



Oral Health

Takeaway

Could you win a Gold Medal for Tooth Brushing?



Click the medal to watch the **video** and see what you can remember.

Write the letter for each correct answer in the box below then unscramble all 5 letters to find the hidden word.

Becky showed us how to

- Dance the floss (**A**)
- Brush our teeth (**M**)

Which 2 things can cause holes in our teeth?

- Plaque and sugar (**S**)
- Salt and pepper (**H**)

Move the brush in

- Scrubbing action on teeth (**D**)
- Small circular motions around gumline (**I**)

After brushing all surfaces we need to

- Spit don't rinse (**E**)
- Rinse with water or mouthwash (**J**)

Check if any plaque has been missed using

- Disclosing tablets (**L**)
- Pink food colouring (**U**)

The correct letters are _ _ _ _ _

When they are unscrambled

The hidden word is _ _ _ _ _

NEED A CLUE?

Look RIGHT here



Did you know?

Sugarsnap peas and mangetout are totally edible—you don't need to peel them, just munch the lot.

Raw vegetables are great tooth friendly snacks. They are low in sugar and also crunchy so they don't stick to your teeth.

Mangetout is French for Eat All

What do you call a pea at bedtime?

Slee-pea!

Vegetable Joke Corner



Brilliant Brushing Memory Test 2

If you watched the video and found the word easily, try this harder challenge to find a phrase.



Brilliant Brushing Chart

Tick the boxes each time you clean your teeth. Remember not to rinse after brushing so the fluoride can protect your teeth for longer!

When we start, our toothbrush should be

- Dry (**N**)
- Wet (**B**)

How much fluoride in our toothpaste

- 1450 ppm (parts per million) (**I**)
- 26 ppm (**W**)

Sugary foods and drinks, we should

- Have lots throughout the day (**J**)
- Limit the amount (**E**)

How often best to change our brush/brush head

- Once a year (**O**)
- Regularly (every 3 months) (**G**)

We need a pea-sized amount of

- Ketchup (**T**)
- Fluoride toothpaste (**P**)

Brush for a full 2 minutes by using

- A timer or app (**K**)
- count to 300 (**A**)



Click

	Morning		Bedtime	
Day	Brushed	Didn't Rinse	Brushed	Didn't Rinse
Mon				
Tues				
Weds				
Thurs				
Fri				
Sat				
Sun				
Mon				
Tues				
Weds				
Thurs				
Fri				
Sat				
Sun				

Add these new letters to the 5 original ones

Unscramble to find an encouraging phrase:

The correct letters are _ _ _ _ _

The hidden phrase is _ _ _ _ _

I visit a dentist for regular check-ups ✓

WELL DONE. Can you practice all of that tonight at bedtime?



Devonshire House
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The Raisin Swap for tooth-friendly veg snacks in Pendragon Primary School and this Oral Health Takeaway are sponsored by:
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Answers : SMILE, KEEP SMILING