



DENTAL BUDDY

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

To understand the importance of a balanced diet.

National Curriculum link

Children should be taught:

SC2 b. About the need for food for activity and growth, and about the importance of an adequate and varied diet for health.

PSHE 3a. How to make simple choices that improve their health and wellbeing.

Vocabulary

Balanced diet Saliva

Equipment

Downloadable slides

Lesson Content

Introduction: Learning what a balanced diet is and why a healthy diet helps keep our teeth healthy too.

Reminder / reintroduction to Buddy and his gadgets.

Remind children that Buddy is here to help us learn about our teeth and mouths, and he has his gadgets to help him.

Learn about the five different food groups.

Learn about the 'eat well guide' and the importance of a balanced diet.

Learning about what happens in our mouths every time we eat.

Learning that acidic/sugary foods aren't good to snack on.

Exercise: can the children group the foods and drinks on the slide into acidic, neutral or alkaline.

Teaching Guide

Ask children what they know about a healthy / balanced diet.

Ask them if they know the different food groups.

Explain each of the food groups and what we need them for:

- Protein: Helps our body to grow and repair itself.
- Carbohydrate: Gives us energy.
- Vitamins and Minerals: These do lot of different jobs, but they all help our bodies work properly.
- Calcium: Helps our teeth and bones grow strong and healthy.
- Fat: Everybody needs some fat, but not too much.

Ask why they think a healthy diet can also help keep our teeth healthy too.

Show the children a picture of Buddy with the 'eat well guide'. Ask the children if they think he has all the right foods on his plate.

Tell them the importance of a balanced diet, go through each section of the 'eat well guide' and why it is important we should eat lots of certain foods and why we should only have small amounts of others.

Ask the children if they can tell you which foods on Buddy's guide might cause tooth decay.

Explain what happens in their mouth when they eat.

Explain that saliva balances out acidic effects.

Discuss that a balanced diet doesn't mean we should avoid certain food groups.

Recap: Ask the children if they can remember how much we should eat.

Discuss that we should only have three meals and two snacks per day.

Explain that our snacks should be low in sugar.

Discuss that vegetables, nuts and cheese are good examples of a snack that is good for our teeth.

Exercise:

Show the children the picture of the food and drinks. Then ask the children if they can tell you which would be the right choice of food or drink between meals.

Activity

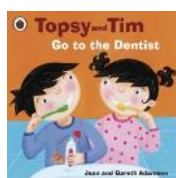
Using Buddy's 'eat well guide' as a template, ask the children to draw Buddy a balanced meal that will help him look after his teeth too.

It should contain food from each food group discussed.

