

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**

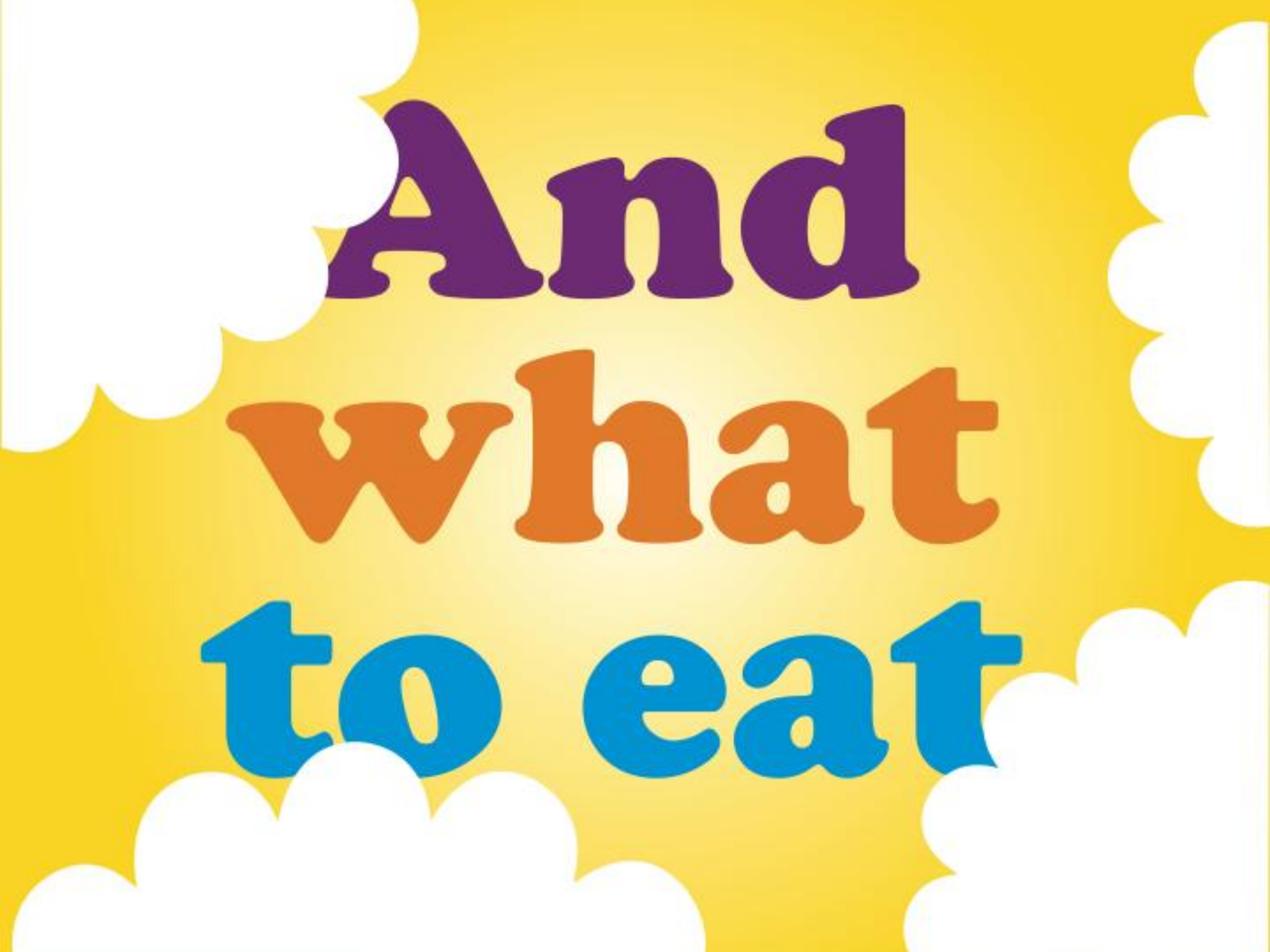
Reminds us how to

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.**



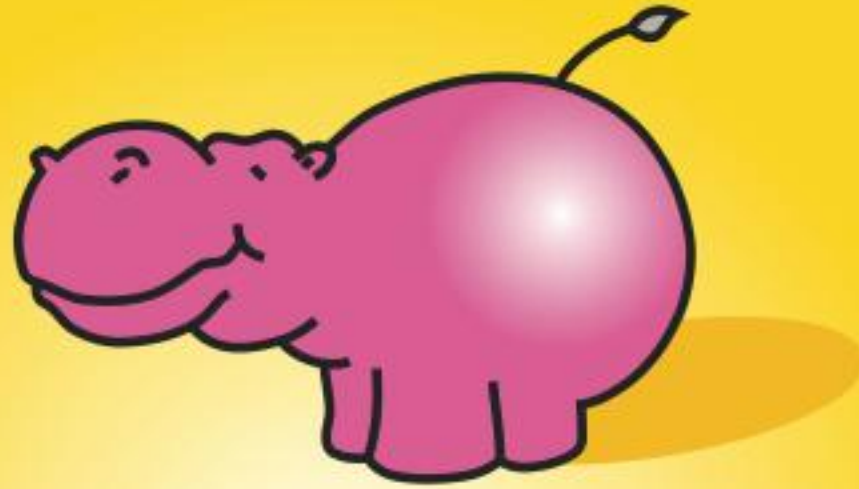
Canine

