

The story of the tooth.



Dental Health Foundation
Ireland

**TOOTH
DAY
2010**

**30th November
2010**

**TOOTH
DAY
2010**

**Every
Junior
& Senior
infant**



in Ireland



**That means
YOU!**



ME?

is taking part in

**TOOTH
DAY
2010**

**TOOTH
DAY
2010**

What is it



TOOTH DAY 2010

Reminds us **HOW important
it is to look after our teeth**

**TOOTH
DAY
2010**

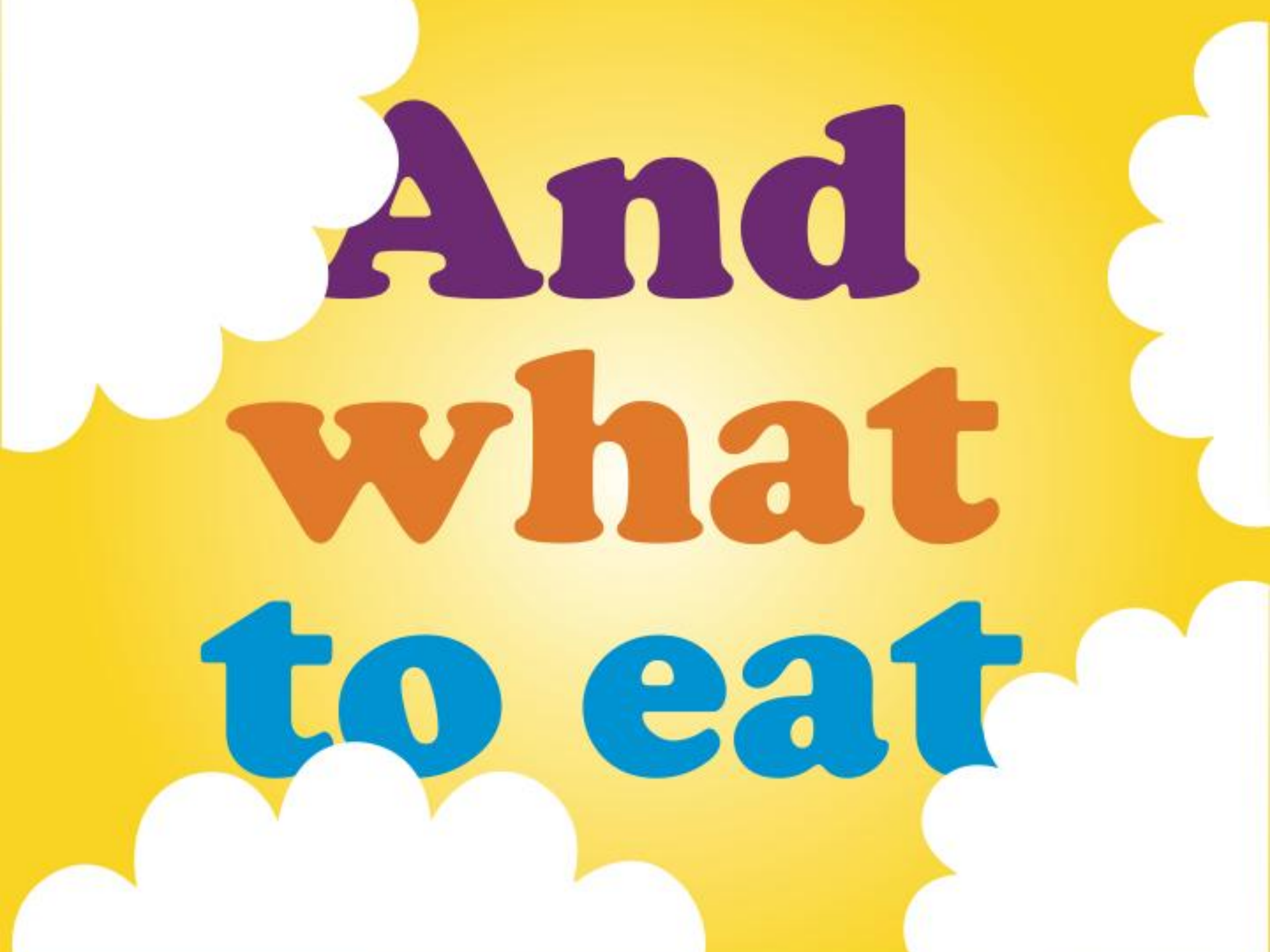
Reminds us how to

CLEAN & BRUSH

our teeth

And what to drink





**And
what
to eat**

So...

Let's start and

LOOK

at your teeth...

A Tooth!





**How many teeth
do you have**

Answer:

20





Incisor



**The incisors at the front
of the mouth are used
for biting and cutting food.**



Canine

**The Canines
are beside the
incisors;
they are used
to grip and
tear food**





Molar



The molars are the largest of the teeth. They are used to chew, crush and grind food.