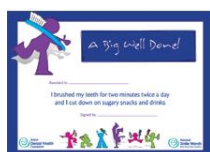
Teaching Resources

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

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



Topsy and Tim go to the dentist



Brush for health certificate



Harry at the Zoo DVD



Cross section Tooth model



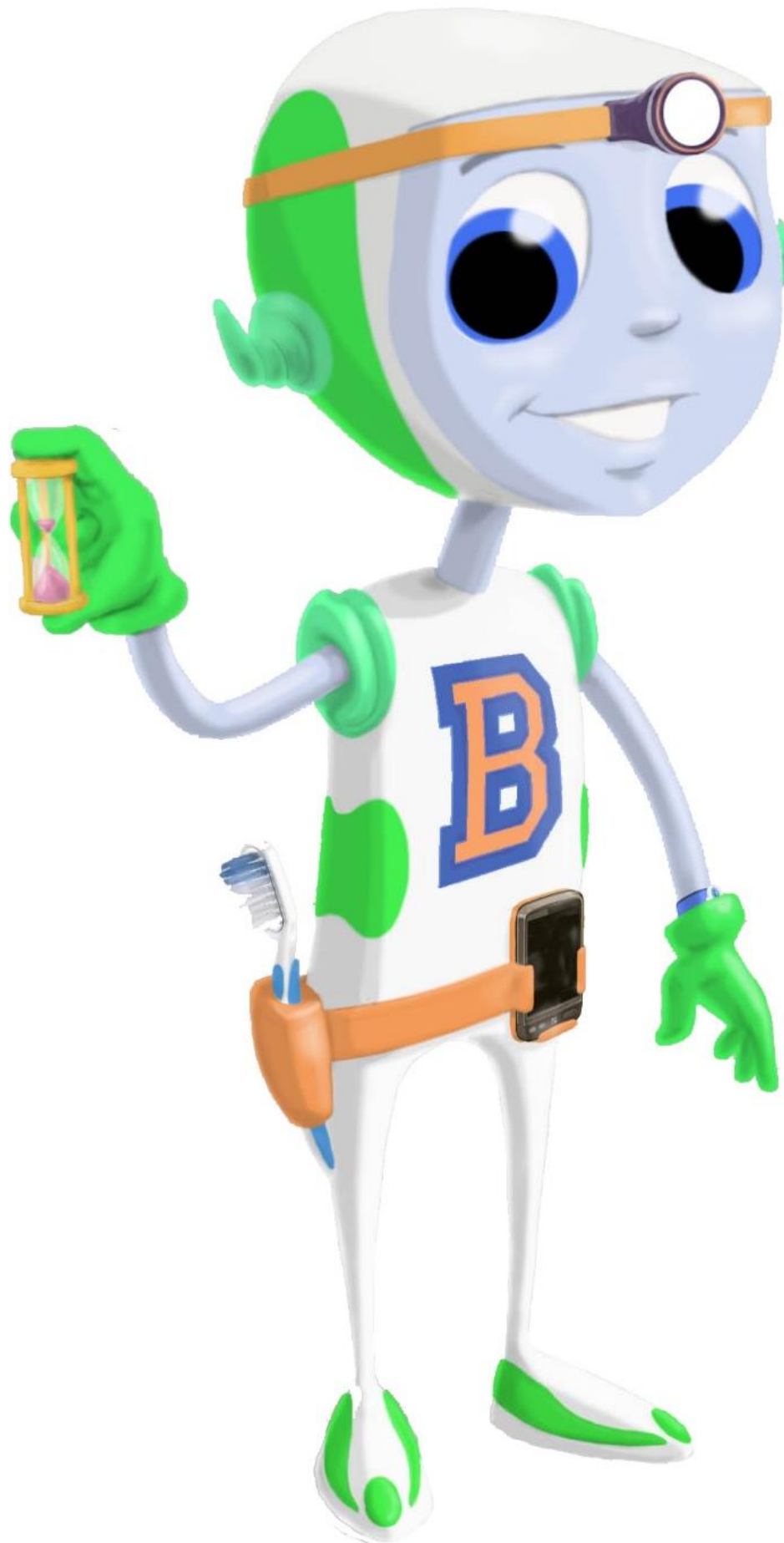
Fun & Facts activity booklet

About Dental Buddy and the Oral Health Foundation

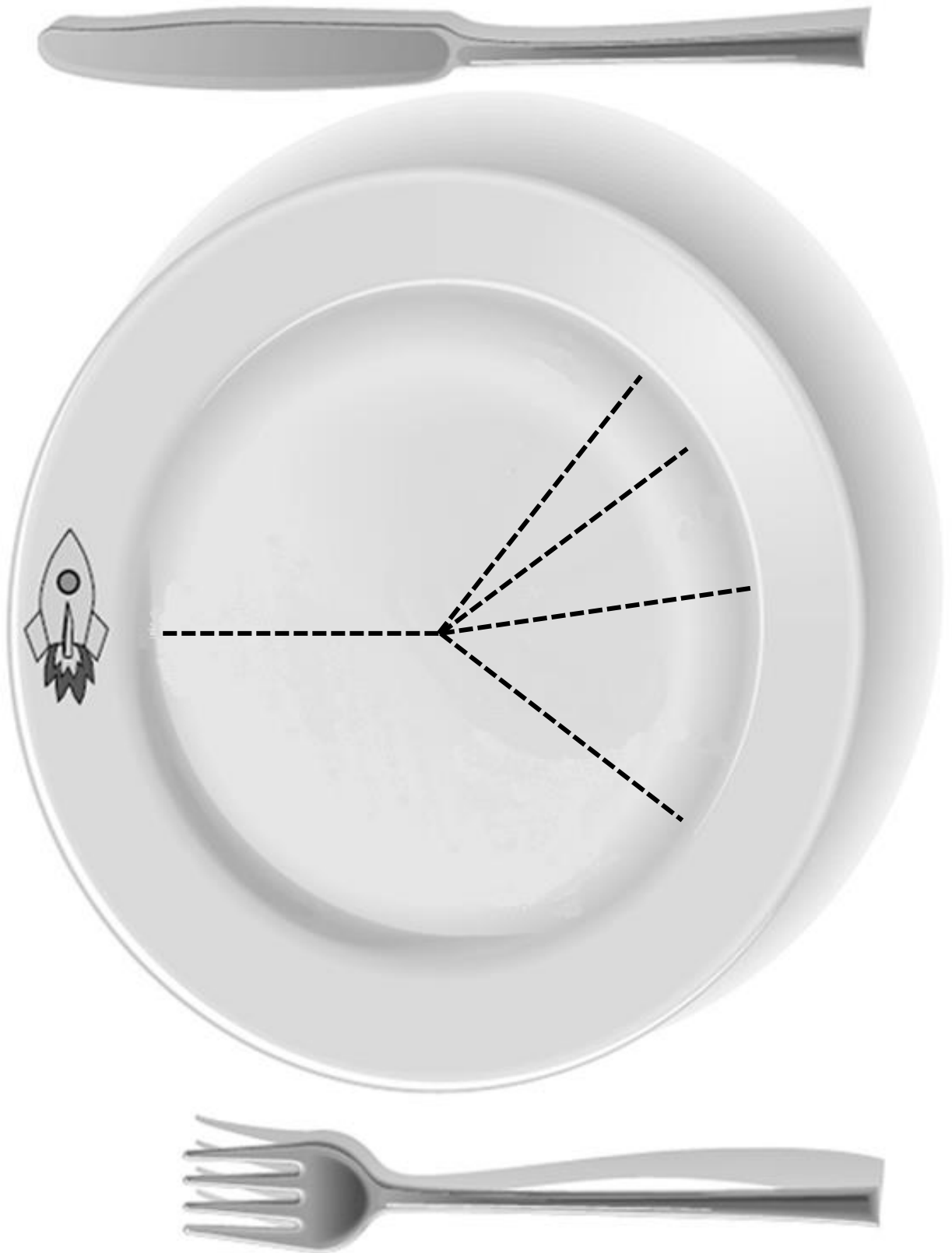
The Oral Health Foundation is an independent charity that is dedicated to improving the oral health of the public by providing free and impartial dental advice and by running educational campaigns. The Foundation has created the Dental Buddy programme to help teachers deliver dental health education 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

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Draw Buddy a balanced meal on his 'eat well guide'



'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 / 01788 539788)