Learning Intention
To know that we need to brush our teeth.

EFYS link
Children can manage their own personal hygiene.

Vocabulary
Decay   Egg timer

Equipment
Soft toy/Puppet with an opening mouth  Downloadable picture of Buddy
Toothbrush  Downloadable outline for children to draw a picture in
Mirror  A timer/2 minute egg timer
If possible, ask children to bring a toothbrush to the session, or purchase them from the British Dental
Health Foundation

Lesson Content
Activity: children look in their mouths with mirrors.
Discussion: what can they see?
Discussion: uses of our teeth and how many we have.
Discussion: what is tooth decay?
Activity: children mime brushing their teeth.

Teaching Guide
Ask the children to use a mirror to look in their mouths with mirrors.
– Share answers of what they can see?

Ask them to look at their teeth. How many can they see? What do they look like?
Put mirrors away.
Ask the children what we use our teeth for.
Explain that it is very important to look after our teeth.
Ask the children if they know what they need to do to look after their teeth.
Establish that we need to brush our teeth twice a day for two minutes to keep our teeth clean and
prevent decay.

Show picture of teeth inside the mouth. Count the number of teeth together. (Children have 20 teeth)
Can the children count 20 teeth in their own mouths?
Discuss with the children what would happen if we got tooth decay.
Using a soft toy and a toothbrush, show the children how to brush teeth, making sure that the toothbrush
brushes all around the mouth in small circles. Show the children the timer and explain that we need to
brush our teeth for two minutes.
**Activity**
Children mime putting toothpaste on a toothbrush and then brush the teeth of a soft toy/puppet while being timed by the two minute timer.

If children have brought their own toothbrushes to school, supervise the children brushing their own teeth.

Show children Buddy, tell the children that Buddy’s job is to help us look after our teeth.

Put a printable picture of Buddy on the wall. Children draw a picture/colour a picture showing how to brush teeth. Put pictures on the wall around Buddy with some key words.

**Teaching Resources**
The British Dental Health Foundation has a comprehensive range of teaching resources to support teachers deliver further dental health education messages. These include leaflets, posters, wall charts, story books, models, educational games and demonstration puppets. To browse our complete range of resources please visit www.dentalhealth.org

Specifically to deliver the lesson outlined above the following resources are particularly relevant:

- Kumquat puppet
- Giant two minute timer
- Dental goody bag
- Children’s teeth leaflet
- Two minutes twice a day poster
- Molar mirror

**About Dental Buddy and the British Dental Health Foundation**
The British Dental Health Foundation is an independent charity that is dedicated to improving the oral health of the public by providing free and impartial dental advice and by running educational campaigns. The Foundation has specifically created the Dental Buddy programme to help teachers deliver dental health education at EYFS, KS1 and KS2. The programme features eight complete lessons across the three age ranges to provide teachers with interactive teaching materials that link to National Curriculum requirements. Find out more about Buddy and the British Dental Health Foundation at www.dentalhealth.org
## ‘Dental Buddy’ education materials evaluation

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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>School</td>
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<td>Year group / Key Stage</td>
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<td>Approximate date lessons were delivered</td>
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<tr>
<td>How do you rate the overall quality of the Dental Buddy materials? Please rate with a scoring 1 – 5 (1 = Excellent, 5 = Poor)</td>
<td>1 2 3 4 5</td>
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<td>If possible please provide reasons for your rating</td>
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<td>How do you rate ....The character and design?</td>
<td>1 2 3 4 5</td>
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<td>... The presentation materials</td>
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<td>....The ease of use</td>
<td>1 2 3 4 5</td>
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<tr>
<td>...The content of the lesson activity</td>
<td>1 2 3 4 5</td>
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<td>Can you suggest ways we might improve the education resource in future?</td>
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<td>How do you feel about the level of content provided?</td>
<td>Too short / brief Just right Too long</td>
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<td>Was there any information missing? If yes – please outline what do you think could be included?</td>
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<td>What do you think is the most useful aspect of the resource</td>
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<td>Which sources of information would you refer to if you needed help with ideas and content for lessons? (eg internet sites, professional sites, BBC, TES)</td>
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<td>Would you recommend Dental Buddy as an education resource to other teachers?</td>
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<td>Any other comments:</td>
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**Thank you very much for taking the time to review the Dental Buddy Education resource from the British Dental Health Foundation. We really value your feedback so we can continue to improve the support we can give to teachers.**

Please return your comments to either:
- Rachel Roberts, spottydog communications, 35 St Paul’s Square, Birmingham, B3 1QX (Rachel.roberts@spottydogcommunications.com / 07890 186939) or
- Amanda Oakley, Director of Education, British Dental Health Foundation, Smile House, 2 East Union Street, Rugby, Warwickshire, CV22 6AJ (Amanda@dentalhealth.org / 01788 539788)