OK...

**How do we
look after
our teeth?**

**It is very important
to look after all your
teeth, especially the
ones at the back
of your mouth**

**Brush
twice a day...**

A.M.



P.M.

**Brush your teeth with
short movements
going this way...**



**Oh and remember...
Brush your gums too.**



What with?



**Toothbrush
and...**

Toothpaste



Such as

Aquafresh



**Use a toothbrush
with a small sized head
and soft/medium bristles**

**How much
do you use?**

The size of a pea.



**How long
do I brush for...**



3 minutes...



**Let's start
the clock.**

**Keep
brushing
until you
hear the bell.**



Try and sing a song.



**Maybe your teacher
might have a song you
can learn after this
which is 3 minutes long...**

Then what....



**Spit out the toothpaste
after all that brushing**



Remember...
just spit,
don't rinse your
mouth out
with water

**When do we
brush our teeth?**

**Most importantly,
last thing at night...**



**And one other
time you choose.**

**How about
brushing your teeth
before you go
to school?**

Why
do we do this
?

**Looking after baby teeth
will make sure your
big teeth are healthy!**



**Get your
parents/guardians to
help you and to
supervise your brushing**

**And what
should you drink**



Tap Water



**Any time
of day**

Milk





3

**servings of dairy products
per day as part of a balanced
diet and an active lifestyle**





A portion of dairy is equal to:

One-third of a pint of milk

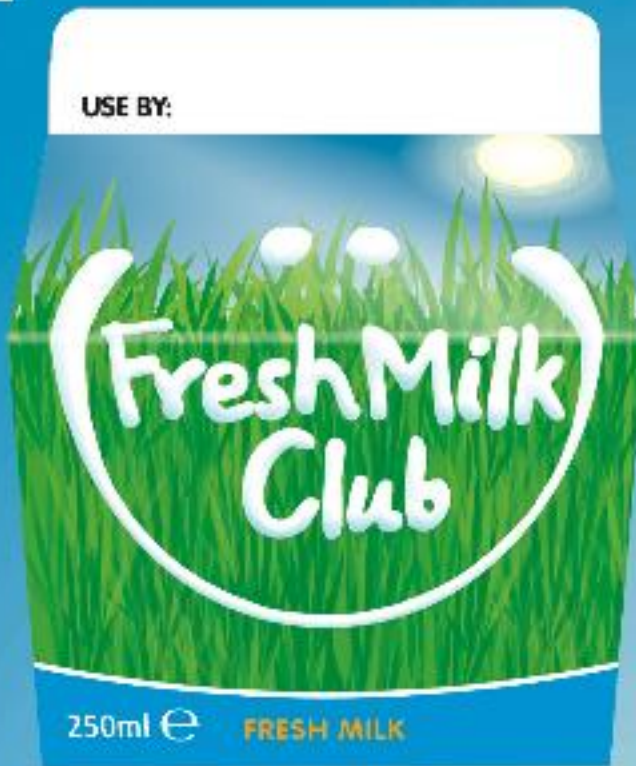
OR

1 carton of yogurt

OR

**1 match-box size piece of
cheddar-type cheese (28g)**

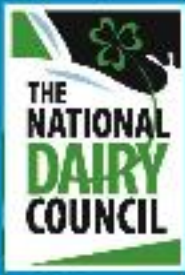




Dem Bones!

**Dairy foods
are one of the
best sources
of dietary
calcium.**

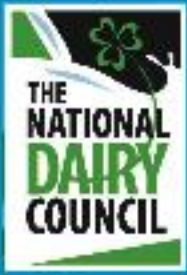




Dem Bones!

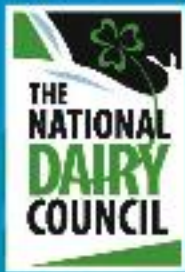
**Calcium is needed
to help children's bones
grow and develop.**





Keep smiling!
Humans have two sets
of teeth in their lifetime.





Keep smiling!

**Choosing the right foods
and brushing your teeth
helps you to keep your
teeth healthy**





Keep smiling!

Milk and dairy foods contain nutrients which can help our teeth e.g. calcium and phosphorous.

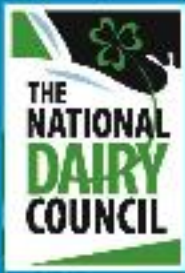
Other factors are also important:

Brush teeth twice daily

Regular check-ups with dentist

Cutting down on sugary foods and drinks

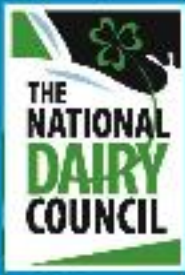




The School Milk Scheme

- **A carton or bottle of School Milk counts as one portion of the three recommended daily portions of dairy**
- **The National Dairy Council supplies schools with free fridges for storage of milk when they register for the scheme**





Dairy facts.

