

Dental Health Key Stage 1 Syllabus



Thank you for downloading our dental health resources for schools.

We've packed loads in and we hope you find it useful. The resources are designed so that any teacher can download and use them without any prior dental knowledge. Of course, a dentist could teach the resources but this should not be necessary.

Appropriate learning objectives are described in this document along with the resources available to teach each learning objective. Every activity and resource mentioned can be downloaded for free from the Key Stage 1 page of our website.

You may not have time to cover every part of the syllabus and every activity. Feel free to pick and choose the resources that you think will be of most value to your pupils. If you cannot find worksheets appropriate for your class, try the other key stage resources aimed at different ages and abilities.

We want to keep improving and evolving the syllabus. Any feedback you have would be greatly appreciated.

I hope you enjoy it. It is so important that children understand this stuff and put it into practice.

Let me know how you get on.

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Links to National Curriculum in England - Science programmes of study key stage 1 (Department for Education)

- **Year 2 Statutory requirement;** pupils should be taught to describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
 - We have included resources relevant to diet. Our learning objectives about toothbrushing and oral hygiene are crucial parts of personal hygiene.
- **Year 3 Statutory requirement;** pupils should be taught to identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.
 - This again links to our resources on diet as well as the function of teeth.

Teacher Resources

- **Learning objectives**
 - Included in this document
- **Teachers' notes on dental health**
 - Additional information to help you answer those tricky questions
- **Powerpoint presentation**
 - With prompts for appropriate activities
 - To be adjusted as required by teacher
- **Key Stage appropriate resources**
 - Arranged by topic in this document
- **Different Key Stage resources**
 - If any resources are too basic or advanced for pupils, please explore other Key Stage resources

Topic Theme	Learning Objective	Activities and resources
About teeth	<ul style="list-style-type: none"> • Know that teeth are important to get food ready for your stomach • Know that front teeth are for biting off bits of food • Know that back teeth are for chewing the food into little bits to be swallowed 	<ul style="list-style-type: none"> • Video; Different types of teeth • Worksheet; Tooth types (KS1) • Tooth types (KS1) teachers' notes • Animal illustrations
About tooth decay	<ul style="list-style-type: none"> • Understand that tooth decay is holes in your teeth • Understand that bacteria/bugs cause tooth decay • Understand that eating sugar causes decay • Understand that we must clean our teeth to prevent tooth decay 	<ul style="list-style-type: none"> • Video; About tooth decay • Tooth decay colouring sheet • Video; Eggsperiment
About toothbrushing	<ul style="list-style-type: none"> • Understand key principles <ul style="list-style-type: none"> • Need to brush every tooth, inside and outside • Use a small amount of toothpaste • Brush for at least 2 minutes • Brush twice a day • Brush before bed is most important • Spit out toothpaste • Do not rinse with water after brushing • Able to demonstrate teeth brushing action; drawing little circles on each tooth 	<ul style="list-style-type: none"> • Video; How to brush your teeth • Activity; Tooth brushing practical (See teachers' notes) • Tooth brushing advice sheet

Topic Theme	Learning Objective	Activities and resources
About diet	<ul style="list-style-type: none"> • Know that sugars cause tooth decay • Be aware of what foods contain the most sugar • Be aware of healthy snacks 	<ul style="list-style-type: none"> • Activity; Diet and Sugars class discussion/circle time • Food illustrations; print for use in class discussion or wall display • Diet diary and teachers' notes • Example diet diaries
About the dentist	<ul style="list-style-type: none"> • Understand the importance of seeing a dentist • Understand what a dentist will do when they have a check up 	<ul style="list-style-type: none"> • Dentist drawing activity sheet