	0
Carbohydrate (g)	4.3	10.7
Of which sugars(g)	4.3	10.7
Fat (g)	0	0
Of which saturates (g)	0	0
Salt equivalent	≤0.01	≤0.01

**Baked Beans**  
**Ingredients**  
 Beans (53%) tomatoes (37%)  
 sugar water, modified maize starch,  
 salt, onion powder, paprika,  
 ground white pepper,  
 flavouring, spices

**Flavoured Water**  
**Ingredients**  
 Volvic natural mineral water  
 (95.6%) Sugar (4.2%) acid (citric  
 acid) natural summerfruit (raspberry,  
 strawberry, blackcurrant) flavourings,  
 preservative (potassium benzoate)

Where does sugar come in the ingredient list on a tin of beans?

How many grams of sugar and how many teaspoons of sugar are there in the flavoured water?

Watch out for other words used to describe added sugar. List 5 different names for sugar:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## Toothbrushing

Fill in the missing words:

morning

plaque

rinse

molar

gums

blob

Place a pea-sized ..... of fluoride toothpaste on the bristles of the toothbrush. You should use toothpaste containing 1350 ppm fluoride or above. Angle the toothbrush where the ..... and teeth meet. Gentle scrubbing is the most effective way of removing ..... . Brush the outside and inside surfaces of all upper teeth. Repeat with all lower teeth. Pay attention to the inside surfaces of all front teeth. Scrub chewing surfaces of the back ..... teeth. If you wish you can brush your tongue. Spit do not ..... . Brush teeth for at least two minutes ..... and night.

### Important Point – Tooth Erosion

Try to avoid brushing teeth immediately after eating acidic foods or drinks, this is when the enamel is at its softest.

*For example after eating or drinking: Jam, Fruit or Fruit Juice.*

It is best to brush teeth before meals or wait at least one hour after eating acidic foods or drinks.



# Remember

- It is the number of times that sugar passes over the teeth that leads to tooth decay.
- Keep sugary foods and drinks to meal times only.
- In between meals choose snacks that are safe for teeth.
- A gentle scrub method is the most effective way of plaque removal.
- Brush your teeth and gums for at least 2 minutes last thing at night and on one other time during the day.
- Eat 5 or more portions of fruit and vegetables every day.



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*Our Values*  
**Service Teamwork Ambition Respect**