True or false?

**A smoothie can count
as a portion of dairy.**





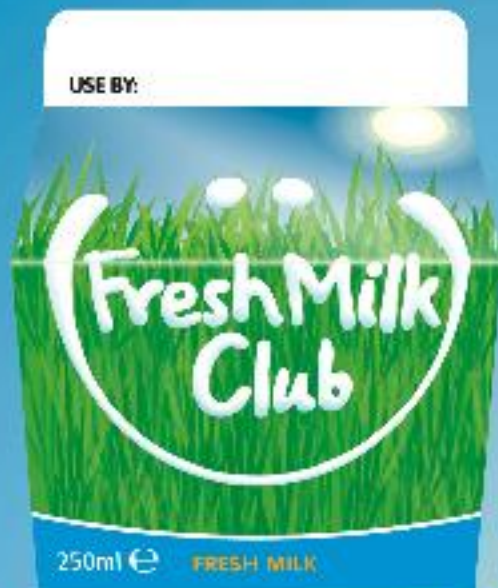
True!

A portion of dairy is equal to 1/3 pint of milk, a carton of yogurt or 1oz of hard cheese. So if your smoothie is made using a carton of yogurt or a mixture of milk and yogurt, well then you can count it as a portion of dairy! Enjoy!



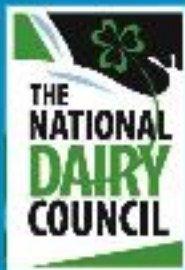


Delicious Dairy snacks



School Milk





Delicious Dairy snacks



Cheese





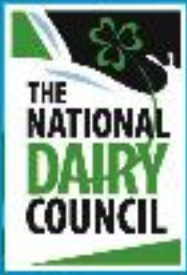
Your favourite breakfast cereal and milk





Cheese cubes





**Glass
of ice cold
milk**





Hot Milk





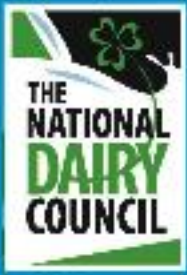
Smoothie





Quiz?





**Milk, cheese and
yogurt are part of
which food
group?**





Answer?

Dairy





**Children and
adults should eat
??? portions of
dairy a day?**

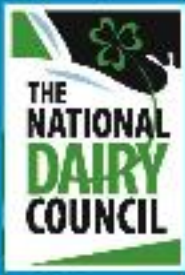




Answer?

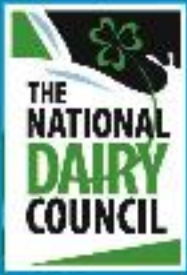
Three





**White drink
that can be
poured onto my
breakfast cereal?**





Answer?

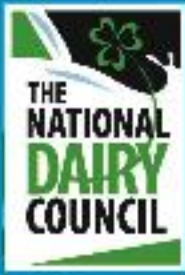
Milk





**Eaten with a
spoon from a
small pot - a tasty
dairy snack?**





Answer?

Yogurt





**A slice of this
dairy food
is yummy in a
sandwich for
lunch?**





Answer?

Cheese





Well done!



Snacks

**Snacks are
foods and drinks
that you have
between meals**

**There are good
and bad snacks
for teeth**

Snacks bad for teeth

FIZZY DRINKS
CHEWY SWEETS
CHOCOLATE
CRISPS

Snacks good for teeth

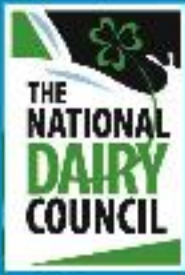
MILK

CHEESE

SANDWICHES

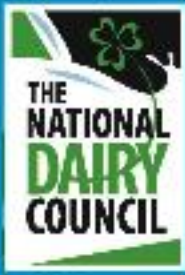
PLAIN SCONE

FRUIT AND VEGETABLES



And finally...





**Please visit your
dentist regularly.**



From our friends,

Aquafresh

The logo graphic consists of three horizontal, wavy bands. The top band is red, the middle band is white, and the bottom band is dark blue. These bands are positioned below the word 'Aquafresh' and appear to be part of the brand's identity.

Here's a free toothpaste



**Put it in
your bag and
take it home**

**Give it to
your parents or
guardians.**



TOOTH DAY 2010

Certificate



**Your
teacher
will
sign it.**

**Will you promise
to brush twice a day?**

Great!
Thank you.

**Thanks to all
our friends...**

Aquafresh




IDA
irish dental association

**And thank you
for promising to look
after your teeth.**



Now...

**let's see your lovely healthy
teeth with your best smile!!!**



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