



Healthy Oral Hygiene (10-15 mins)

Curriculum Links (KS2):

Science: Animals, including humans; Working scientifically

English: Reading and Comprehension

PSHE: Core Theme 1 - Health and Wellbeing; Core theme 3 - Living in the wider world

Mathematics: Measurement

Learning Objectives for KS2:

All students will:

- understand what dental plaque is and how it forms.
- understand which foods and drinks cause tooth decay.

Most students will:

- understand the consequences of tooth decay.
- understand how to brush teeth effectively.
- understand that limiting sugary foods & drinks can reduce tooth decay.

This activity is suitable for KS2 and involves keeping a tooth brushing diary to monitor how often tooth brushing occurs for each day of the week.



3.3 Prevention of Infection Oral Hygiene

Brushing Diary



Write the day of the week in the diary and tick each time you have brushed your teeth in the box for that day.

Day	Tick for every time you brush your teeth
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Weekly total	



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Before you begin you will need:

- Background and lesson plan for [“3.3 Prevention of Infection: Oral Hygiene”](#) (KS2 lesson pack)
- PowerPoint presentation for [“Prevention of Infection: Oral Hygiene”](#)
- Student worksheet 2 (SW2) on Brushing Diary, and class worksheet 2 (CW1) to record tooth brushing
- For older participants or community groups a presentation [“How to keep your teeth happy and healthy!”](#) in Beat the Bugs can be used to explain dental plaque and toothbrushing technique.
- Blue stickers to represent tooth brushing episode

Advance Preparation:

- Provide participants with a blank brushing diary (SW2 in the KS2 lesson pack)
- Advise participants to complete this diary the week before, by recording each time they brush their teeth for each day of the week and adding up the weekly total.
- Advise participants beforehand that they should aim to brush their teeth twice a day – in the morning and last thing before bed.
- Use this to stimulate discussion in the group setting of how often you should brush your teeth and the correct technique to be used.

Use the following steps as a guide to implement this activity:

- Ask participants to add up their weekly total from their tooth brushing diaries on SW2.
- Each participant should write out their weekly total on a small sheet of paper without their name on it. These sheets of paper can then be collected and the totals added up.
- Using one blue sticker to represent 10 brushing episodes, display the group total on CW2.
- In groups encourage participants to practice tooth brushing technique on models (if using).
- Each pupil should be timed how long they think it takes to clean the whole mouth effectively.
- See how long they took compared to the ideal two minutes.
- Music can help demonstrate to pupils how long they need to brush for. Consider playing a pop song that lasts two minutes whilst they practice brushing again.
- Next play the [tooth brushing video](#) available here. For older participants an [alternative video](#) available here can be used instead.
- Show the “How to keep your teeth happy and healthy” PowerPoint presentation (Beat the Bugs) for older participants to promote discussion and gather what knowledge the group already has.
- Discuss how their current oral hygiene may differ from the advice in the video, and what changes they can make to keep their teeth healthy.

Key oral hygiene messages to cover during the activity:

- Brushing should begin as soon as the first tooth comes out (usually 6-9 months of age).
- Brushing should be carried out by an adult until 7 years of age.
- A smear of fluoride toothpaste should be used up to the age of 3 years. For children over 3 years, a small pea sized amount of fluoride toothpaste can be used.
- Teeth should be brushed last thing at night and in the morning with fluoride toothpaste.
- After brushing spit but do not rinse!

Use the plenary or discussion questions to check participant's understanding after the activity is completed. Then complete action plan (Beat the Bugs).