



Activity: What our teeth can do

What you need

- ★ Magazines
- ★ Scissors
- ★ Paper
- ★ Glue

What to do

Help children cut out pictures of teeth. Find pictures of people or animals that are eating, talking or smiling.

Ask children:

Talk to the children about what their mouth and teeth do.

Why do we need our teeth? To help us smile.

What part of a person's mouth can you see when a person smiles?

Show me your smiles!



Key messages for children

- ★ 'Everyday' foods can be eaten everyday because they help you grow, play and learn
- ★ 'Everyday' foods are foods like fruit, cheese, vegetables and sandwiches
- ★ Eating 'everyday' foods help keep your teeth and body healthy
- ★ Healthy means you are not sick and that your body feels good. It means you can play, learn and grow

