

**The story  
of the tooth.**



Dental Health Foundation  
Ireland

**TOOTH  
DAY  
2010**

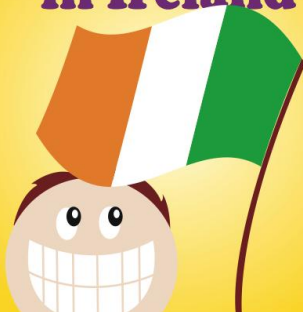
**30th November  
2010**

**TOOTH  
DAY  
2010**

**Every  
Junior  
& Senior  
infant**



**in Ireland**



**That means  
YOU!**

**ME?**



is taking part in

**TOOTH  
DAY  
2010**

**TOOTH  
DAY  
2010**

What is it



**TOOTH  
DAY  
2010**

Reminds us **HOW** important  
it is to look after our teeth

**TOOTH  
DAY  
2010**

Reminds us how to  
**CLEAN & BRUSH**  
our teeth

And what to drink



**And  
what  
to eat**

**So...**

**Let's start and**

**LOOK**

**at your teeth...**

**A Tooth!**



**How many teeth  
do you have**

**Answer:**

**20**



**Incisor**



**The incisors at the front of the mouth are used for biting and cutting food.**



**Canine**

**The Canines are beside the incisors; they are used to grip and tear food**



**Molar**



**The molars are the largest of the teeth. They are used to chew, crush and grind food.**

**OK...**

**How do we  
look after  
our teeth?**

**It is very important  
to look after all your  
teeth, especially the  
ones at the back  
of your mouth**

**Brush  
twice a day...**



**Brush your teeth with  
short movements  
going this way...**



**Oh and remember...  
Brush your gums too.**



**What with?**



**Toothbrush  
and...**

**Fluoride  
Toothpaste**



**Such as**  
**Aquafresh**



**Use a toothbrush  
with a small sized head  
and soft/medium bristles**

**How much  
do you use?**

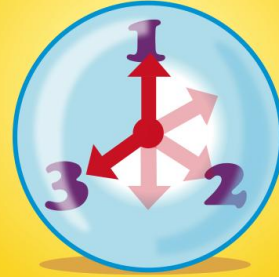
**The size of a pea.**



**How long  
do I brush for...**



**3 minutes...**



**Let's start  
the clock.**

**Keep  
brushing  
until you  
hear the bell.**



**Try and sing a song.**



**Maybe your teacher  
might have a song you  
can learn after this  
which is 3 minutes long...**

**Then what....**



**Spit out the toothpaste  
after all that brushing**



**Remember...  
just spit,  
don't rinse your  
mouth out  
with water**

**When do we  
brush our teeth?**

**Most importantly,  
last thing at night...**



**And one other  
time you choose.**

**How about  
brushing your teeth  
before you go  
to school?**



**Why  
do we do this  
?**

**Looking after baby teeth  
will make sure your  
big teeth are healthy!**



**Get your  
parents/guardians to  
help you and to  
supervise your brushing**

**And what  
should you drink**



**Tap Water**



**Any time  
of day**



**3**  
**servings of dairy products  
 per day as part of a balanced  
 diet and an active lifestyle**

**A portion of dairy is equal to:**  
**One-third of a pint of milk**  
**OR**  
**1 carton of yogurt**  
**OR**  
**1 match-box size piece of  
 cheddar-type cheese (28g)**

**Dem Bones!**  
**Dairy foods  
 are one of the  
 best sources  
 of dietary  
 calcium.**

**Dem Bones!**  
**Calcium is needed  
 to help children's bones  
 grow and develop.**

**Keep smiling!**  
**Humans have two sets  
 of teeth in their lifetime.**




**Keep smiling!**

**Choosing the right foods and brushing your teeth helps you to keep your teeth healthy**





**Keep smiling!**

**Milk and dairy foods contain nutrients which can help our teeth e.g. calcium and phosphorous. Other factors are also important:**



- Brush teeth twice daily**
- Regular check-ups with dentist**
- Cutting down on sugary foods and drinks**





**The School Milk Scheme**




- **A carton or bottle of School Milk counts as one portion of the three recommended daily portions of dairy**
- **The National Dairy Council supplies schools with free fridges for storage of milk when they register for the scheme**

**Dairy facts.**


True or false?

