The story of the tooth.

Dental Health Foundation
Ireland
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
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
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.
The molars are the largest of the teeth. They are used to chew, crush and grind food.
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 \( \frac{1}{3} \) pint of milk, a carton of yogurt or 1 oz 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
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
Here's a free toothpaste
Put it in your bag and take it home
Give it to your parents or guardians.
I promise to brush my teeth twice a day, at bedtime and at one other time during the day. When brushing, I promise to use a small pea-size amount of toothpaste.

Teacher's Name: [Blank]
Parent/Guardian: [Blank]
Your teacher will sign it.
Will you promise to brush twice a day?
Great! Thank you.
Thanks to all our friends...
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