



Activity: Let's talk teeth

What you need

- ★ A mirror (small hand mirror or large mirror)

What to do

Ask the children to look into the mirror and point to their teeth.

Talk about what they can see.

Ask children:

Can you see your eyes? Eyes are for seeing.

Can you see your nose? Noses are for smelling.

Can you see your teeth? Teeth are for talking, eating and smiling.



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

