



# DENTAL BUDDY

[www.dentalbuddy.org](http://www.dentalbuddy.org)

## DENTAL HEALTH EDUCATION RESOURCE

Eight downloadable units for educating oral health  
Includes presentations, lesson plans and activities for  
Early Years, Key Stage 1 and Key Stage 2. All FREE



### **FREE units available to download :**

- Early Years Foundation - Unit 1 (Brush our teeth)*
- Early Years Foundation - Unit 2 (Visit the dentist)*
- Key Stage One – Unit 1 (Looking after teeth)*
- Key Stage One – Unit 2 (Bodies grow and change)*
- Key Stage One – Unit 3 (Importance of diet)*
- Key Stage Two – Unit 1 (Looking after teeth)*
- Key Stage Two – Unit 2 (Teeth functions)*
- Key Stage Two – Unit 3 (Tooth decay)*

### Learning Intention

L.I. To investigate tooth decay.

### National Curriculum link

Children should be taught to:

SC1 2a, ask questions that can be investigated scientifically and decide how to find answers.

2b, make a fair test or comparison by changing one factor and observing or measuring the effect while keeping other factors the same.

### Equipment

Photocopiable sheet

3 hard boiled eggs per group

3 cups or similar containers of the same size

Water

Vinegar

Cola

### Vocabulary

Plaque

Decay

Fair test

Variable

Calcium

### Lesson Content

Introduction: Investigation how teeth decay.

Recap discussion: How do we keep our teeth healthy?

Recap discussion: What happens to our teeth and gums if we don't look after them?

Experiment: How different food and drinks cause decay. This experiment will need to be started in the lesson but will need to be left for review over several days to enable children to see how materials can become decayed over several days.

## Teaching Guide

Start the lesson by recapping on the facts around teeth:

Buddy asks the children if they know the things we need to do to keep our mouths healthy. Reveal the answers on the slide.

Buddy asks the children what might happen to our teeth if we don't look after them. Reveal the answers on the slide.

Now explain that today the children are going to be continuing their work on teeth by doing an investigation on tooth decay. The children are not going to be using real teeth so will use eggshells instead. Eggshells and teeth both contain large amounts of calcium and as a result they have similar properties.

In pairs, ask the children to consider how we might investigate the effect of different liquids on the eggshell.

Share ideas.

Explain to the children that we are going to be putting the eggs into containers, one containing vinegar, one containing cola and the other water.

In pairs, ask the children to discuss how to make this a fair test. Share ideas. This will provide an opportunity to assess the children's understanding of fair testing and address misconceptions.

Explain to the children that in order to carry out a fair test, we need to change one variable and keep everything else the same.

Ask the children to decide which variable they will change, and which ones they will keep the same.

Establish:

– We will change the liquid.

We will keep the same:

- The amount of liquid.
- The length of time that the eggs are in the liquid.
- The position of the container.
- The size of container.

### Activity

Children gently place their eggs in the containers and pour a different liquid in each container. Ensure that the same amount of liquid is covering each egg.

Children write up investigation on photocopiable sheet which includes the following sections: Aim, What I will change, What I keep the same, Prediction (What I think will happen), Results, Conclusion (to be completed at the end of the experiment).

Leave the eggs for a day and then remove the eggs from liquids. Compare how the three eggs are different. Children discuss their ideas on what has happened. Record observations in the table on the sheet.

Experiment outcome:

- The egg in water will be no different.
- The egg in cola will be coated in the drink and therefore a different colour.
- The egg in vinegar will have been almost completely dissolved by the acid in the vinegar.
- Make connections between what has happened to the egg shell and our teeth. Reinforce the importance of brushing teeth.
- Children complete the sheet by filling in a conclusion, explaining what has happened to the eggs and why we need to brush our teeth.

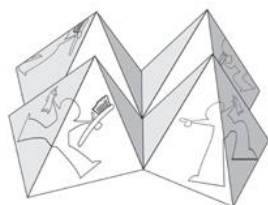
## Teaching Resources

The Oral Health Foundation has a comprehensive range of teaching resources to support teachers deliver further dental health education messages. These include leaflets, posters, wall charts, story books, models, educational games and demonstration puppets. To browse our complete range of resources please visit [www.educatingsmiles.org](http://www.educatingsmiles.org)

Specifically to deliver the lesson outlined above the following resources are particularly relevant:



Anatomy of a  
Tooth poster



Chatterbox



Wooden Tooth  
Puzzle



Huge Sand  
Timer



BrushBox and brushes



Models in individual teeth



Bumper Activity Book

## About Dental Buddy and the Oral Health Foundation

The Oral Health Foundation is an independent charity that is dedicated to improving the oral health of the public by providing free and impartial dental advice and by running educational campaigns. The Foundation has created the Dental Buddy programme to help teachers deliver dental health education at EYFS, KS1 and KS2. The programme features eight complete lessons across the three age ranges to provide teachers with interactive teaching materials that link to National Curriculum requirements.

