

This Dental Work Book belongs to:

Series 1



Oral Health Promotion



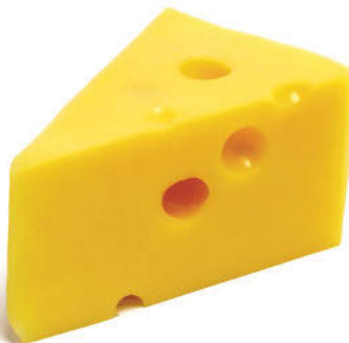
What do we use our teeth for?







Draw a circle around the healthy food and drinks



Draw a healthy snack to eat

Draw a healthy drink



Colour in the dentist and draw a line between the words and picture

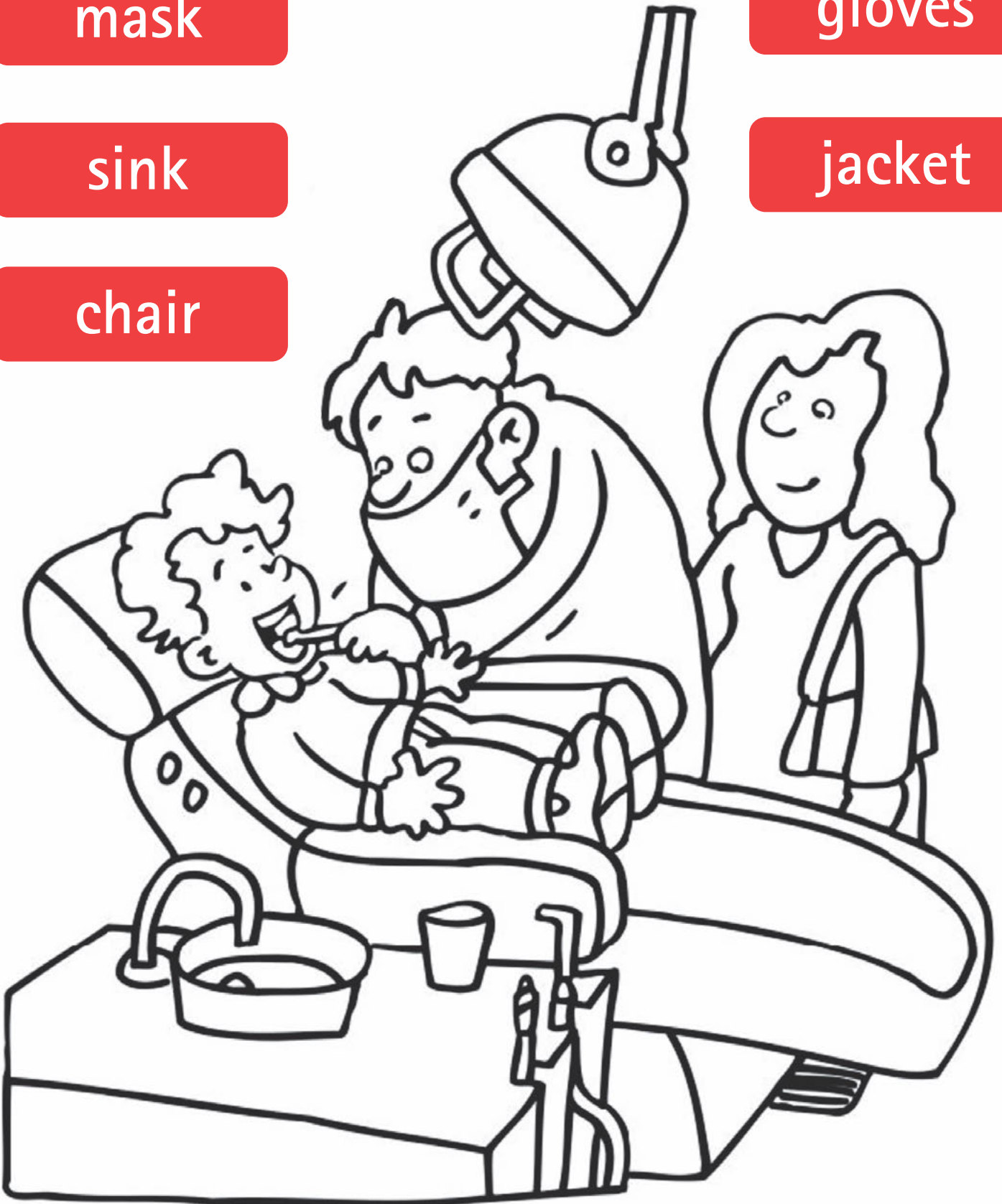
mask

gloves

sink

jacket

chair



Wordsearch

Can you find the missing words?

t	q	c	h	e	e	s	e	e	v	a	u	q
n	i	g	h	t	k	a	i	r	y	m	a	u
l	a	a	v	e	g	e	t	a	b	l	e	s
e	v	i	t	m	e	a	l	t	i	m	e	s
v	t	a	l	h	a	u	s	s	t	n	s	l
e	s	r	u	o	f	r	u	i	t	e	a	f
m	i	l	k	t	y	e	o	m	o	m	f	y
k	e	o	t	i	f	r	j	p	n	s	c	l
t	o	o	t	h	p	a	s	t	e	s	e	i
y	c	b	r	u	s	h	l	s	e	e	r	r
s	t	q	f	c	r	o	s	s	r	s	t	e
s	c	i	o	n	e	n	v	w	a	t	e	r
t	w	i	c	e	a	d	a	y	l	a	u	q

night

twice a day

milk

cheese

vegetables

brush

mealtimes

water





fruit

toothpaste



Colour in the squares when you have brushed your teeth for 2 minutes



	Week 1		Week 2	
	Morning	Night	Morning	Night
				
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mummy, Daddy or a grown up should help us brush our teeth

Congratulations!

Keep up the good work. Now take this chart to your teacher to receive your certificate.



Tips for Mums, Dads and grown ups to help keep your teeth and gums healthy

- Keep sugary foods and drinks to meal times only.
- Brush your teeth and gums for at least 2 minutes last thing at night and on one other time during the day.
- Use a pea-sized blob of fluoride toothpaste.
- A gentle scrub method is the most effective way of plaque removal.
- Spit do not rinse after brushing.

Oral Health Promotion Team

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Our Values

Service Teamwork Ambition Respect