**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...**

Fluoride Toothpaste



Such as

Aquafresh



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

**How much
do you use?**

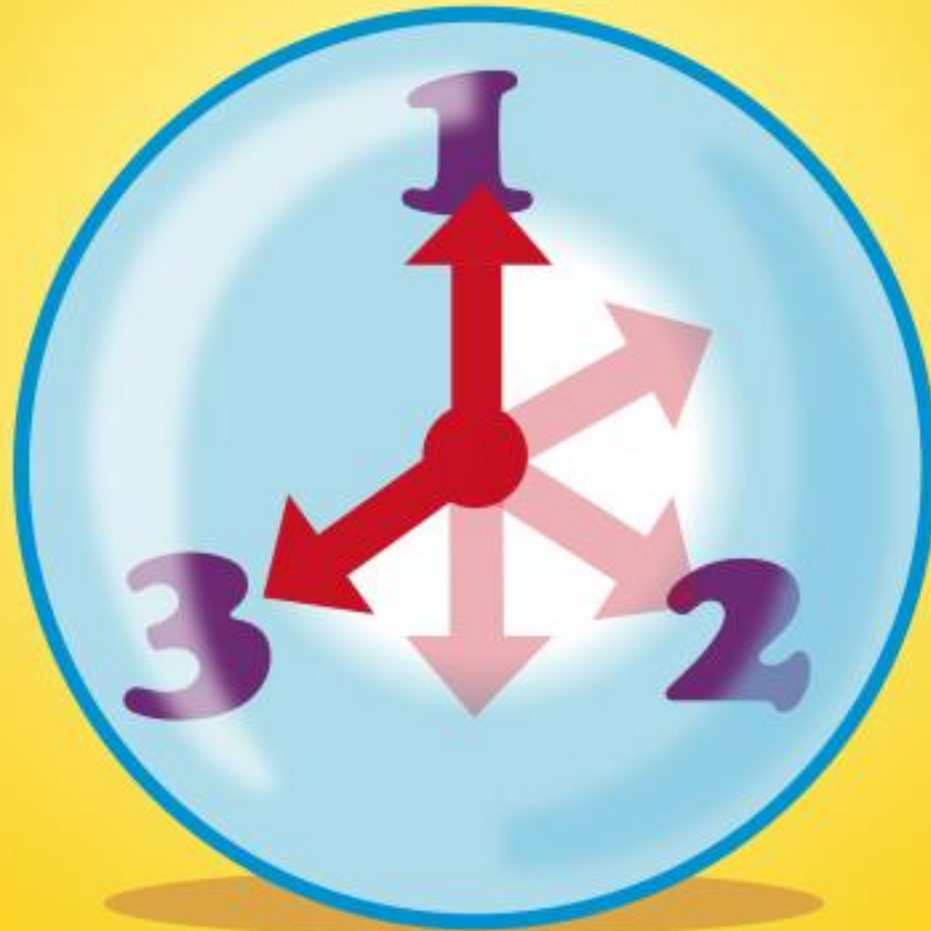
The size of a pea.



