

HEALTH WARRIORS



TEACHER BOOKLET



Module 4 :
Health Heroes Healthy Teeth
Lesson Plans

Health Heroes – Healthy Teeth

Module Overview


In this mini module, pupils learn about dental health and how to look after their teeth through hands-on, enquiry based sessions. Following this they will make a Health Promise based around improving their dental health behaviours.

Curriculum and Assessment

Coverage and Opportunities

All Early LifeLab activities are designed to be rich and cross-curricular and hands-on wherever possible. The content of the activities in this module is centered around the health-related objectives within the Key Stage 2 programme of study for PSHE:

- H1 how to make informed decisions about health
- H3 about choices that support a healthy lifestyle, and recognise what might influence these
- H4 how to recognise that habits can have both positive and negative effects on a healthy lifestyle
- H6 about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.
- H9 that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it
- H11 how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)

Implementing recommendations from the Education Endowment Foundation – Improving Primary Science Guidance Report. Link to full report [here](#) or scan the QR code. 



Developing pupils' scientific vocabulary – laminated keyword bank provided along with an extensive glossary at the end of the PowerPoint to be used by teachers and students as necessary.

- **Relate Learning to relevant, real world contexts** – This module allows students to think about their dental health and explore how their eating and hygiene habits can impact this.
- **Guide pupils to work scientifically** - We focus on science enquiry and working scientifically.

Session Resources

**These resources are not provided*

1. Tooth Care

**Paper and drawing resources*

5 Board games with counters, tokens and game cards

**5 dice*

2. Eggperiment!

Laminated Instructions

Experiment Worksheets

Jam jar labels

Jam jars (4 per class)

Eggs (4 per class)

Vinegar

Orange juice

Cola

**Water*

3. Health Warrior Promise

Health Warrior Promise Cards

Promise Banner

How/what Speech bubbles

Welcome to the Health Warrior Team!

Evaluation sheets

I. Tooth Care

Please begin the module by watching 'Meet the Health Warriors' video- links to all videos can be found in the PowerPoint accessed on lifelabonline.org using your School log in.

Introduction

Begin by asking children what they know about teeth - How do you look after your teeth? Why is it important to look after them?

Watch Operation Ouch video clip (1:28- 5:16) (*link in PowerPoint*) to explain types of teeth, why to brush and what plaque and tartar are.



Main

Split class into teams, and challenge them with the multiple choice teeth quiz on the PowerPoint. Ask each team to choose an answer and encourage discussion. Some questions are based on the video, some are more general.

Tell children that they are going to create a leaflet for younger children about healthy teeth (you could choose a year group to target) - they need to pinpoint the most important information to include and use appropriate language for the age group as well as images. There are some pointers on the PowerPoint.

Children could work in pairs or individually.

Module 4: Health Heroes Mission Teeth
Session 1: Tooth Care- Leaflet

Make a leaflet for younger children in your school.
You could include:

- ❖ Toothbrushing instructions
- ❖ Healthy eating and drinking tips
- ❖ Fun facts about teeth
- ❖ Tooth care hints

Make sure you make your leaflet colourful with pictures to help understanding.

Plenary

Children can deliver the completed leaflets to classes, possibly talking to the children about how to look after their teeth and sharing their knowledge with the wider school.

Children can play the board game in small groups to cement good dental hygiene behaviours.

2. Eggsperiment!

Introduction

Which foods and drinks do you think are better/worse for your teeth? Why? Encourage discussion. Emphasise that it is not clear cut. Pictures on PPT.

Don't say too much...

Show children the **Healthy Teeth** video.

Introduce the experiment- we use eggs because eggshells are similar to tooth enamel as both have a high percentage of calcium minerals.

Hand out instructions and worksheets.

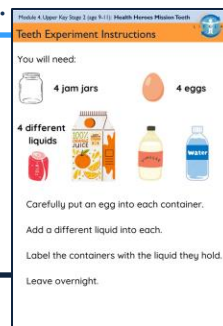


Main

Introduce the experiment - what are your predictions? Resources are provided for the experiment to be done as a whole class, however children could set up the experiment in small groups.

Each child can record their predictions and think about how to make it a fair test- amount of liquid, time left, size of eggs.

The eggs should be left overnight (or longer) for full effect.



