

## **Aim**

Health Education plays an important part of the school curriculum. Many schools hold the Healthy Schools Award which is indicative of their commitment to promoting health amongst its pupils.

The aim of this teachers section is to provide you with information which will help to stimulate greater interest in dental health and nutrition and to suggest ways in which children can improve their knowledge. This hopefully, in turn will increase their chance of maintaining healthy teeth and gums and encourage children to choose a healthy balanced diet through class based activities.

## **Objectives**

By the end of this series of activities, the children should be able to: -

- Carry out an effective toothbrushing technique.
- Understand how toothbrushing can help to control gum disease.
- Understand how fluoride helps to protect teeth.
- Identify which foods and drinks can potentially harm their teeth, and be able to discuss ways to reduce the risk of tooth decay in relation to the consumption of sugar.
- Understand the importance of having a balanced diet.