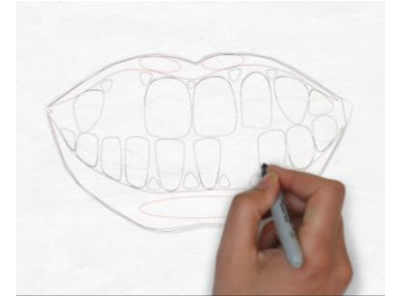


What is oral hygiene?



Oral hygiene is the practice of keeping the mouth, teeth, gums and tongue clean to prevent dental problems, such as tooth decay, gum disease and bad breath.

The Wheel of Tooth

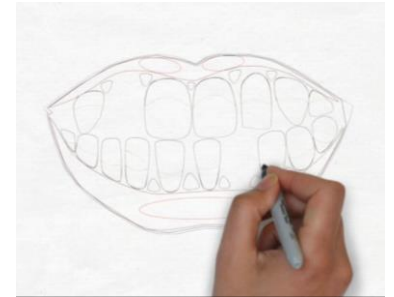
For good oral hygiene to prevent fillings, bad breath, gum infections (and life-threatening conditions like heart disease) we all need:

A healthy diet that is low in sugary and acidic food and drinks, because we all have a bacteria in our mouths called plaque. It's perfectly natural, but when it comes into contact with sugary, acidic foods and drinks it forms an acid which attacks our teeth and makes hole in them (called cavities, also known as tooth decay), which becomes very painful. When we have cavities we need fillings.

Regularly visits to the dentist – so that they can check our teeth and gums are OK, give us a filling if we need one (to stop the tooth decay getting any worse). Also to give us advice on how to look after our teeth and gums are OK, give us a filling if we need one (to stop the tooth decay getting any worse). Also to give us advice on how to look after our teeth and gums are OK, give us a filling if we need one (to stop the tooth decay getting any worse).

To brush our teeth twice a day, once in the morning and once last thing at night (this is especially important), with a soft-medium brush, using circular motions. The fluoride of fluoride toothpaste, using a pea-sized blob morning and once last thing at night (this is especially important), with a soft-medium brush, using circular motions. The fluoride of fluoride toothpaste, using a pea-sized blob

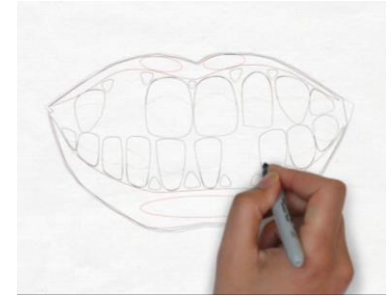
Campaigning using 3: 9: 27



The rules are:

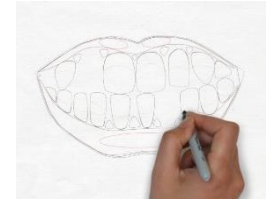
- Make 3 points
- In 9 seconds
- Using just 27 words

Instructions for creating a slogan



1. Choose three key points to help other young people your age, understand why they need to take care of their oral health.
2. Think about how to write them down in just 27 words.
 - what will catch the attention of other young people – what information do they need to know, what will they listen to and think about?
3. Practice writing the three points down in 27 words, in different ways.
4. Practice saying it out loud, in 9 seconds.
Refine your slogan if it doesn't sound right or is longer than 9 seconds.
5. Write your final version down on a separate sheet of paper.

What are sugary and acidic foods anyway?



Milk-shakes

Doughnuts

Jam

Fizzy drinks

Biscuits

Marmalade

Fruit smoothies

Cakes

Dried Fruit

Fruit juice

Buns

Ice-cream

Caffeine-based drinks

Pastries

Sorbet

Cordials

Puddings

Tinned fruit in syrup or juice

Sweets

Fruit pies

Sweet sauces (tomato ketchup)

Toffees

Breakfast cereals

Candy floss

Sugar-added yoghurts

Chocolate

Honey

What is a healthy diet?

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

