

Dental Health Key Stage 4 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 4 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

Dr Andrew Wilson
The Online Dentist

andrew@online-dentist.co.uk
www.online-dentist.co.uk

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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 • Know that humans have two sets of teeth; primary teeth and secondary teeth • Understand the key differences between these two sets 	<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 • Work sheet; Dental development (1, 2 or 3) • 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

Topic Theme	Learning Objective	Activities and resources
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 that there are consequences of dental decay; <ul style="list-style-type: none"> • Pain • Dental treatment like fillings • Possible tooth loss 	<ul style="list-style-type: none"> • Video; About tooth decay • Work sheet; Tooth decay • Worksheet; Stages of decay (1 or 2)

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, every surface • Brush for at least 2 minutes • Brush twice a day • Brush before bed is most important • Need to get brush partly onto the gum to clean gum margin • Spit out toothpaste • Do not rinse with water after brushing • Able to demonstrate teeth brushing action; drawing little circles on each tooth • Understand where plaque traps <ul style="list-style-type: none"> • At the gum margin • In between teeth • In the fissures of the biting surface • Understand bleeding gums is called 'gingivitis' and is caused by plaque build up • Know that when gums bleed after brushing, this is a sign that cleaning must be improved 	<ul style="list-style-type: none"> • Video; How to brush your teeth • Plaque activity and worksheet • Activity; Toothbrushing practical (See teachers' notes) • Worksheet; Toothbrushing and beyond • Toothbrushing advice sheet

Topic Theme	Learning Objective	Activities and resources
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 • Understand that acid removes calcium from the surface of your teeth. Fluoride can replace the calcium to harden the tooth again. • 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
Beyond brushing	<ul style="list-style-type: none"> • Understand that they will now have all of their permanent teeth and need to take responsibility for caring for them • Understand benefit and technique of flossing to clean between teeth where brush cannot reach • Know the key ingredient in mouthwash is Fluoride. • Understand benefit of mouthwash AT A DIFFERENT TIME to brushing 	<ul style="list-style-type: none"> • Video; How to brush your teeth • Video; How to clean between your teeth • Worksheet; Toothbrushing and beyond

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 • Know that acidic foods will also cause damage to teeth by softening the surface and gradually washing away enamel • Be aware of what foods are most acidic • Be aware of healthy snacks • Understand that having frequent snacks means that your teeth are being constantly damaged • Understand that snacks should be kept to a minimum or at meal times • Able to interpret a diet diary 	<ul style="list-style-type: none"> • Activity; Diet and sugars class discussion • 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 • Understand what a filling is • Understand what a fissure sealant is 	<ul style="list-style-type: none"> • Activity; Be a dentist. Method sheet and worksheet