Plenary

Remove the eggs from the liquids and rub the surface of the shell. Hopefully results will be obvious and all eggs other than those in water will be damaged. The shell on the vinegar egg will rub away and if left for a few days the egg will bounce! The cola egg will be stained.

Tooth enamel is tough but can be eroded by sugar in drinks and acids in your mouth. Sugary drinks are not good for teeth as they stick to the surface and bacteria then break down the sugar to make acid, which can damage teeth. When tooth enamel is exposed to acid, it softens and loses some of its mineral content. Saliva helps neutralize the acid, restore the mouth's natural pH balance, and slowly harden the tooth enamel again. However, because the tooth's recovery process is slow, if the acid exposure happens often, the tooth enamel does not have the chance to repair. This can cause tooth sensitivity and lead to the need for dental treatment to protect the tooth and the dentin underneath.

Children complete their worksheets and discuss any differences between their findings.

What did you find out?

How do your findings relate to your teeth?

How can you change your habits?

Was the test fair? How could you improve it? Are there any other liquids you would like to experiment with?

An extension of this experiment could be to cover eggs with fluoride toothpaste and see the difference in results.

A further investigation of plaque can be found here: <https://www.e-bug.eu/ks2-oral-hygiene>

3. Health Promise

Introduction


Ask children to think about how well they look after their teeth. Look at questions on PowerPoint and discuss in pairs.

Ask them to pinpoint a behaviour/habit that they need to change in order to look after their teeth better.

Main

Watch 'Health Warrior Promise' video.

Encourage pupils to write a short, measurable and realistic 'promise' on a Promise card to improve their dental health,- add to a class display. Use Healthy Conversation skills to encourage a strong, achievable promise. (see final page of plan for more details)Formulate a promise that is realistic.



My Health Warrior Promise

Name: _____

What do you want to change?

How will you change it?

Plenary

Ask children to share their promises with each other, and plan a time to review them. Promises can be tweaked over time depending on progress.



Healthy Conversation Skills

A Class Promise display enables the implementation of the Healthy Conversation Skills training that all staff involved in the module should receive. They have been designed as a fun, accessible way in which children can begin to feel ownership of their own health decisions.

Our Health Warrior Promises

My Health Warrior Promise
I will drink water instead of squash.
Name:

My Health Warrior Promise
I will swap my can of coke for sugar free squash once a week.
Name:

My Health Warrior Promise
I will play a game that gets my body moving for 10 minutes every lunchtime
Name:

How...?

What...?

Early LifeLab aims to empower children to make healthy choices. We recognise that children need plenty of support to make these choices.

The premise of identifying one's own solutions informs the underlying philosophy of 'Healthy Conversation Skills', an approach to supporting change utilising a range of behaviour change techniques known to be effective in promoting and maintaining lifestyle changes. We have adapted Healthy Conversations Skills for children, and all teaching staff involved in the Early LifeLab project receive training.

In this way, small realistic steps towards change can be planned and reviewed by children, alongside a teacher.

You may wish to start with a 'Class Promise' e.g. *We will all choose a healthy snack at playtime*, but some children may feel able to make an individual promise. The training will support you to guide children through making and reviewing their promises, ensuring that they are regularly followed up.

Welcome to the Health Warrior Team!

Introduction

- Watch **You are Health Warriors** video

As a class, recap what the children learned during this module.

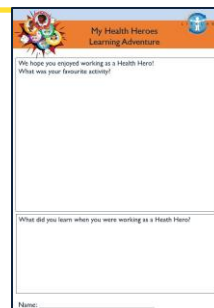
What was their favourite activity? Why?

What did they learn? Did anything they found out surprise them?

Main

Children complete Health Warrior Evaluation worksheet.

Refer back to questions from class discussion.



The thumbnail shows a worksheet titled 'My Health Heroes Learning Adventure'. It contains two main sections for reflection: 'We hope you enjoyed working as a Health Hero! What was your favourite activity?' and 'What did you learn when you were working as a Health Hero?'. There is a 'Name:' field at the bottom.

Plenary

Children reflect on their Health Warrior Promise.

How did they get on with their promise?

What was difficult/easy?

Did they have to adapt the promise to make more realistic or achievable?

Children are encouraged to continue to reflect on their Health Warrior Promises and make healthy choices.

We hope your class enjoyed Early LifeLab Healthy Teeth Module!

We appreciate any feedback about the resources – **please fill out a short feedback form here [Teacher feedback form](#) or scan this QR code**



Thank you!