**A smoothie can count as a portion of dairy.**

**True!**

**A portion of dairy is equal to 1/3 pint of milk, a carton of yogurt or 1oz of hard cheese. So if your smoothie is made using a carton of yogurt or a mixture of milk and yogurt, well then you can count it as a portion of dairy! Enjoy!**





**Delicious Dairy snacks**



**School Milk**







**Delicious Dairy snacks**





**Cheese**



**Your favourite breakfast cereal and milk**



**Cheese cubes**



**Glass of ice cold milk**



**Hot Milk**



**Smoothie**









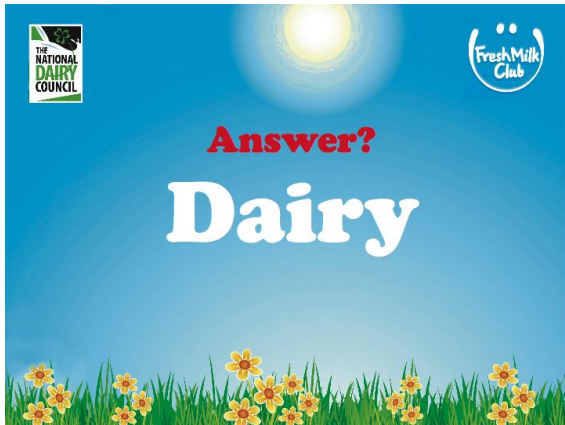
**Quiz?**



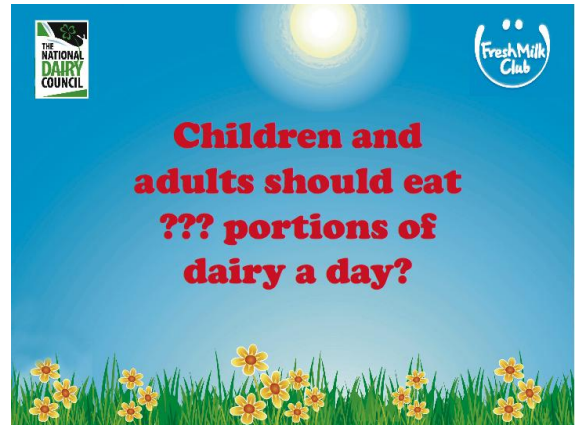
**Milk, cheese and yogurt are part of which food group?**



**Answer?**  
**Dairy**



**Children and adults should eat ??? portions of dairy a day?**



**Answer?**  
**Three**



**White drink that can be poured onto my breakfast cereal?**







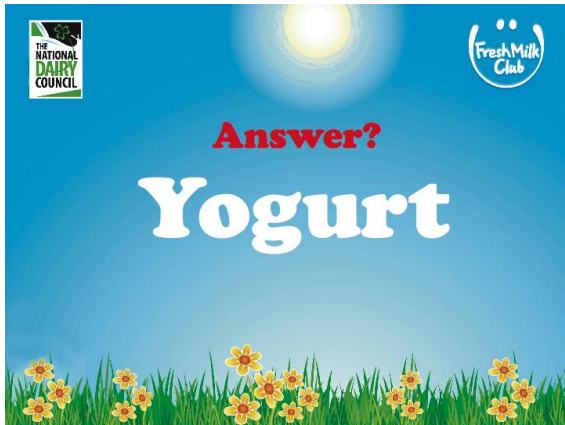
**Answer?**  
**Milk**



**Eaten with a spoon from a small pot - a tasty dairy snack?**



**Answer?**  
**Yogurt**



**A slice of this dairy food is yummy in a sandwich for lunch?**



**Answer?**  
**Cheese**



**Well done!**



## **Snacks**

**Snacks are  
foods and drinks  
that you have  
between meals**

**There are good  
and bad snacks  
for teeth**

### **Snacks bad for teeth**

**FIZZY DRINKS  
CHEWY SWEETS  
CHOCOLATE  
CRISPS**

### **Snacks good for teeth**

**MILK  
CHEESE  
SANDWICHES  
PLAIN SCONE  
FRUIT AND VEGETABLES**

**THE NATIONAL DAIRY COUNCIL**

**Fresh Milk Club**

**And finally...**







**Your teacher will sign it.**

**Will you promise to brush twice a day?**

**Great! Thank you.**



**And thank you for promising to look after your teeth.**



**Now... let's see your lovely healthy teeth with your best smile!!!**