**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

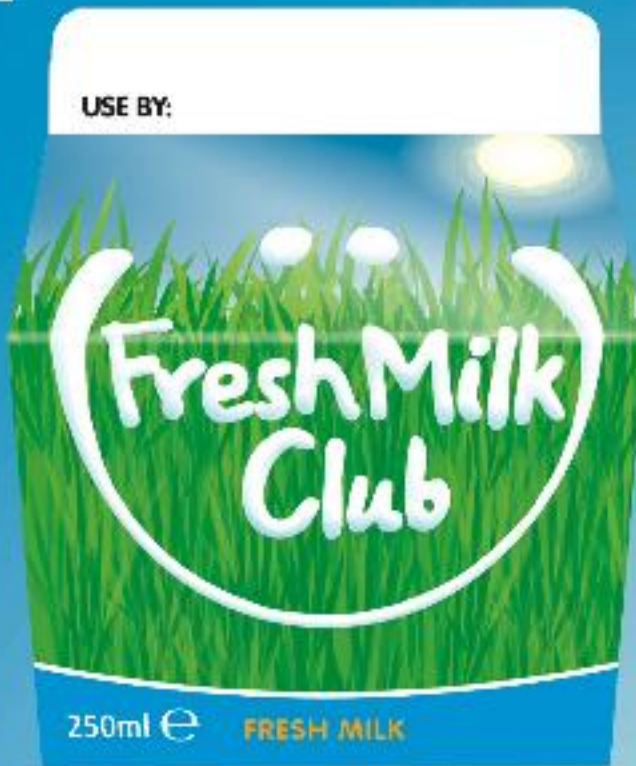
OR

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.**

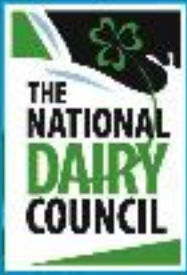




Dem Bones!

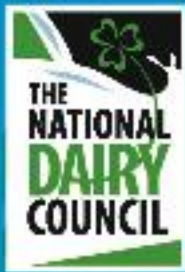
**Calcium is needed
to help children's bones
grow and develop.**





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**



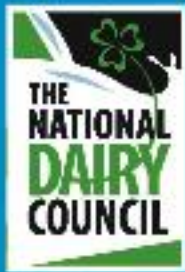


Dairy facts.

True or false?

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

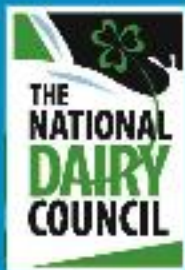




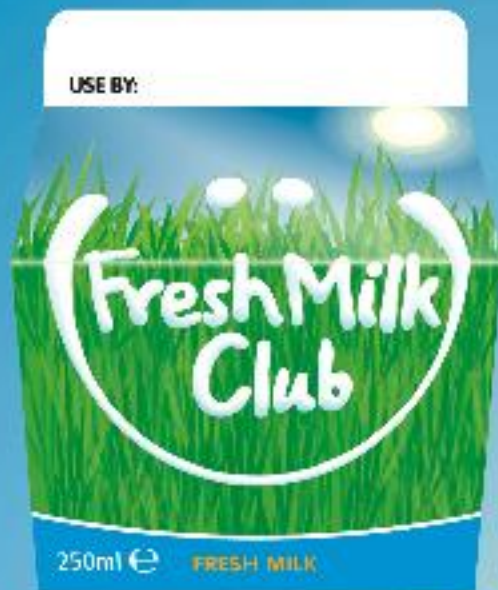
True!

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!



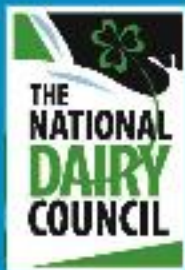


Delicious Dairy snacks



School Milk





Delicious Dairy snacks



Cheese





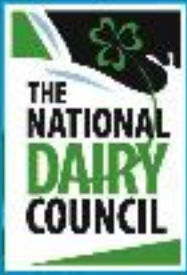
Your favourite breakfast cereal and milk





Cheese cubes





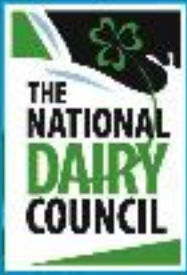
**Glass
of ice cold
milk**





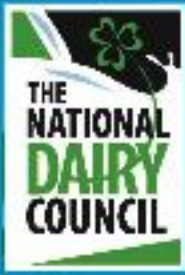
Hot Milk





Smoothie





Quiz?





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





Answer?

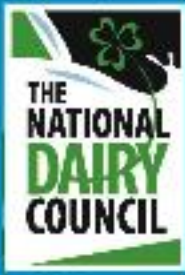
Dairy





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





Answer?

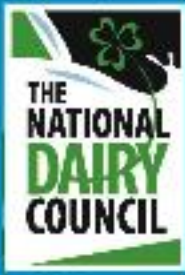
Three





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





Answer?

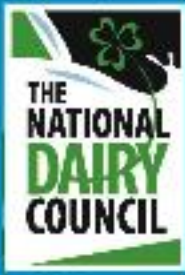
Milk





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





Answer?

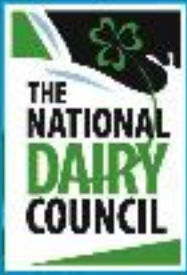
Yogurt





**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

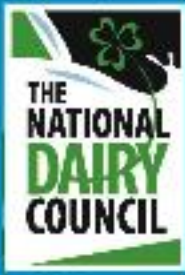
PLAIN SCONE

FRUIT AND VEGETABLES



And finally...





**Please visit your
dentist regularly.**



From our friends,

Aquafresh

The logo graphic for Aquafresh, featuring a stylized wave or ribbon shape with a red top section, a white middle section, and a dark blue bottom section, positioned below the brand name.

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!!!**



**TOOTH
DAY
2010**