

Dental Health Key Stage 2 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 2 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.

Andrew

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Our learning objectives are not only important to personal health education. The resources can also be used as part of the science curriculum. Furthermore, our resources can be a building block to develop teaching scientific methods to pupils, allowing them to engage and ask questions.

Links to National Curriculum in England - Science programmes of study key stage 2 (Department for Education)

- **Year 4 Statutory requirement;**
 - Pupils should be taught to describe the simple functions of the basic parts of the digestive system in humans.
 - Pupils should be taught to identify the different types of teeth in humans and their simple functions.
 - Pupils should be taught to construct and interpret a variety of food chains, identifying producers, predators and prey.
 - Pupils might work scientifically by comparing the teeth of carnivores and herbivores, and suggesting reasons for differences; finding out what damages teeth and how to look after them. They might draw and discuss their ideas about the digestive system and compare them with models or images.
- **Year 6 guidance (non-statutory);**
 - Pupils should learn how to keep their bodies healthy.
 - Pupils might work scientifically by exploring the work of scientists and scientific research about the relationship between diet, exercise, drugs, lifestyle and health.
- **The teaching of science, Lower Key Stage 2;**
 - The principal focus of science teaching in lower key stage 2 is to enable pupils to broaden their scientific view of the world around them. They should do this through exploring, talking about, testing and developing ideas about everyday phenomena.
 - They should ask their own questions about what they observe and make some decisions about which types of scientific enquiry are likely to be the best ways of answering them.

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 your teeth are important for getting food ready for your stomach • Know the different types of teeth and what they do • Know the anatomy of a tooth 	<ul style="list-style-type: none"> • Video; Different types of teeth • Video; What are teeth made of? • Worksheet; Tooth types (1 or 2) • Worksheet; Tooth anatomy • Teeth types illustrations; print for use in class discussion or wall display
About animal's teeth	<ul style="list-style-type: none"> • Understand that different animals have different teeth • Understand that this is because different animals have different diets 	<ul style="list-style-type: none"> • Worksheet; Animals' teeth • Animal illustrations; print for use in class discussion or wall display
About tooth decay	<ul style="list-style-type: none"> • Understand what tooth decay is • Know that tooth decay is caused by bacteria • Know that eating sugar causes decay • Bacteria + Sugar = Acid • Acid + Time = Decay • Understand the consequences of tooth decay 	<ul style="list-style-type: none"> • Video; About tooth decay • Work sheet; Tooth decay • Tooth decay colouring sheet

Topic Theme	Learning Objective	Activities and resources
About toothbrushing	<ul style="list-style-type: none"> • Understand why they need to brush • Understand key principles <ul style="list-style-type: none"> • Need to brush every tooth, inside and outside • 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 • Worksheet; Tooth brushing • Activity; Tooth brushing practical (See teachers' notes) • Tooth brushing advice sheet
About toothpaste	<ul style="list-style-type: none"> • Know the key ingredient in toothpaste is Fluoride • Fluoride strengthens teeth • Fluoride add itself to the surface of teeth to make them harder • After brushing, spit out toothpaste • Do not rinse with water so toothpaste can keep working 	<ul style="list-style-type: none"> • Video; How to brush your teeth • Video; Eggsperiment • Activity; Eggsperiment practical, worksheet and teachers' notes

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 • Understand that frequent sugary snacks will cause the most damage to their teeth 	<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 • Know they should go every six months • Understand what a dentist will do when they have a check up 	<ul style="list-style-type: none"> • Activity; Be a dentist. Method sheet and worksheet