



# Oral Health

Takeaway

**Why does it matter  
what we snack on?**



Click on  
the smile



We can reduce our risk of  
tooth decay by eating tooth-  
friendly snacks if we are  
hungry between meals.

Raw vegetables are best, but fresh fruit  
and sugar-free savouries are also  
healthy for our teeth.

## Did you know?

Our **Apple bobbing** tradition at  
Halloween came from the Romans?

There was a day to honour Pomona,  
the Roman goddess of fruit and trees.  
The symbol of Pomona is the apple.

See Page 2 for more spooky secrets.

**My favourite tooth-friendly snack is \_\_\_\_\_**

Match the **snack ideas** with **why you like them** (Some may have more than 1 reason)

Raw vegetables

Fresh fruit

Cheese

Plain Popcorn or Ricecakes

Meaty snacks

Breads

- A. Fills me up
- B. Easy to carry
- C. Full of vitamins and minerals
- D. Good for on the go
- E. Tastes delicious
- F. Great for growing teeth & bones

**Vegetable Joke  
Corner**

**What did the  
apple say to  
the farmer?**

**Stop picking  
on me!**

2x2



- ⇒ **Brush twice** a day for 2 minutes  
with fluoride toothpaste
- ⇒ **Spit, don't rinse**
- ⇒ **Keep sugary food and drinks**  
to mealtimes
- ⇒ **Visit a dentist** regularly

# Halloween is coming

Apple bobbing is a very tooth-friendly way to celebrate and have fun this Halloween.



**IT'S FUN TO DRESS UP  
AND COLLECT SWEETS**

**TRICK OR  
TREAT**

Click here  
to  
challenge  
your  
family  
with this  
quiz.

**BUT IT'S BEST TO ENJOY THEM WITH A MEAL**

**BECAUSE THERE'S MORE SALIVA WHICH WASHES AWAY DECAY-CAUSING SUGAR & BACTERIA.**

**CHEWING SUGAR-FREE GUM AFTER EATING CAN HELP TOO.**

**TRY NOT TO SNACK ON SUGARY TREATS THROUGHOUT THE DAY.**

In the hour before brushing your teeth at bedtime,  
give your saliva time to do its job.  
No food or drink, except water.

## Golden hour

The Raisin Swap for tooth-friendly veg snacks in Pendragon Primary School  
and this Oral Health Takeaway are sponsored by:

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