

LO: Looking after my teeth

Last week we looked at the effect different liquids have on our teeth. Today I would like you to think about the importance of looking after our teeth and how to keep them healthy.

For example we could:

1. Visit the dentist for a check-up twice a year
2. Clean your teeth after breakfast and before bed with a fluoride toothpaste to remove plaque
3. Avoid sweets and sugary snacks between meals
4. Drink water rather than sugary drinks
5. Eat fewer sweets

Are there any other ways we can look after our teeth?

Your task

Create an informative poster to illustrate dental health tips. Think about how you will make your poster eye-catching. This can be hand drawn or created on the computer, allowing you to find images on the internet to support the points you make.

WAGGOL

