
Food and Teeth

Start by making two lists on the blackboard.

List 1 - Food and drinks that are good for your teeth	List 2 - Food and drinks that can be bad for your teeth
Cheese, apples, carrots, banana celery, milk, water, beans, peas, meat, broccoli, cauliflower bread, etc	Biscuits, sweets, sugary soft drinks and too much chocolate etc

Teacher: Ask pupils to call out the names of foods in each list.

Teacher: Discuss why foods in List 1 are good and why List 2 can be bad. Mention high sugar levels in List 2. Bacteria eat the sugars and make acid. Acid attacks and dissolves teeth. Discuss how a lolly that is sucked is worse (because the sugar is in the mouth for a long time) than a carrot which does not stick to the tooth.

In-between meals, you don't want to be sucking a sweet for a long time. Also, never go to bed with a sweet in the mouth.

Experiment: Teachers could set up a demonstration by dangling someone's tooth (that has fallen out) into a glass of soft drink (use one that is popular or likely to be over-used by the children through their life) for a week and see what happens to it - see if it goes soft because of the acid. You can glue the tooth to a light cotton thread, put it in a tea strainer, or just immerse it and look at it each day.