



# 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.



### **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 that our bodies grow and change.

### EYF Link

Children should be taught:

SC2 1b – that animals, including humans, move, feed, grow, use their senses and reproduce.

PSHE 3d – about the process of growing from young to old and how people's needs change.

### Vocabulary

Filling

Fluoride

### Equipment

Mirrors – 1 per child

## Lesson Content

Discovering how our teeth change as our bodies grow.

Recap: Reminder / reintroduction to Buddy and his gadgets.

Class discussion: Organise pictures into age order.

Class discussion: Difference between babies and school children.

Class discussion: Difference between adults and school children.

Class discussion: What do babies eat?

Explanation: What do babies eat?

Class discussion: What happens to baby teeth?

Explanation: What happens to baby teeth?

Class discussion: What are the differences between children's teeth and an adults?

Explanation: What happens if we don't look after our adult teeth?

Class discussion: Comparing what help we have today to look after our teeth.

Explanation: Why there is fluoride in toothpaste. Dentists and dental education help us to look after our teeth.

Activity: Investigate our own mouths to see how our own mouths have changed.

## Teaching Guide

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

**Toothbrush** – Buddy needs his toothbrush to make sure he can brush his teeth. Last thing at night and at least one other time during the day.

**Timer** – This is handy for making sure Buddy always spends two minutes brushing his teeth every time.

**Torch** – Buddy uses his torch to take a look inside and see what's inside the mouth.

**Tablet** – Buddy uses his tablet computer to find out more facts about dental health.

### Class Discussion

Start by showing the pictures of five family members and ask the class to work out which order to put the family members in by age.

Ask children to consider what they can do that a baby can't.

E.g. walk, eat, play, go to school.

Then consider what an adult can do that they can't as children.

Ask children if they know what a baby eats. Establish that when babies are born, they do not need any teeth. They only drink milk.

Discuss with the children that at some point before they are about 1, babies start to grow their first set of teeth. This is about the same time that they start needing to eat and chew food.

Discuss the size of babies compared to children and then adults. Establish that we all grow while we are children and stop once we become adults.

Show the picture of a child's mouth and an adult mouth. Ask the children what the difference is between the two. Explain that the mouth of an adult is much bigger than a child so there is room for more teeth. An adult can have up to 32 teeth whereas a child only has 20. The children's teeth are sometimes known as 'milk' teeth or 'baby' teeth.

Show the picture of the adult's teeth to identify the 'filling'. Explain that a dentist would have needed to give the adult a filling to stop the tooth becoming so damaged it will need to be removed.

Discuss why some older people may wear dentures and why today we have access to better dental health education so we are more aware that we have one set of adult teeth for life.

## Activity

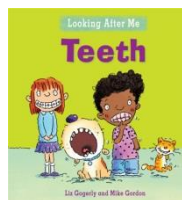
Each child needs a mirror and a downloadable mouth map. Children look in their mirror and use the key on the sheet, coloured pencils and the mouth map to colour which teeth are 'baby' teeth, which are wobbly or missing and which have adult teeth growing in their place.

Ask the children to look in a mirror to see how many teeth they can count. Do the children know what happens to their 'baby' 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)

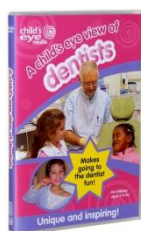
Specifically to deliver the lesson outlined above the following resources are particularly relevant:



Looking After Me :  
Teeth



Dental Goody Bag



A Child's Eye View of the Dentists DVD



Mouth Mirrors



Large Sand Timer

## About Dental Buddy and the Oral Health Foundation

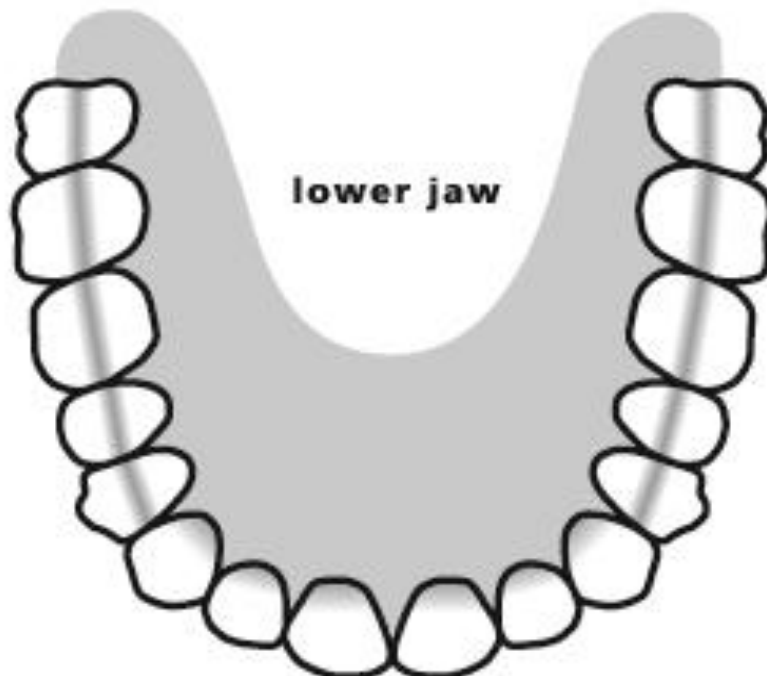
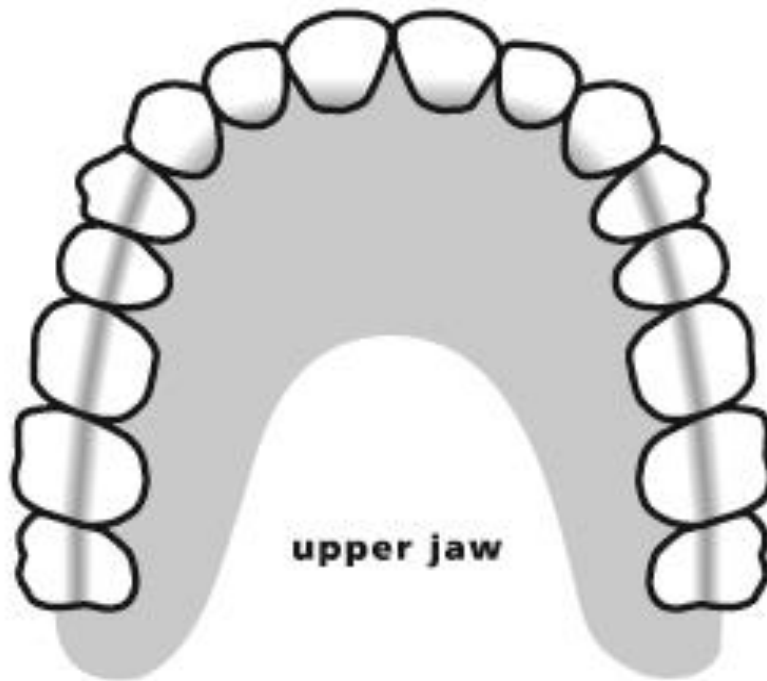
The Oral Health Foundation is an independent charity that is dedicated to improving the oral health of the public by providing free and impartial dental advice and by running educational campaigns. The Foundation has created the Dental Buddy programme to help teachers deliver dental health education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



Look at your teeth in a mirror. Try to find which teeth are milk teeth and colour them in one colour. Then choose a different colour for any wobbly or missing teeth, and another colour for any adult teeth that are growing.



- Milk tooth
- Wobbly/missing tooth
- Adult tooth growing

### '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)