

### This Dental Work Book belongs to:

#### Series 1



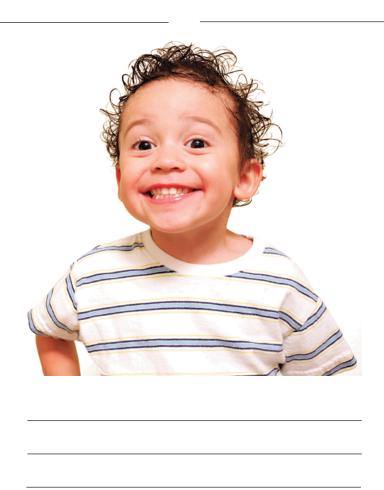
Oral Health Promotion



#### What do we use our teeth for?







## Draw a circle around the healthy food and drinks

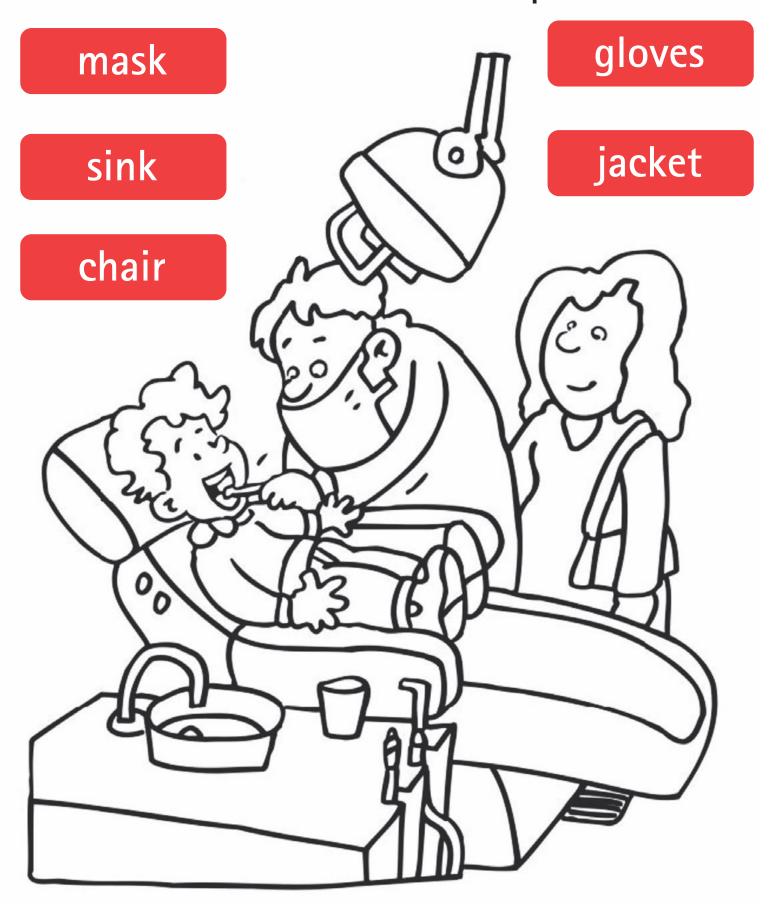


### Draw a healthy snack to eat

Draw a healthy drink



# Colour in the dentist and draw a line between the words and picture



### Wordsearch Can you find the missing words?

t	q	С	h	e	e	S	e	e	٧	a	u	q
n	-	g	h	t	k	а	i	r	У	m	a	u
	а	а	V	e	g	e	t	а	b	I	e	S
e	V	-	t	m	e	а		t	i	m	e	S
V	t	а	Ι	h	а	u	S	S	t	n	S	Ι
e	S	r	u	0	f	r	u		t	e	a	f
m			k	t	У	e	0	m	0	m	f	У
k	e	0	t	i	f	r	j	p	n	S	С	Ι
t	0	0	t	h	p	а	S	t	e	S	e	i
У	С	b	r	u	S	h		S	e	e	r	r
S	t	q	f	С	r	0	S	S	r	S	t	e
S	С	ï	0	n	e	n	٧	W	a	t	e	r
t	W	i	С	e	a	d	a	У		a	u	q

night twice a day milk cheese water

vegetables brush mealtimes

fruit toothpaste



# Colour in the squares when you have brushed your teeth for 2 minutes



	Wee	ek 1	Week 2			
	Morning	Night	Morning	Night		
		<b>©</b>		(		
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Mummy, Daddy or a grown up should help us brush our teeth

#### Congratulations!

Keep up the good work. Now take this chart to your teacher to receive your certificate.





### Tips for Mums, Dads and grown ups to help keep your teeth and gums healthy

- Keep sugary foods and drinks to meal times only.
- Brush your teeth and gums for at least 2 minutes last thing at night and on one other time during the day.
- Use a pea-sized blob of fluoride toothpaste.
- A gentle scrub method is the most effective way of plaque removal.
- Spit do not rinse after brushing.

Oral Health Promotion Team
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Our Values
Service Teamwork Ambition Respect

