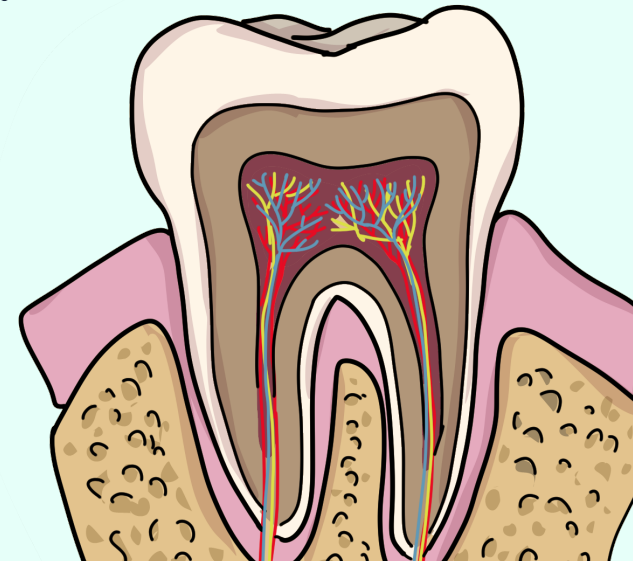


Animals including humans

**I can plan and carry out an investigation.
I can communicate my results.**



Teeth recap...

Who can name the different types of teeth we have?

1. incisors
2. canines
3. premolars
4. molars
5. wisdom



Teeth

2

We have already looked at the **different teeth** we have and their **functions**.

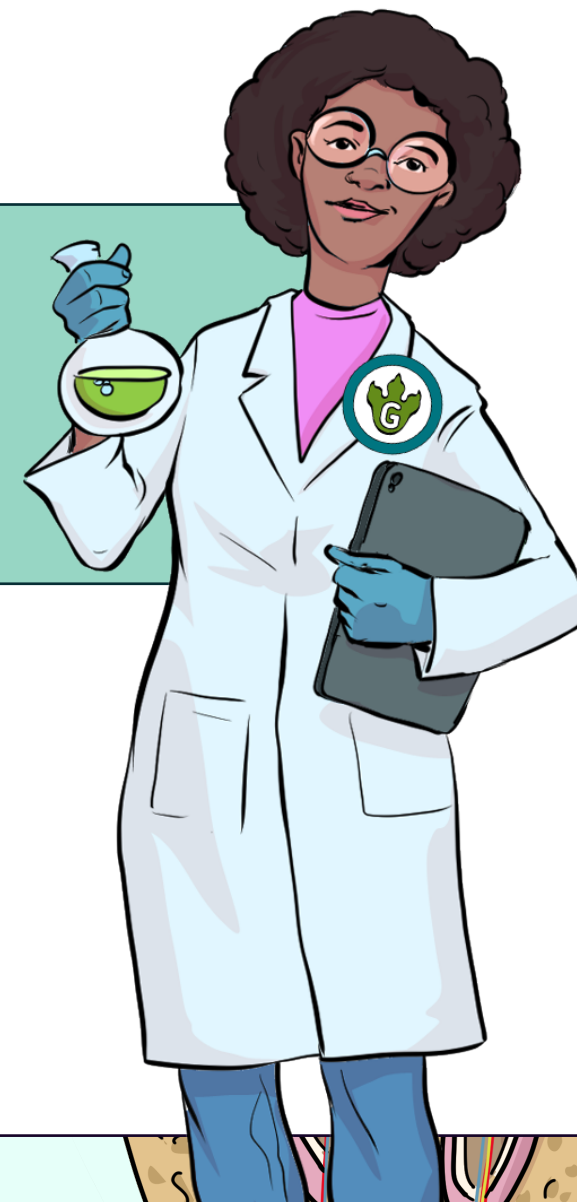
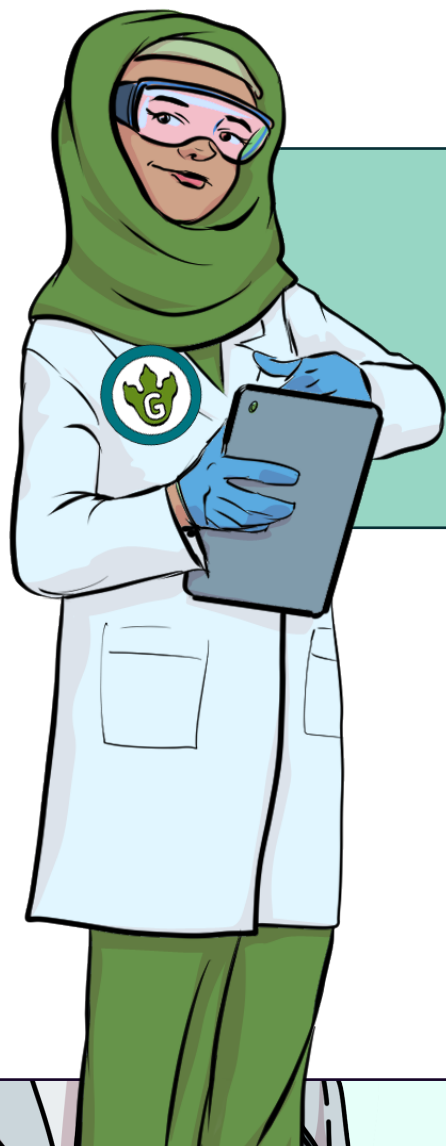
Today, we will look at our teeth in more detail and why it is important that we look after them!



