Teacher Refresher Information

**Key Stage 1**

### Oral Hygiene

Normally our first teeth come through our gums (erupt) at around 6 months of age and we will have a full set of 20 baby (primary) teeth by the time we are 2 ½ years old. At around 6 years old our first permanent molars erupt, and the front primary teeth begin to get wobbly and fall out (exfoliate) and are replaced by the permanent (adult) teeth. On average by 12 years old we have lost all of the baby teeth and have 32 adult teeth, which if we look after, can last for the rest of our lives.

Bacteria can grow on teeth, clumping together to form a sticky substance called dental plaque. You will see this in your own mouth as a creamy line around your teeth or sometimes feel it as a furry layer with your tongue. If plaque is not brushed away regularly or there is a high frequency of sugar in the diet, the bacteria within the plaque can lead to tooth decay (caries).

When we eat sugary foods and drinks, bacteria in the plaque can use the sugars to make acid. Over time this can dissolve the outer surface of our teeth (the enamel). As more enamel is dissolved, a hole (cavity) appears. As the decay process continues, the bacteria can reach the nerve and cause toothache.

If no dental treatment is given, the tooth decay (caries) can spread and bacteria can penetrate the nerve, leading to inflammation of the bone and surrounding structures of the teeth which can result in an abscess (lump on the gum) that is filled with pus. This can make you very poorly and the tooth will usually need to be removed (extracted).

Dental health is extremely important; over 23% of children in England have tooth decay and it is the main reason for children aged 5 to 9 being admitted to hospital. The good news is that tooth decay can be prevented by limiting the number of times we eat foods and drinks with added sugar, brushing twice a day with fluoride toothpaste and regularly seeing the dentist to check the health of our teeth and gums.

Fluoride in toothpaste can help strengthen our teeth and slow down the decay process. The most important time to brush teeth with fluoride toothpaste is before going to bed at night. To make it easy to remember it is best to add tooth brushing to a twice daily hygiene routine morning and night.

#### Healthy Eating

In the UK, 34% of primary school children are now overweight and children are now eating three times more sugar than they should. Half of the sugar children eat comes from unhealthy snacks and sugary drinks. Fruit and vegetables are still the healthiest snack choice.


## TS1 - Oral Hygiene True or False Quiz

## Healthy Eating

### What do you remember?

#### Are these True or False?

Dried fruits should be

eaten at mealtimes not

as a snack

True

Chocolate biscuits are

a healthier snack than

plain yoghurt and fruit

False

Biscuits contain a lot of added sugar

Lower-fat milk is a

healthier drink choice

than a sports drink

True

Sports drink can contain lots of sugar. Water or lower-fat milk are better choice

Eating too much sugar

can cause tooth decay

True

## Lesson Four: Prevention of Infection: Oral Hygiene

### SH2 Oral Hygiene True / False Quiz

* Dried fruits should be eaten at mealtimes and not as a snack – True; dried fruits contain lots of natural sugars
* Chocolate biscuits are a healthier snack option than plain yoghurt and fruit – False; biscuits contain a lot of added sugar
* Lower-fat milk is a healthier drink choice than a sports drink – True; sports drinks can contain lots of sugar. Water or lower-fat milk are better choices
* Eating too much sugar can cause tooth decay – True; bacteria on our teeth feed on the sugar which creates acid and dissolves our teeth