

Year 1 Personal Care

National Curriculum objectives

Pupils learn about what keeping healthy means and different ways to keep healthy.
Pupils learn about foods that support good health and the risks of eating too much sugar

Key Learning

- To discuss facts about dental hygiene and what children can do to maximise the health of their mouths
- To link taking care of your teeth to self-care more generally and the impact upon self-confidence in the future

Equipment and Resources

- Individual mirrors to look at teeth.
 - [My Teeth sheet](#). Each child will need a printed copy of this.
 - [Inside a tooth poster](#) - This will be displayed on the whiteboard.
 - [Inside a tooth answers](#) - This will be displayed on the whiteboard.
 - [Teeth x-ray image](#) - This will be displayed on the whiteboard.
 - [Tooth-brushing Tips](#) - This will be displayed on the whiteboard. It could be printed for children to take home and refer to, if you wish.
 - A toothbrush; if available bring in both an electric and a manual toothbrush. If you have a toothbrush with a quadrant timer, this is useful.
 - A 2 minute egg timer; you might be able to get one of these free of charge from your dentist.
 - **Optional:** children could bring in their toothbrushes and toothpaste to all practice brushing together if practical.
- Required Downloads (see lesson plans for links)
- Food pictures - Print these and cut up.

Key Vocabulary

Bacteria: single-celled, simple living things. Some produce acids which are harmful to teeth.

Confidence: feeling sure about something

Decay: when acid from bacteria dissolves parts of our teeth.

Dental: relating to the gums and teeth

Gums: firm flesh around the teeth on the upper and lower jaw.

Mouth: the opening between the lips in the lower part of the face and the space behind. Contains teeth, gums and tongue.

Personal care: taking care of our bodies to keep them clean and healthy.

Plaque: sticky substance that forms on the teeth and is a home to bacteria.

Self-care: looking after our own bodies to keep them clean and healthy.

Teeth: enamel, bony structures in our upper and lower jaws that are used for biting and chewing.

Toothbrush: a brush designed to remove plaque and debris from the teeth.

Toothpaste: a paste to help clean out teeth and provide fluoride to strengthen the teeth.

Key Questions

How long should you brush your teeth for?

How many teeth does an adult have?

What are incisors for?

How can you prevent decay?

Safety

- Carry out sessions in a quiet, safe area so that pupils can focus on their thoughts with minimal distraction