Thinking Time...

How can we keep our teeth healthy?

**Discuss with your partner ready to
feedback to the class.**



Eating Healthy

Every time we **eat sugary** or **unhealthy food**, it is broken down by the **bacteria** that live in our mouths.

The bacteria then produce **acid**, which can **attack our teeth**, causing tooth decay. Tooth decay can be reduced or prevented if we avoid overeating sugar and acidic foods.

To help your teeth stay **healthy**, we should eat **healthy food**. Any snacks we have in-between meals should be low in sugar, such as **breadsticks**, **raw vegetables** and **fruit**.



New Word Alert!

Bacteria – tiny living organisms that are too small to see without a microscope.



Brushing

5

Taking care of your teeth is very important as it can help prevent **tooth decay**.

We can look after our teeth by brushing them with **fluoride toothpaste**.

We should brush our teeth **twice a day**, first thing in the morning to get rid of bacteria that has developed in our mouths at night, and before bed to get rid of any bacteria from the food we have eaten throughout the day.



New Word Alert!

tooth decay – the destruction of the enamel on our teeth



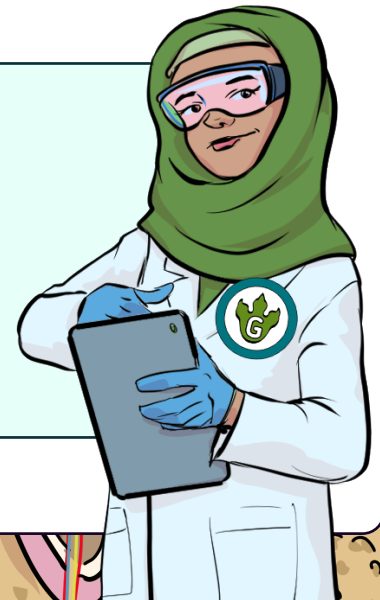
Brushing

To effectively brush your teeth, you should:

1. Brush your teeth **twice a day**.
2. Each time you brush your teeth, you should brush for **2 minutes**. Some toothbrushes have timers to help you with this!
3. Use a toothbrush with **medium bristles** (not too soft and not too hard!).
4. Use a pea-sized amount of **fluoride toothpaste**. Fluoride helps prevent tooth decay.



If children **start to brush** their teeth twice a day when they are **one year old**, they are much more likely to have healthy teeth.



Flossing

7

Flossing is when you use dental tape to clean in-between your teeth.

This removes any bacteria or food from between your teeth that your toothbrush might not be able to reach.

Dentists recommend that we floss once a day!



Dentist

We should visit the dentist every **six months**!

Visiting the dentist is important as they can see if there is any damage to our teeth. They make sure our teeth are **growing correctly**, and they can see if things are going wrong.

Dentists can put **fillings** in our teeth that have been damaged by tooth decay. They can also **pull out** teeth if needed!



