



# 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

To know how to look after teeth.

To know to use the right amount of fluoride toothpaste.

### National Curriculum link

Pupils should be taught:

PSHE 3b, to maintain personal hygiene

### Vocabulary

Teeth          Decay

### Equipment

Downloadable slides          Poster sheet

### Lesson Content

Recap: what do they know about looking after their teeth?

Discuss: the importance of brushing our teeth for 2 minutes. Brushing last thing at night and at least one other time during the day. Spit don't rinse. Having sugary foods and drinks less often.

Activity: to establish how long 2 minutes is.

### Teaching Guide

Ask children what they know about how to look after their teeth.

Ask why they think teeth are important.

Work through slides showing different ways that Buddy looks after his teeth.

When learning about how to brush, ask children to do an activity e.g. starjumps, playing for 2 minutes to give the children an idea of how long 2 minutes is.

Establish that it is quite a long time.

Ensure discussion time at each slide so that children's previous knowledge and misconceptions can be addressed.

### Activity

Photocopiable sheet – children draw a picture and write a caption showing different ways to look after teeth.

## Teaching Resources

The Oral Dental 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:



Giant 2 minute Sand timer



Giant teeth puppet model



Get Out of My Mouth and Oh No, Not the Sweets books



Dentist role play set



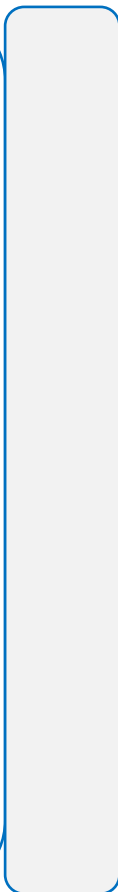
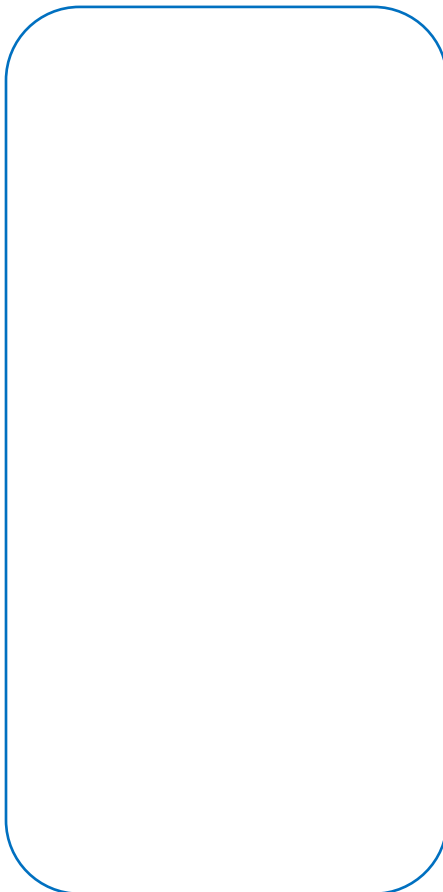
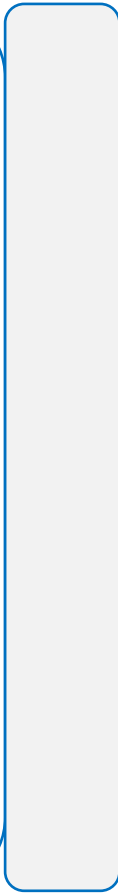
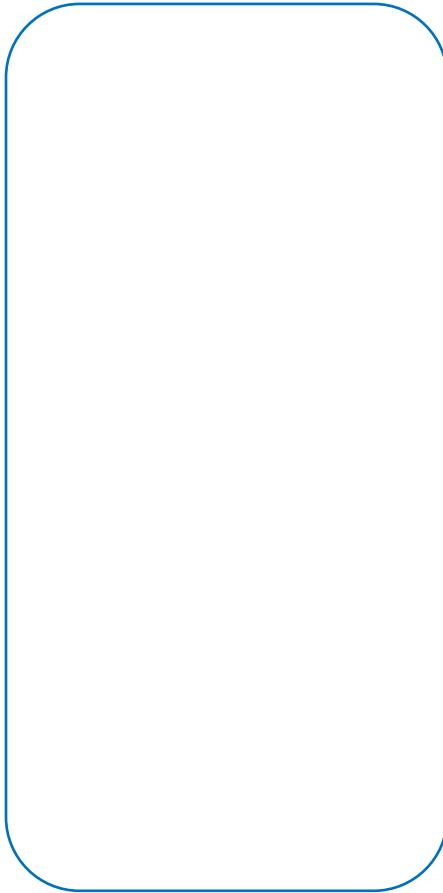
Dentition poster

## 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 specifically 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 Buddy and the Oral Health Foundation at [www.dentalhealth.org](http://www.dentalhealth.org)

**In each box, draw a different way of looking after your teeth and write a tip underneath to tell people what to do.**





### '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)