Find out more about the Oral Health Foundation at [www.dentalhealth.org](http://www.dentalhealth.org)

**Oral Health Foundation, Smile House, 2 East Union Street, Rugby, CV22 6AJ**  
Tel: 01788 546365 | Fax: 01788 541982 | Email: [info@dentalhealth.org](mailto:info@dentalhealth.org)

**Aim**

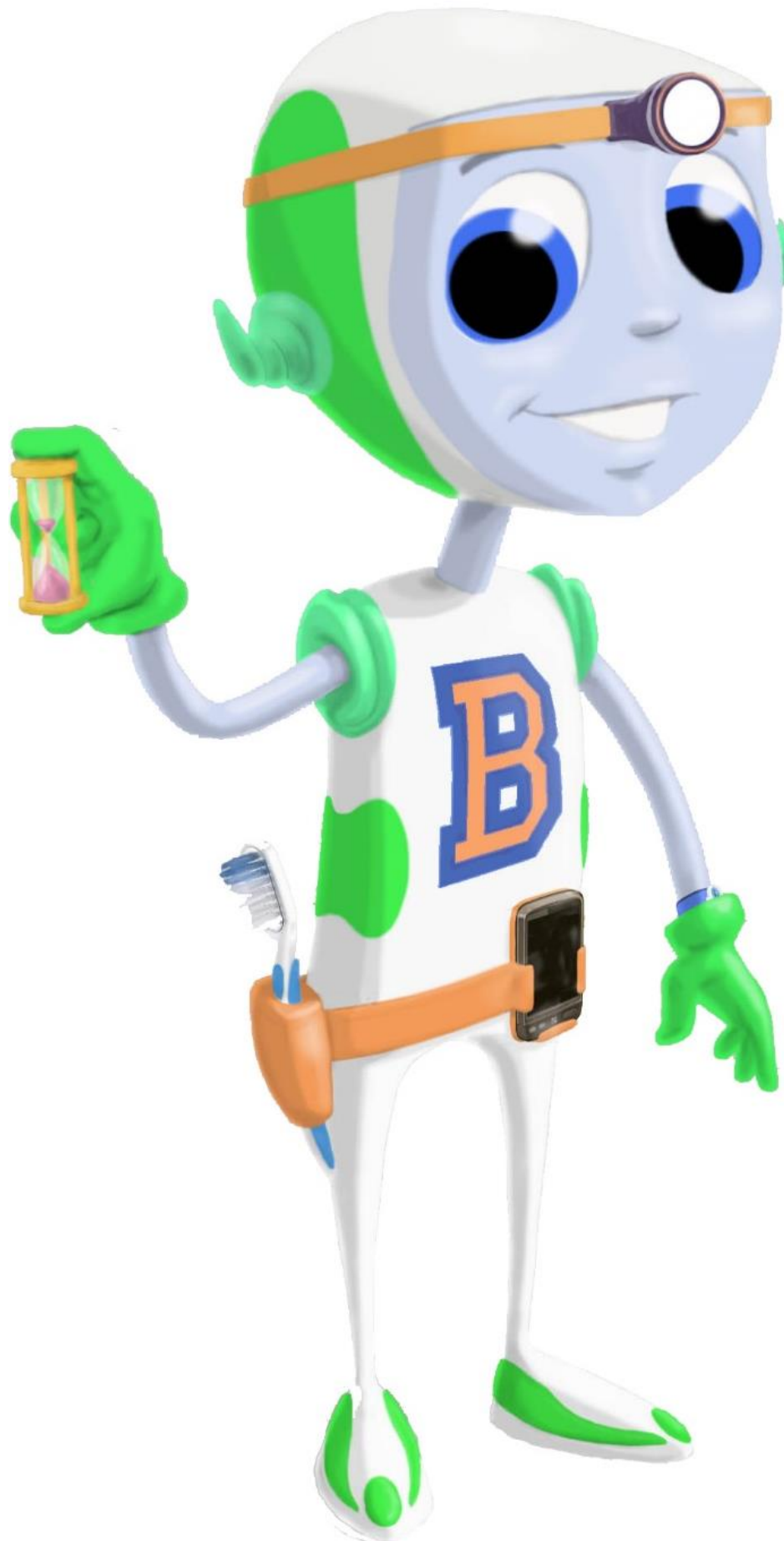
**What I will change**

**What I keep the same**

**Prediction**

**Results**

**Conclusion**



### 'Dental Buddy' education materials evaluation

Name	
School	
Year group / Key stage	
Approximate date lessons were delivered	
How do you rate the overall quality of the Dental Buddy materials? Please rate with a scoring 1 – 5 (1 = Excellent, 5 = Poor)	1      2      3      4      5
If possible please provide reasons for your rating	
How do you rate ....	
The character and design?	1      2      3      4      5
The presentation materials	1      2      3      4      5
The ease of use	1      2      3      4      5
The content of the lesson activity	1      2      3      4      5
Can you suggest ways we might improve the education resource in future?	
How do you feel about the level of content provided?	Too short / brief      Just right      Too long
Was there any information missing? If yes – please outline what do you think could be included?	
What do you think is the most useful aspect of the resource?	
Which sources of information would you refer to if you needed help with ideas and content for lessons? (eg internet sites, professional sites, BBC, TES)	
Would you recommend Dental Buddy as an education resource to other teachers?	
Any other comments:	

Thank you very much for taking the time to review the Dental Buddy Education resource from the Oral Health Foundation. We really value your feedback so we can continue to improve the support we can give to teachers.

Please return your comments to: Amanda Oakey, Director of Educational Resources, Oral Health Foundation, Smile House, 2 East Union Street, Rugby, Warwickshire, CV22 6AJ  
([amanda@dentalhealth.org](mailto:amanda@dentalhealth.org) / 01788 539788)