Structure of a tooth

enamel

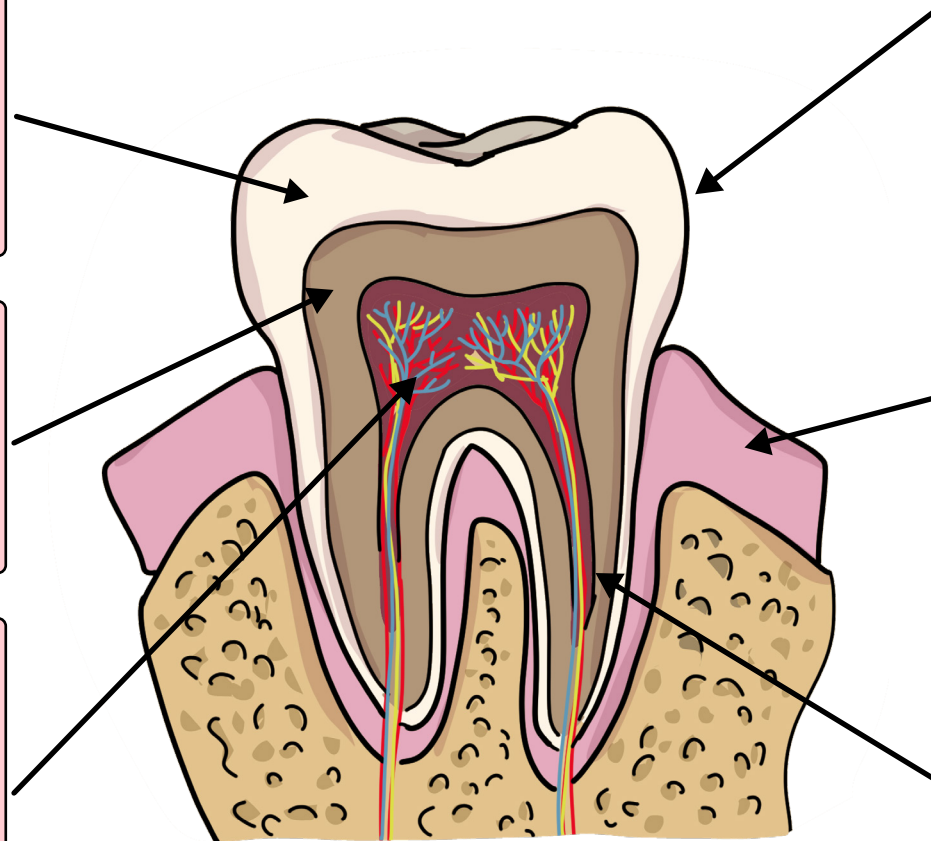
This is the smooth, shiny outer layer of the tooth.

dentine

This is underneath the enamel. It is hard and thick.

pulp

This is made up of blood vessels and nerves.
This part is very sensitive.



crown

This is the part of the tooth you can see.

gum

When gums are healthy, they are firm and pink. If they are red, puffy and bleed when brushed, they are unhealthy.

root

This is the part of the tooth that you can't see. The roots secure our teeth in our gums.



Activity Part 1

Today, we will **investigate** which drink causes the most decay to our teeth.

We can't use real teeth for this investigation, so we will use **hard-boiled eggs** and put them in different liquids to see what happens. This is because the shell of an egg is similar to the enamel on our teeth.

First, we need to plan our investigation.
Complete the planning sheet with your partner.

