



Healthy Versus Unhealthy Tooth



Knowledge
Through
Entertainment

FILM

-  **House of Little Scientists: Brushing Teeth**
-  **Smile Action Team**

KEY OBJECTIVES

- 1 **To understand the meaning of dental health.**
- 2 **To understand how to maintain our dental health**
- 3 **To identify the foods that are healthy and unhealthy for the tooth.**
- 4 **To learn how these foods affect the tooth positively or negatively hence concluding which food to eat and which to avoid.**

INTRODUCTION

Some foods are better for our teeth than others. Eating fruits and veggies is generally a lot better than how soda and ice cream covers teeth in sugars and other things that can hurt our dental and therefore it's critical to be mindful of what goes into our mouth.

GUIDING QUESTIONS

- What is dental health?
- What is the relationship between the foods that we eat and our dental health?
- What are some of the practices that keep our teeth healthy?
- What are the repercussions of not following these practices?

TOPICS

Dental hygiene

KEYWORDS

Oral health

LEVEL

Early Learner

Primary School

RESOURCE TYPE

Project

INTENDED AUDIENCE SIZE

Small group

MODE OF DELIVERY

Large venue setting

Live Online

small group

TIME FOR ACTIVITY

30 min.

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MATERIALS/PREPARATION

- A template containing both healthy and unhealthy foods.
- Happy and sad tooth template (see link under sources)
- Glue
- A pair of scissors

AUTHORS AND SOURCES

Submitted by Discovery Centre Kenya

TASKS/PROCEDURE

- 1 With a pair of scissors cut out the pictures of the different foods on the template.
- 2 From your cut outs, identify all the healthy foods and attach them using glue to the Happy tooth side of the 'happy and sad tooth template'
- 3 Identify the foods that harm your teeth and attach them on the sad tooth side of the 'sad tooth template'.

FOSTERING DISCUSSIONS

Your mouth, teeth, and gums are more than just tools for eating. They're essential for chewing and swallowing—the first steps in the digestion process. Your mouth is your body's initial point of contact with the nutrients you consume. So what you put in your mouth impacts not only your general health but also that of your teeth and gums. In fact, if your nutrition is poor, the first signs often show up in your mouth.