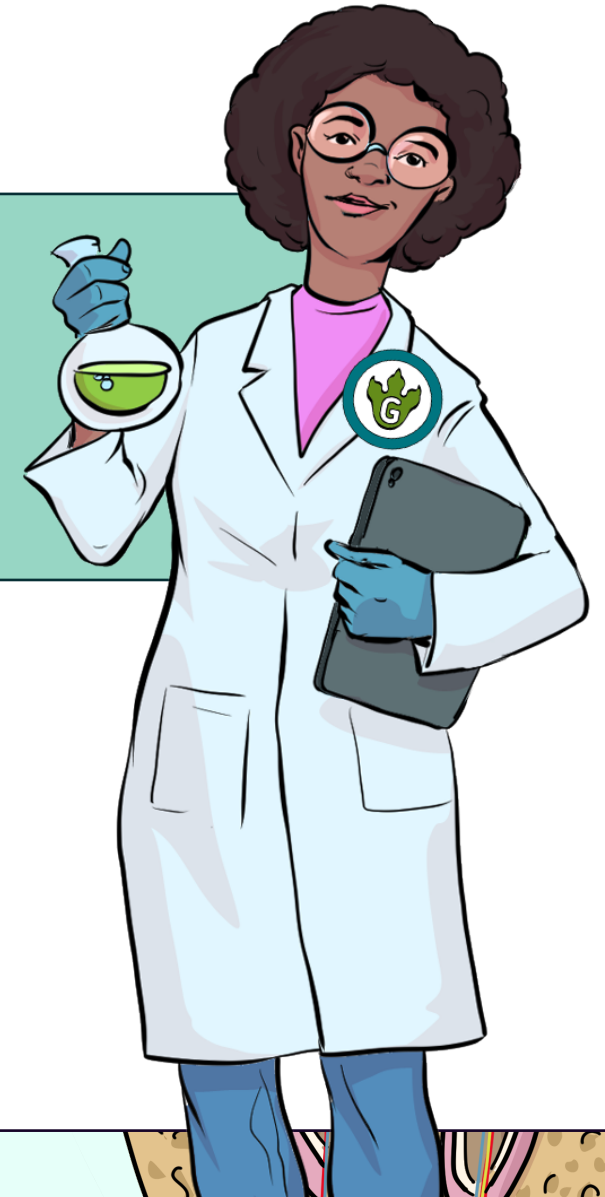


Activity Part 2



Next, we need to carry out our investigation.

This may need to be done on a different day so your teacher can gather all the resources you need.



Activity Part 3

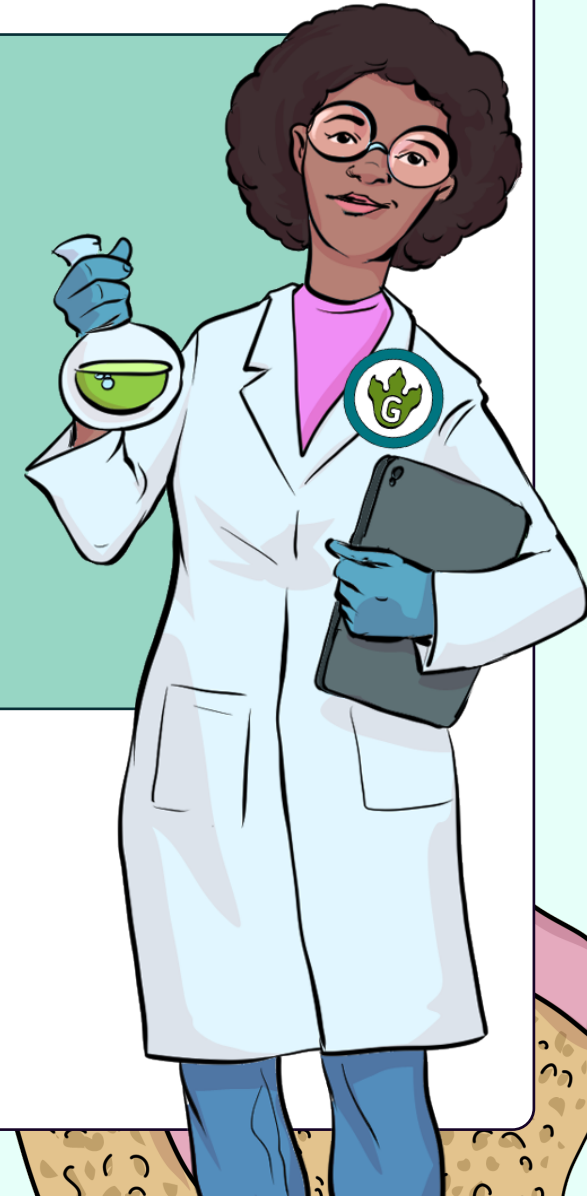
Finally, we need to communicate our results.

This could be done in a number of ways:

- a letter
- poster
- email
- newspaper article
- text message

Keywords:

**liquid, egg shell, protect, damage, acid,
enamel, method, prediction,
bacteria, tooth decay**



What did we find out?

Think about these questions and discuss them with your partner before feeding back your ideas to the class.

1. What did you most enjoy about this lesson?
2. Tell me one thing you have learnt.
3. Did you find anything difficult?

